

Our experienced staff can refer patients to other hospice services as appropriate including our Community Specialist Palliative Care Team, Adult Counselling, Healing Hearts Children's Bereavement Support or the Inpatient Unit.

Whilst attending Day Therapy, patients will remain under the care of their GP and Hospital Consultant.

Our dedicated and specialised team at **Foyle Hospice** work closely with our Primary Care colleagues in the Western Health and Social Care Trust to provide a multidisciplinary approach to our patients' overall care and well-being.



Each time you attend Day Therapy, please bring **ONLY** the medication you require during that time of the day.

Should you find you are unwell between visits to the Day Therapy, you should contact your GP.

Our amazing volunteers are on hand to provide light refreshments and snacks during your time at Day Therapy, so if you have any special dietary requirements, please inform our staff.

If you are unable to attend your Day Therapy appointment please let us know as soon as possible.

Tel: (028) 7125 3224

Foyle Hospice
61 Culmore Road
Derry~Londonderry
BT48 8JE
www.foylehospice.com

Foyle Hospice
Together we care



Day Therapy
at **Foyle Hospice**

Tel: (028) 7125 3224
Company Number NI 188869
NI Charity Commission No.
NIC100871 Registered Charity
XN76407

Day Therapy

at Foyle Hospice

Foyle Hospice is pleased to offer a wide range of opportunities through its Community Outpatient Service, including our Day Therapy facility. These are available to anyone aged 18+ with a life-limiting condition.

Day Therapy provides a 12-week programme held on Tuesday, Wednesday and Thursday, between the hours of 10:30am and 2pm. Patients may be reassessed at the end of their initial twelve weeks, based on individual needs, to be considered for extension of the service

Patients can be referred to Day Therapy Services by:

- General Practitioner
- Hospital Consultant
- Clinical Nurse Specialist
- Other **Foyle Hospice** services; Inpatient Unit or Community Outpatient Services such as Community Specialist Palliative Care Team

Day Therapy provides a range of activities to support and enhance the overall quality of life for patients with a life-limiting illness. It can also be a more comfortable introduction to hospice and palliative care services including:

- Development of a tailored programme focusing on physical, psychological, social and spiritual needs designed to encourage patients to continue to live as well as they can despite their underlying condition by promoting self-care;
- Creation of an atmosphere that encompasses the holistic needs of the patient and their family. This might include medical and/or nursing assessment(s) and review based on specific individual needs. It also allows time to address any queries or concerns at our Outpatient Clinics which operate as part of the overall service on a Tuesday, Wednesday and Thursday;

- Respite for carers/families by providing a break from the caring role.
- Therapeutic activities are offered in a relaxed and informal environment.

These include:

- **Arts and Crafts**
- **Reflexology**
- **Massage**
- **Psychotherapy**
- **Mindfulness Sessions**
- **Table Quiz**
- **Hairdressing**
- **Manicure**

These services are designed to help patients maintain their independence, providing a supportive environment for both patients and their families.

