**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

**Mondays at Saint Catherine’s Wellbeing Centre**

* **Clinic appointments**
* **Drop in session**

Information for patients and carers.

**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.

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.

**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. They may also refer you on to see other Hospice Services including occupational therapy and lymphoedema.

**Drop-in session (craft and relaxation)**

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

This relaxed and friendly session is open to eligible patients, family members and carers and can be accessed on a drop-in basis. There is an opportunity to try out different craft activities and/or experience the benefits of relaxation/mindfulness. It can be an easy way to find out more about Saint Catherine’s Services, or simply to meet others who may be experiencing similar life changes to you.

**Please note:**

**The Monday afternoon drop in session has limited health professional input and patients attending**

**this service will either need to be self caring or attend with a carer.**

**Food and drink**

Teas, coffees and cold drinks are provided at the Wellbeing Centre and you may also purchase food and drink from The Grapevine Café.

**Getting here**

**We are unable to offer transport for the drop in session.**

**Please ask for further information about local transport options.**

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

**We look forward to seeing you**