

Zest Short Breaks





About Zest Short Breaks



Zest Short Breaks is a young adult service and part of the St Elizabeth Hospice family.



Zest helps young people aged 14 and older who have illnesses that get worse over time.



Young adults and their families help plan the service.



Zest Short Breaks gives young adults a break from their daily routine.



Young adults can have fun and socialise with other young adults.



Zest Short Breaks gives families a chance to rest.



The service is at the St Elizabeth Hospice in Ipswich.



It can host three young adults at a time.



They can stay in shared or single rooms.



There are fun and accessible facilities like a sensory room and gym.



The team at Zest Short Breaks works closely with young adults and their families.



They make sure to understand what each person needs and likes.



They plan activities that are fun and safe.



Activities can include trips into the community.



The Zest team makes sure that all health and care needs are looked after.



Zest Care Standards



Zest Care Team are run by nurses. They follow a set of rules called Zest Care Standards:



- We will always treat you with respect and kindness and listen to what matters most to you.



- We will provide care for you, which includes your whole family.



- We will try our best to make Zest to feel like a home from home. Making it warm, welcoming, and comfortable.



- What's important to you is important to us, and we'll do our best to support that.



- We'll support you with care, understanding, and positive energy.



- We will care for you with a smile and do everything we can to make it possible for you feel happy at Zest.



- We will care for you, pay attention to the little things, and find creative solutions.



- We will offer you fun and social activities while always making sure we look after your care needs



- We will try our best to make it possible you are in control of your care and make choices that suit you.



- We will help you make good decisions, but we also respect your right to choose for yourself.



- We will make sure our team has the skills and confidence to care for you safely and earn your trust.



- We will listen to your ideas and suggestions and work together to make Zest even better.



- We will always be ready to learn from you and keep improving your experience at Zest.



How much does it cost?



Some of the cost is covered by NHS or local social care funding.



Zest can help you find out who will cover the cost.

Zest can offer advice and support to explore funding options.



This makes it easier for you to access our services.



Zest Short Breaks will then be added to your care and support plan will include these services if needed.



For more information about how you can access Zest Short Breaks, please contact

zest@stelizabethhospice.org.uk



Contact us



To learn more about costs or how to use Zest services, contact our team **01473 707 032.**



You can tell us yourself if you want to use the Zest Services or someone else can do it for you.



Visit **wearezest.org.uk** to tell us you want to use the Zest services.

You can contact us in a number of different ways.

Phone number: 01473 707032

Email: zest@stelizabethhospice.org.uk

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