



St John's Hospice

St John & St Elizabeth Hospital

Information for patients, family members and carers



Day services

At our Wellbeing Centre, you can receive specialist nursing and medical care, benefit from treatments and therapies, meet with our social workers and take part in workshops and activities.

The St John's Hospice Wellbeing Centre

Our Wellbeing Centre reflects our belief that hospice care is holistic and supports you at all stages of your illness. By attending the Centre, we hope to optimise your quality of life and enhance your overall wellbeing. We also provide support and care to the people who are important in your life.

The care we provide is tailored to meet your individual goals and needs. We aim to ensure that you are supported physically, emotionally, spiritually, and practically. To do this, our multi-disciplinary team works alongside other professionals involved in your care, such as your GP, district nurse, social services, and hospital specialists.

How we can support you

Once you are referred to the Centre, you will have an assessment to help us identify your needs and how we can best support you. At the Centre, you can access:

- **Specialist nursing and medical care** to help manage symptoms you may have, such as nausea, pain, fatigue, shortness of breath, anxiety and low mood.
- **Physiotherapy and occupational therapy** to help you maintain mobility and advise on adjustments so you can live as independently as possible.
- **Complementary therapies** to relieve your symptoms as well as promote wellbeing and relaxation. We also offer these therapies to your family members and carers.
- **Emotional and practical support** from our social workers to help with any anxieties or concerns that you or those close to you may have. Our Welfare and Benefits Adviser can give advice on benefits you may be entitled to.
- **Spiritual support** for people of any or no faith. Our Chaplaincy team can offer guidance, and we can also connect you with leaders from different faiths and arrange for them to meet you at the hospice.
- **Regular group activities** including art and crafts, music sessions, exercise classes, brain games, as well as lots of one-off workshops.

What to expect

The Wellbeing Centre is a bright, modern and airy space. Its multifunctional purpose means it can be divided into smaller rooms for different activities. You will initially be offered one day per week to attend; this will be agreed when you come in. We can have some flexibility if you do need to change your day.

The Centre has two separate complementary therapy rooms where we offer massage, reflexology, reiki and acupuncture, as well as a multi-sensory room. Specialist nursing and medical care, including podiatry, are provided in the large clinic room. There are also other spaces available where you can meet with members of staff in private.

The Centre also has a wheelchair-accessible garden, providing a tranquil space to relax in. It is also used for outdoor exercise sessions and gardening activities. We can provide transport to the Wellbeing Centre via our ambulance service for patients with reduced mobility or access issues.





Accessing our service

We care for people living with a life-limiting illness at different stages of their journey. Support is tailored to each individual's needs and goals, helping them live as well as possible. We assess referrals against our eligibility criteria to ensure people receive the most appropriate care and support at the right time.

All the care we provide is completely **free of charge** and available to people aged 18 or over living in **Brent, Camden, Islington** and **Westminster**. Sometimes, we can accept patients living outside of these boroughs within North, West and Central London.

Some people may attend the service for a short period of time, while others may need ongoing support. We work with each person to create an individual plan, which may include transitioning to other appropriate services as their needs change. Support can be adjusted over time and reintroduced if needed.

You can access the service through a referral from your GP, hospital doctor, nurse specialist, community nurse, or any other health and social care professional already involved in your care.

Get in touch

If you have any questions about our Wellbeing Centre, please contact us by emailing **Hospice.WellbeingCentre@hje.org.uk** or calling us on **020 7806 4038**.



How to find us

Our hospice is just a few minutes' walk from St John's Wood Underground Station (Jubilee Line). St John's Hospice, 60 Grove End Road, St John's Wood, London NW8 9NH.



Enabling people to live well for as long as possible

At St John's Hospice, we are committed to enabling people to live well for as long as possible. Each year, we support around 5,000 people across parts of North, West and Central London.

020 7806 4040 | Hospice.Info@hje.org.uk | www.stjohnshospice.org.uk

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St John's Hospice is part of the charitable St John & St Elizabeth Hospital.
We're a registered charity in England and Wales (235822).

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