

Day Hospice



Call Us: 020 8102 5399

**Pembridge
Hospice**



Welcome to **Pembridge**



We take a holistic, compassionate approach to improving quality of life for our patients and their families.

Everyone at Pembridge practices holistic palliative care. This means we consider the physical, emotional, social and spiritual needs of you and the people close to you.

- **Healthcare Assistants** • **Doctors** • **Nurses**
- **Spiritual Care Advisor** • **Occupational Therapists**
- **Pharmacist** • **Social Workers** • **Complementary Therapists**

The hospice is part of Central London Community Healthcare, which provides community health services to around two million people across London and Hertfordshire.

There are three main teams at Pembridge who all work together...

Inpatient Unit

13 beds with a team providing 24-hour care for patients with specialist palliative care needs who require continual assessment.

Day Hospice

A day centre providing treatment, support and complementary therapies for patients visiting from home.

Community Specialist Palliative Care Team

Providing advice and support for people in their own homes.



Welcome to the Day Hospice

The day hospice provides specialist palliative care and complementary therapies for patients who are able to visit from home.

Our multidisciplinary team consists of nurses, a healthcare assistant, massage therapists, an art teacher and a spiritual care advisor. Doctors and social workers are also available to help if needed.

The day hospice is open four days a week (Monday, Wednesday, Thursday and Friday) and can accommodate up to 15 patients a day.

We offer the following services

1. Symptom control
2. Nursing care
3. Rehabilitation & respite
4. Psychological support

Read on to find out more about how we help.

1. Symptom control

- ✓ Medical assessments by nurses and doctors working with the palliative care service, including review of symptoms and medications.
- ✓ Ongoing monitoring of symptom control and effectiveness of treatment by the nursing staff and doctors.
- ✓ Patient education regarding symptoms and medication.
- ✓ Non-pharmacological methods of aiding symptom control such as massage.
- ✓ Ambulatory Bisphosphonate Clinic (specific referral needed).

2. Nursing care

The day hospice manager is a palliative care specialist.

Nursing care is provided by:

1. Senior registered nurse
2. Registered nurse
3. Healthcare assistant





3. Rehabilitation & respite

The Day Hospice offers a range of facilities to help people adjust to the physical limitations caused by their progressive illness. We also address the social and psychological implications.

Along with nursing and medical care, we offer a range of therapies and support services including:

- ✓ Massage therapy
- ✓ Occupational therapy
- ✓ Emotional support
- ✓ Arts & crafts
- ✓ Spiritual support
- ✓ Exercise & relaxation classes

Not all of these facilities are available every day. Please check with the day hospice sister/manager to find out when they are available.

4. Psychological support

The day hospice offers the opportunity for one-to-one time with nurses. A spiritual care advisor and social workers are also available to help.

We try to provide a relaxed environment in which we can take the time to get to know our patients. Patients can also meet other people who are in a similar situation to themselves.

Many patients find that attending the day hospice helps to improve their quality of life.

Facilities and transport

Lunch and refreshments are provided for patients.

If you require transport please speak with the day hospice manager or nurses.

How do I contact the day hospice?

Contact us on 020 8102 5399

We are open Monday, Wednesday, Thursday and Friday from 8.30am - 4.30pm.

We are closed on Tuesday.

All messages left out of hours will be picked up the next working day.

Please note: we are not an emergency service.

If you feel you need urgent help at any time please contact your GP or call NHS 111.



How do I find Pembridge Hospice?

We are located within the St Charles Centre for Health and Wellbeing, entry via Exmoor Street or St Marks Road, just off Ladbroke Grove, North Kensington.



Nearest Tube: Ladbroke Grove Station - Hammersmith & City and Circle lines.

Buses: No's 7 and 316: St Marks Road, No 18: Harrow Road, No's 70, 52, 295, 23, 452 and 228: Ladbroke Grove.

Car: There is no parking available at St Charles Centre for Health and Wellbeing. However, pay and display parking is available on the streets of the surrounding area.



Translation & alternative formats

Please let us know if you would like this information translated or provided in an alternative format such as large print or easy read, or if you use sign language. Call the hospice on 020 8102 5000 or email us at clcht.pembridgeunit@nhs.net

Patient Advice and Liaison Service (PALS)

You can contact the PALS team confidentially with any comments, concerns or complaints about our services:



Call: (freephone) 0800 368 0412

Email: clchpals@nhs.net



Please support our hospice charity and help our dedicated staff to provide the best possible care. To find out more please call for a chat with one of our team or find us online.

Call the charity: 020 8102 5407
www.pembridgehospice.org

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