

What's on...

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Day Hospices



Because every day matters

www.hospiscare.co.uk

Registered charity no: 297798



Hospiscare runs day hospices in three locations: **Searle House** in Exeter, **Pine Lodge** in Tiverton, and **Kings House** in Honiton. This leaflet details the activities available to you in each location.

Each day hospice operates on different days, but all are open from 10.00am-3.00pm. The day hospices offer support, company and the opportunity to meet others, and activities to help you achieve your goals. (See separate day hospice information leaflet for further information.)

Searle House, Exeter

Every Day Matters Pop-up Café

Come along to our pop-up café, bring your friends or come on your own and make new ones. We look forward to welcoming everyone who is part of Hospiscare's extended family. It is held every Tuesday and there is a small cash charge for refreshments.

Evening Film Club

The film club is held every second Tuesday of the month. Doors open at 6.30pm for a 6.45pm film start. Join us for a movie accompanied by tea, coffee, popcorn, or even a glass of wine! Details of the next film showing can be found at www.hospiscare.co.uk

Drop-in Tea for People Who Are Bereaved

This is an informal group that provides a chance for bereaved people to pop in for a cup of tea and to talk. It is held on the 3rd Wednesday of every month.

Seated Exercise Group

It can be hard to get enough exercise if you're not very mobile, so a fitness instructor with cardiac rehabilitation and cancer care experience is here to help. Seated exercise is a gentle way to keep your energy moving and improve/maintain your fitness. If you would like to join us, phone 01392 688008 to book.

Seated Yoga for Relaxation

We have an established yoga teacher who is experienced in working with people who are unable to manage traditional yoga poses. Yoga for relaxation uses breathing and gentle stretching exercises to relax the body and the mind. If you would like to join us, phone 01392 688008 to book.

Creative Space

Run by Magic Carpet Arts Company, a range of artistic activities are available on Friday mornings. Your creations are yours to keep. If you would like to join us, phone 01392 688008 to book.

Complementary Therapies

Complementary therapies such as massage and reflexology are offered at day hospices.

Hospiscare Choir

The choir meets every Tuesday from 4.45pm-6.00pm during term time and is open to staff, patients, carers and volunteers. No audition is required and if you are interested in a free taster session, email fran.choirsecretary@gmail.com.

Legal Clinic

The monthly Legal Clinic offers an initial free 30 minute advice session to help people make plans for the future and answer questions about Wills, powers of attorney, and all other family matters, including property. Call 01392 688008 for the next available appointment.

Goldfish Bowl

Hospiscare helps train future doctors by inviting students from the local medical school to spend time listening to patients. Hearing how your experience of illness has affected your life helps students understand the best way to care for, and engage with, patients. If you would like to contribute to this training by sharing your experiences please talk to a member of the Hospiscare team.

Searle House - Exeter Day Hospice

Day	Event	Time	Frequency	What do I do?
Monday	Heart to Heart Clinic	1.00pm–3.00pm	Call for next available dates	Call 01392 688008
Tuesday	Everyday Matters Drop-in Café	10.00am–12.30pm	Weekly	Call 01392 688008
Tuesday	Wellbeing Course	2.00pm–4.00pm	Call for next available dates	Call 01392 688008
Tuesday	Evening Film Club	6.30pm–9.00pm	2nd Tuesday of the month	Just turn up
Tuesday	Choir	4.45pm–6.00pm	Weekly	Just turn up
Wednesday	Seated Exercise Class	10.00am–12.00 noon	Weekly	Call 01392 688 008
Wednesday	Drop-in Tea for People Who Are Bereaved	4.00pm–5.30pm	3rd Wednesday of the month	Just turn up
Thursday	Seated Yoga for Relaxation	10.00am–12.00 noon	Weekly	Call 01392 688 008
Friday	Creative Space	10.00am–12.00 noon	Friday mornings	Call 01392 688 008

Kings House, Honiton

Kings House Café

Weekly on a Wednesday from 10am-12.30pm, come along to Kings House in Honiton for tea, coffee and cake. Bring your friends or come on your own and make new ones. We look forward to welcoming everyone who is part of Hospiscare's extended family. There is a small cash charge for refreshments.

Complementary Therapies

Complementary therapies such as massage and reflexology are offered at day hospices.

Pine Lodge, Tiverton

Complementary Therapies

Complementary therapies such as massage and reflexology are offered at day hospices.

Drop-in Tea for People Who Are Bereaved

This is an informal group that provides a chance for bereaved people to pop in and have a cup of tea and is held on the 2nd Tuesday of the month. Call 01392 688008 for more information.

Further support from Hospiscare at various locations

Wellbeing Course - living with fatigue, catching your breath, taking care of stress and anxiety

This is a series of three workshops for patients experiencing fatigue, breathlessness or anxiety. Patient's carers are also welcome to attend. You can attend any or all of the sessions but we recommend you will receive the greatest benefit from attending them all.

The workshops will provide information, support and practical advice. We will give you suggestions to help you feel more relaxed and comfortable, no matter what your condition is. The workshops will reflect the needs of the individuals attending. Please talk to your Hospiscare Nurse about booking and your nearest location.

HEAL Group

This is a group of people who have all experienced losing someone very special in their life and the group meets every month to support, encourage and find a way forward. The atmosphere is relaxed, drinks or coffee can be purchased from the bar. We do encourage you to join us. Just turn up - but if you would like to know more before you come, phone 01392 688008.

VENUE

The White Horse Sidmouth Rd, Woodbury Salterton, Exeter EX5 1EP.
T: 01395 232244.

DATES & TIMES

We meet on the first Monday of the month at 7.30pm except if the Monday falls on a bank holiday, then it would be the second Monday.

Forget Me Not Memory Café

A meeting place for people with dementia and their carers in the Tiverton and Cullompton area, run by Unite Carers in conjunction with the Mental Health Team. The aim is to provide a comfortable environment for people with memory problems and their carers to enjoy a social afternoon together and to allow informal discussion with others in a similar position. Staff from the Older People's Mental Health Team and representatives of Unite Carers are usually available to talk to.

VENUE

Hospiscare Pine Lodge, Post Hill, Tiverton

DATES & TIMES

from 2.30pm to 4.30pm, on the first and third Tuesday of each month.

Carers Groups

Groups that support carers are available throughout the areas that Hospiscare covers. Please contact your Hospiscare nurse for details of your local group and their location. There are carers groups running in Honiton, Exmouth and Sidmouth, Tiverton and Okehampton.

Outpatient Clinics

Medical and nursing outpatient clinics, some of which are run jointly with local hospital staff, also take place in our day hospices. Please talk to your specialist nurse for more information.

Hospiscare is a charity

If you live in Exeter, Mid or East Devon, Hospiscare is your local adult hospice charity. Should you or a loved one need care for any type of terminal illness, our professional team of doctors and nurses are here to help. If you would like to make a contribution towards the charity, please visit the website to donate www.hospiscare.co.uk or contact us on 01392 688020. A Gift to Hospiscare in your Will helps to ensure the future of the charity in Devon for generations to come.

Tell us about your experience of Hospiscare

Hospiscare welcomes feedback, compliments and complaints and we use them to develop our staff and services.

We know the majority of people have a positive experience, but encourage all your feedback, positive or negative. We investigate complaints thoroughly and treat them as an opportunity to learn and improve our practice.

To tell us about your experience of Hospiscare, please contact:

Director of Care

Hospiscare, Searle House, Dryden Road, Exeter EX2 5JJ

Phone: 01392 688000

Should you make a complaint, we will send you a letter or email with details of any investigation with an expected timescale where possible. If you wish to see a copy of Hospiscare's Complaints Policy, please ask. If you are dissatisfied with our response you can contact:

The Parliamentary and Health Service Ombudsman

Millbank Tower, Millbank, London SW1P 4QP

Email: phso.enquiries@ombudsman.org.uk

Customer Helpline Tel: 0345 015 4033

Let us know if you would like the information in this leaflet in a different format; for example in large print or spoken word.

Hospiscare is registered by: Care Quality Commission, 151 Buckingham Palace Road, LONDON SW1W 9SZ www.cqc.org.uk

MD 06/2019 Version 1

Hospiscare, Searle House, Dryden Road, Exeter, EX2 5JJ

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