**Supported**

**Full Day**

**(Wednesday/Thursday)**

**at Saint Catherine’s Wellbeing Centre**

Information for patients and carers

**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

or call us 01723 378406

**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 supporting them to achieve the things that are important to them.

Following a referral and initial assessment, you may be offered a supported full day programme at the Wellbeing Centre. A plan of support will be agreed with you that best meets your needs.

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.

**Referral and Discharge**

All patients attending the Full Day at 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.

**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, a 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.

**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.

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

**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.

For more information contact the Wellbeing Team by ringing Saint Catherine’s on 01723 351421.