

The range of activities on offer includes:

- Creative crafts such as silk and glass painting, watercolour painting and card making
- Visiting musicians and speakers such as authors and local historians
- Brain teasers and games
- Visiting Pets as Therapy (PAT)
- Memory and reminiscence workshops
- Selection of reading and listening material
- Individual and group support through discussion and listening
- Wifi available

"I look forward to going to the hospice as I meet other people and it gets me out of the same four walls, which is nice."

Quote taken from Patient Satisfaction Questionnaire

"I look forward every week to my one Day Care day, it is a day of fun and laughter, all the Volunteers make sure your time spent there is as care free and enjoyable as possible."

Quote taken from Patient Satisfaction Questionnaire

It costs more than £5.5million per year to fund Hospice services. We do this largely through voluntary donations and gifts in Wills.

If you wish to support us, donations can be made via our website, www.rowanshospice.co.uk or by sending a cheque made payable to Rowans Hospice



Meals

Lunch and other refreshments are provided throughout the day, taking into consideration specific dietary requirements.

Transport

We understand that getting to the Hospice may be difficult for people who do not have their own transport, please discuss this with us if this applies to you, as we may be able to assist.

the care you need,
the compassion you deserve

Day Care:

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**Rowans**
Hospice

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Day Care

Making every day count



Welcome

Rowans Hospice Day Care aims to enhance quality of life by giving help and support to people dealing with all aspects of progressive life-limiting illness living in Portsmouth and South East Hampshire.

People are referred to Day Care by their General Practitioners or another healthcare professional; some people make enquiries and refer themselves if appropriate. Once a referral has been received, one of our Day Care nurses will arrange an assessment prior to a placement being offered.

Our nursing team monitors individual needs each week and although medical care will continue to be maintained by the General Practitioner and District Nurse, Hospice staff are able to liaise with them to ensure everyone is kept informed and up-to-date.

Day Care takes place on Tuesday, Wednesday and Thursday in the Southwick Suite.

A placement in Day Care will be offered on the same day each week for 12 weeks with a review at week nine to assess future care needs.

If/when patients are discharged, on-going opportunities for support are considered.

... a release from everyday worries

As well as on-going nursing assessment, Day Care offers support to find ways to remain as independent as possible whilst coping with illness, provided by the nursing team and supported by volunteers, through opportunities to:

- access practical help and information for you and your family
- meet with others facing similar situations
- participate in various activities
- access other healthcare professionals such as our Social Worker, Occupational Therapist, Physiotherapist, Psychologist and Spiritual Care Chaplain
- experience complementary therapy, hairdressing and manicure service provided by our team of volunteers
- relax in a supportive and understanding environment
- participate in gentle exercise
- experience our bathing service
- carers will be invited to attend a Carers' Support Group held in the Living Well Centre next door

"Day Care is a club no-one wants to belong to and no-one wants to leave"

Quote taken from Patient Satisfaction Questionnaire

