

Hospice Companions

Rowans Hospice has a team of carefully selected volunteers who provide companionship and practical support to people with a life-limiting and progressive illness and their carers.

Once referred, a member of staff or a trained volunteer will visit to assess your needs and determine how we can best support you.

We then try to match your need with a suitable volunteer. The volunteer will visit you at home, on average for an hour or two each week. This arrangement will be reviewed at intervals to make sure it is meeting your needs.

How can Hospice Companions help?

From our experience, we know that people with a life-limiting illness can benefit from having practical and emotional support at home – particularly following discharge from hospital or hospice.

Our Hospice Companions can support you with:

- Companionship
- Dog walking
- Light housework
- Ironing
- Trips out
- Support with hospital appointments
- Recreational activities

How can I be referred to the Hospice Companion Service?

You can be referred by a Health or Social Care Professional, or you can refer yourself via the Hospice Companions Co-ordinator who is based at the Living Well Centre.

Who can access the Living Well Services?

Anyone over the age of 16 with a life-limiting and progressive illness can attend the Living Well Services, including carers, family and friends during any stage of the illness, including bereavement. No appointment or referral is necessary.



How to contact us:

Rowans Living Well Centre
Purbrook Heath Road
Waterlooville
PO7 5RU
Monday, Tuesday, Thursday, Friday, 9:00am – 4:00pm
Wednesday, 9:00am – 6:00pm

Telephone: 023 9224 8011
Email: lwc@rowanshospice.co.uk
Website: www.rowanshospice.co.uk/living-well-services

On Social Media:



/RowansHospice

Registered Charity Number: 299731

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Rowans

Living Well Services



Helping you to live well

in South East Hampshire (including Portsmouth, Gosport and Fareham)



About us

Our Living Well Service offers a range of face-to-face activities, and gives individuals the opportunity to develop a network of people who can support and guide them.

We support people in South East Hampshire (including Portsmouth, Gosport and Fareham) who are living with a life-limiting and progressive illness, aged 16 and above, regardless of diagnosis. Our support extends to their family members and significant others during any stage of the illness, including bereavement (in relation to a life-limiting illness).

Our team of Nurses, Complementary Therapists and trained Volunteers offer face-to-face guidance and support.

A variety of activities and therapies are delivered, including;
Support Groups in different forms for Carers, Veterans, Bereaved and Patients
Complementary Therapies; Hypnotherapy, Osteopathy, Reiki and Reflexology, Crafts and Experience activities; Expressive Painting, Drawing and Gardening Group.

Once you have registered with us and provided consent for your information to be stored electronically in accordance with the Data Protection Act 2018, we will retain your information for one year following our last interaction with you. At this point you will be automatically discharged from our service. You may request to be discharged earlier if you wish. Once discharged, you can still access the Living Well Services; however, you will need to complete a re-registration form. We understand that your needs may change over time, so we aim to keep the option open for you to return if needed.

To find out more about the activities offered within our Living Well Services:

- Take time to visit the experienced team who are based at the Living Well Centre or at one of our local drop in Hubs.
- Visit the Rowans Hospice website.
- Contact us via the details on the reverse.

Do you have a life-limiting illness?

When you contact us, we can design a timetable of activities that can help you to live well with your illness, and provide information as a stepping stone to further support you in the community.

If you have nursing needs and want to attend the Services, we can assess whether we are able to meet these needs. After this assessment, we will discuss a programme of support with you. This could include a referral to other team members, such as a Physiotherapist, Occupational Therapist, District Nurses, Psychologist, our Spiritual Support Lead or a Social Worker.

Are you caring for, or supporting someone with a life-limiting illness?

We understand that looking after someone with an illness can be emotionally and physically difficult. You would be welcome to access the services designed with carers in mind, such as;

- Make an appointment with one of our complementary therapists whilst the person you are caring for attends a group or clinic.
- Attend one of our carers support groups, which take place regularly throughout the month. These groups are an opportunity for you to meet other people who are caring for someone and spend some time in a warm, friendly and relaxed environment.

Are you a Veteran living with a life-limiting illness?

We run a dedicated support service for Serving and Ex-Service Personnel, this is an opportunity for any Veteran or Serving Personnel who is living with, had experience of caring for or been bereaved through a life-limiting or progressive illness.

- Did you serve at least one day in any of the Armed Forces or Merchant Navy?
- Are you experiencing loneliness or social isolation?
- Are you struggling with the impact of your illness?
- Do you have concerns about the future and whether your loved ones will be looked after?
- Our wide range of services, including a dedicated Veteran Companions buddy service, can help you find answers.

Weekly social groups are available for all Veterans and Serving Personnel who are living with a serious or life-limiting illness, where you can seek advice, support or just a friendly chat with others in the same situation. For dates, times, and to book your place, please contact the Living Well Services.

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