



**Saint Catherine's**

Caring for you at Hospice and Home

# **Saint Catherine's Wellbeing Centre**

## **Information for patients and carers**



**Saint Catherine's**

Caring for you at Hospice and Home

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[www.saintcatherines.org.uk](http://www.saintcatherines.org.uk)

Charity Registration No. 284701

## Saint Catherine's Wellbeing Centre

Our Wellbeing services care for patients with specialist palliative care needs, and their families. We aim to help patients to live with the challenges that their condition may bring, by achieving the things that are important to them.

Following a referral and initial assessment, a plan of support will be agreed with you that best meets your needs. Your needs may be met through attending the wellbeing clinic; patient and carer education programme; social and wellbeing sessions; or a more supported full day programme.

Most services offered through the Wellbeing Centre are time limited and patients will undergo regular reviews to ensure their needs are met in the most appropriate way. There is no charge for any of the services.

## Get Involved

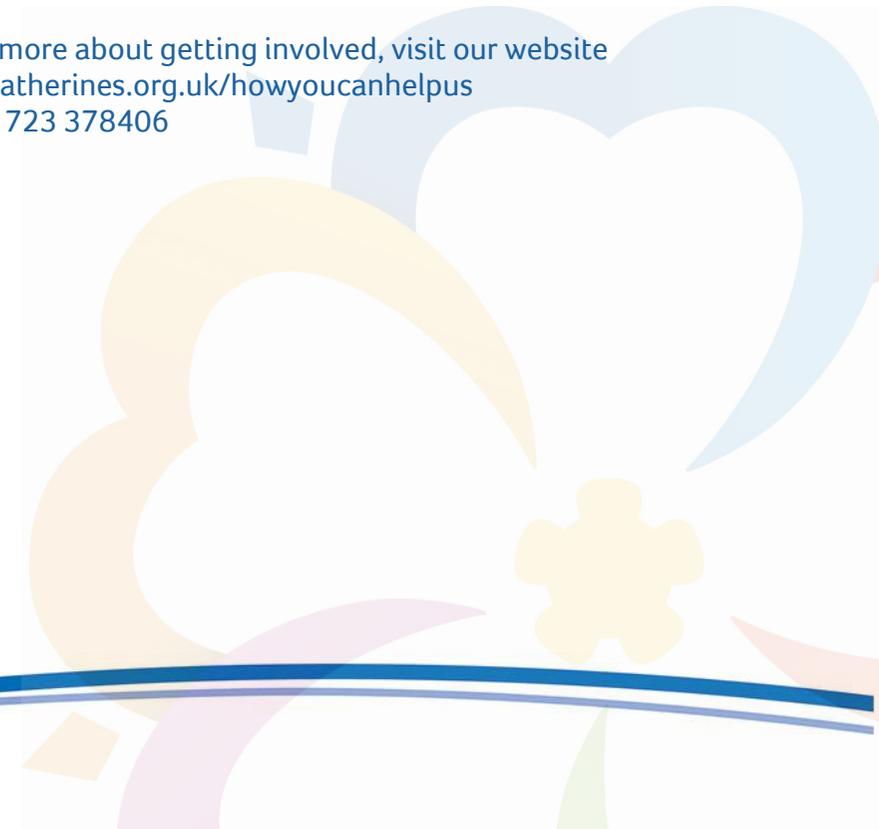
### Patient and Carer Involvement Groups

We have a group made up of patients and families who have used or may still be using our services. This invaluable forum explores how we can improve the services and care we offer. The people who use our services are best placed to give us honest and insightful feedback. If you would like to get involved or would like more information, speak to a member of staff who will be happy to help.

## Fundraising and Volunteering

Our supporters are amazing. Without them we would not manage to raise the £10,000 a day we need to deliver patient care. Do you feel inspired to get involved? There are so many ways you can support us: we have opportunities for volunteering, ideas for fundraising and challenges to inspire.

To find out more about getting involved, visit our website [www.saintcatherines.org.uk/howyoucanhelpus](http://www.saintcatherines.org.uk/howyoucanhelpus) or call us 01723 378406



## Referral and Discharge

All patients attending the Wellbeing Centre require a referral. Referrals to the Wellbeing Centre can be made by any member of the healthcare team.

We operate an active discharge policy which we see as a positive process for patients who are well, whose disease is stable or who no longer need this particular service. This discharge will be tailored to fit the individual and may involve researching alternative arrangements. Patients can be referred back into the service if their needs change.

Carers of eligible patients, are also able to attend the social and wellbeing sessions. Carers do not require a separate referral.

## Food and drink

During your time with us you may purchase food and drink from The Grapevine Café. Please also help yourself to teas, coffees and cold drinks from the station at the Wellbeing Centre.

## Getting here

Saint Catherine's Wellbeing Centre is located at Saint Catherine's Hospice on Throxenby Lane in Scarborough. There is free car parking available to the left of the building and near the In-Patient Unit entrance. Disabled parking is opposite the main entrance.

If you would like to find out more about the Wellbeing services, please contact the Wellbeing Team by ringing Saint Catherine's on 01723 351421

## Wellbeing Centre Clinic

**9.30am - 12.30pm every Monday (except Bank Holidays)**

The Wellbeing Clinic is run by a team of professionals including a nurse, doctor, physiotherapist, social worker and complementary therapist. Access to the clinic is via referral from one of the health professionals involved in your care. You may be referred to see one or more of the team members depending on your needs.

## Wellbeing Education Programme

**1.00pm - 2.00pm every Monday (except Bank Holidays)**

We have a 16 week rolling education programme for anyone who wishes to attend. It covers subjects such as financial support and benefits; moving and handling; relaxation and symptom management. Most sessions can be accessed on a drop-in basis but some are bookable in advance. Please ask for a timetable or see our website for further information.



## Social and Wellbeing Afternoon

**1.00pm- 3.30pm every Monday (except Bank Holidays)**

This is a social session for eligible patients, family members and carers to attend. This session can be accessed on a drop-in basis and can be an easy way to find out more about Saint Catherine's Services, or simply a way meet others who may be experiencing similar life changes to you. Hair and beauty sessions and a programme of wellbeing activities will run during the afternoon.

This session has limited health professional input and patients attending this service will either need to be self caring or attend with a carer.

**We are unable to offer transport for the above sessions.  
Please ask for further information about local transport options.**

## Wellbeing Centre Full Day Attendance

**10am – 3pm every Wednesday and Thursday**

For eligible patients there is a supported full day service run by a nursing team and trained volunteers. They will work with you and physiotherapists, occupational therapists, social workers, spiritual care coordinator, complementary therapists, counsellors and hospice doctors as appropriate to address your needs.

Patients are invited to attend for a fixed set of 8 visits and are then discharged. Attendance may be extended at the discretion of the team if there is an identified need.

**Activities** There are activities throughout the day such as crafts, quizzes and music, for those who want to participate but there is no obligation to join in if you do not wish to do so.

**Refreshments and lunch** are provided daily free of charge (dietary requirements can be catered for).

**Transport** Ideally you should provide your own transport. If a relative or friend is unable to transport you to the session we may be able to provide you with volunteer transport.

