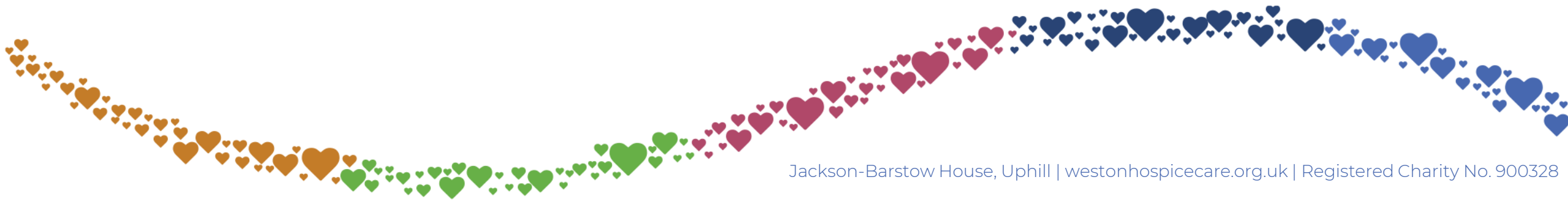
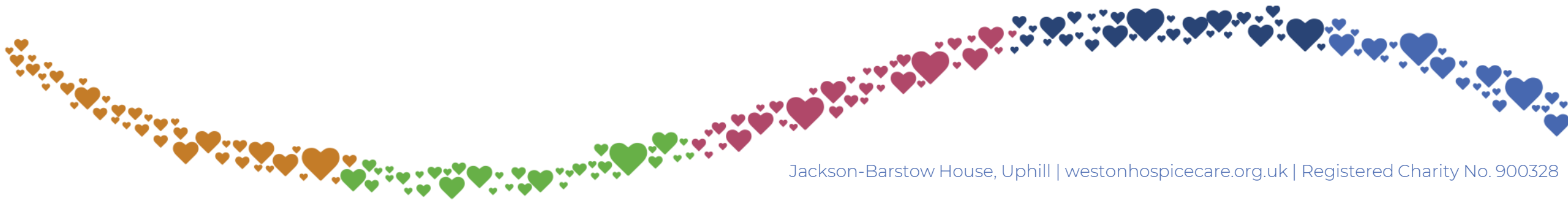


Weston Hospicecare

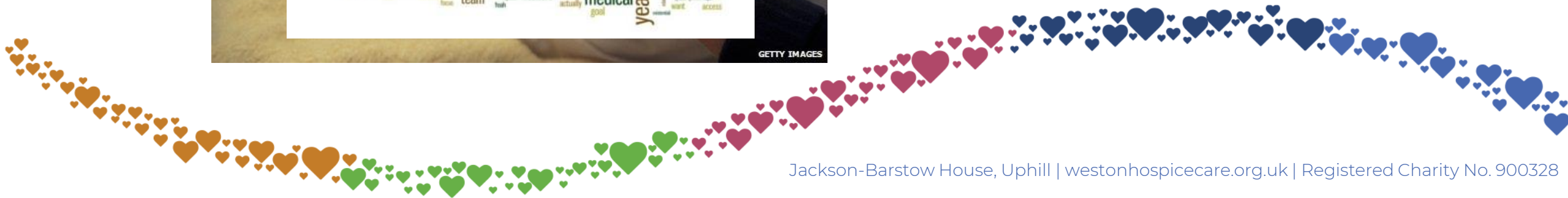
A History
Our Services
How We Can Help



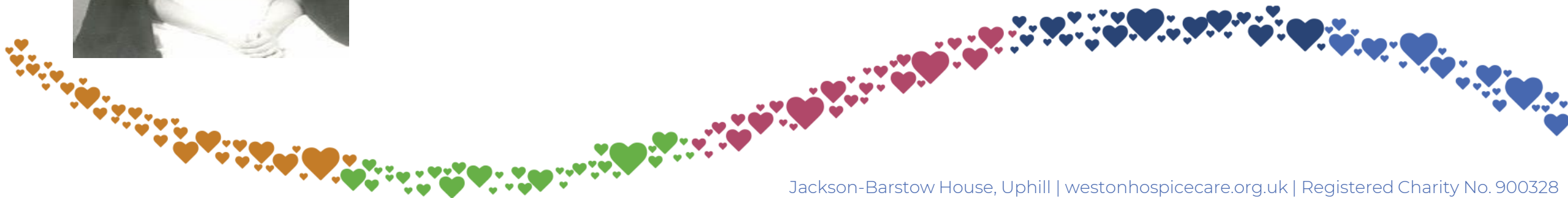
Your Last 1000 Days - Bing video



Dame Cicely Saunders



- Dame Cicely Mary Strode Saunders (1918 – 2005) was an English nurse, social worker, physician and writer. She is noted for her work in terminal care research and her role in the birth of the modern hospice movement.
- The first modern Hospice, St Christopher's in London, opened in July 1967.
- St Christopher's holistic approach; caring for a patient's physical, spiritual and psychological wellbeing, marked a new beginning, not only for the care of the dying but for the practice of medicine as a whole.
- Research shows that St Christopher's was quite different from hospitals in the 1960s, designed and managed as a "home from home" where the physical environment was important. It was a place where patients could garden, write, talk and get their hair done.

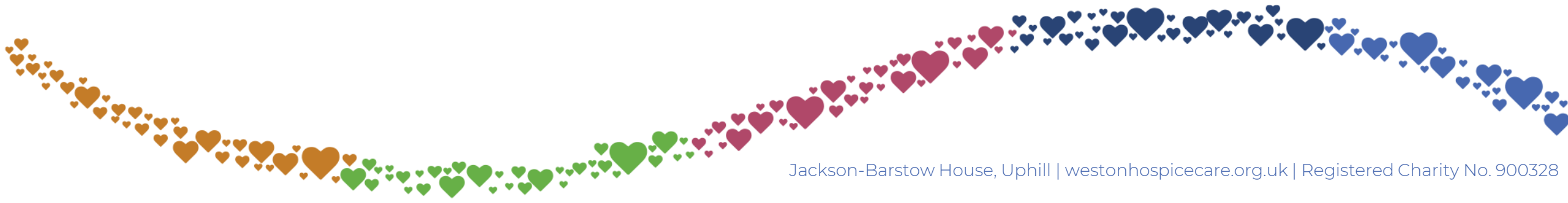


There are now over 200 Hospices in the UK, caring for around 360,000 people every year.

From managing someone's pain, to looking after their emotional, spiritual and social needs, Hospicecare supports the whole person, helping them to live their life to the full.

Hospicecare transforms lives. It is there for us through life, through death and through grief.

Hospice care is not a building, or a place of care. It is an ethos, and a way of caring.



Weston Hospicecare Facts & Figures

Founded in 1989

First shop opened in 1990

Day Hospice opened in 1991

In-patient Unit opened in 1997

Moved to Jackson-Barstow House in 2002

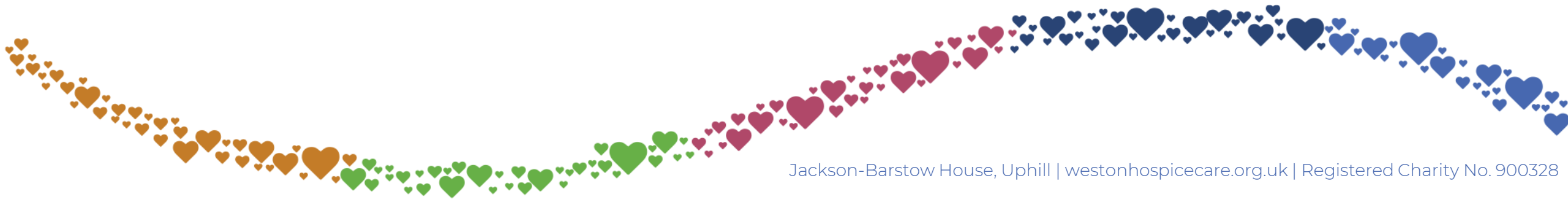
**We currently have a staff of around 150 and almost 700
volunteers**

It costs us around £5 million per year to run

Less than 20% of that is provided by the NHS

We have to raise approximately £4 million each year

Last year the Community Nurses alone cared for more than 1050 patients



Retail – Key Stats

- Achieved Income £1.9 million
- We processed 115,029 bags of donations
- Volunteers worked 45,828 hours in stores
- Face of the charity on the high street
- Donation Superstore opened February 2022
- North Worle opened in September 2022



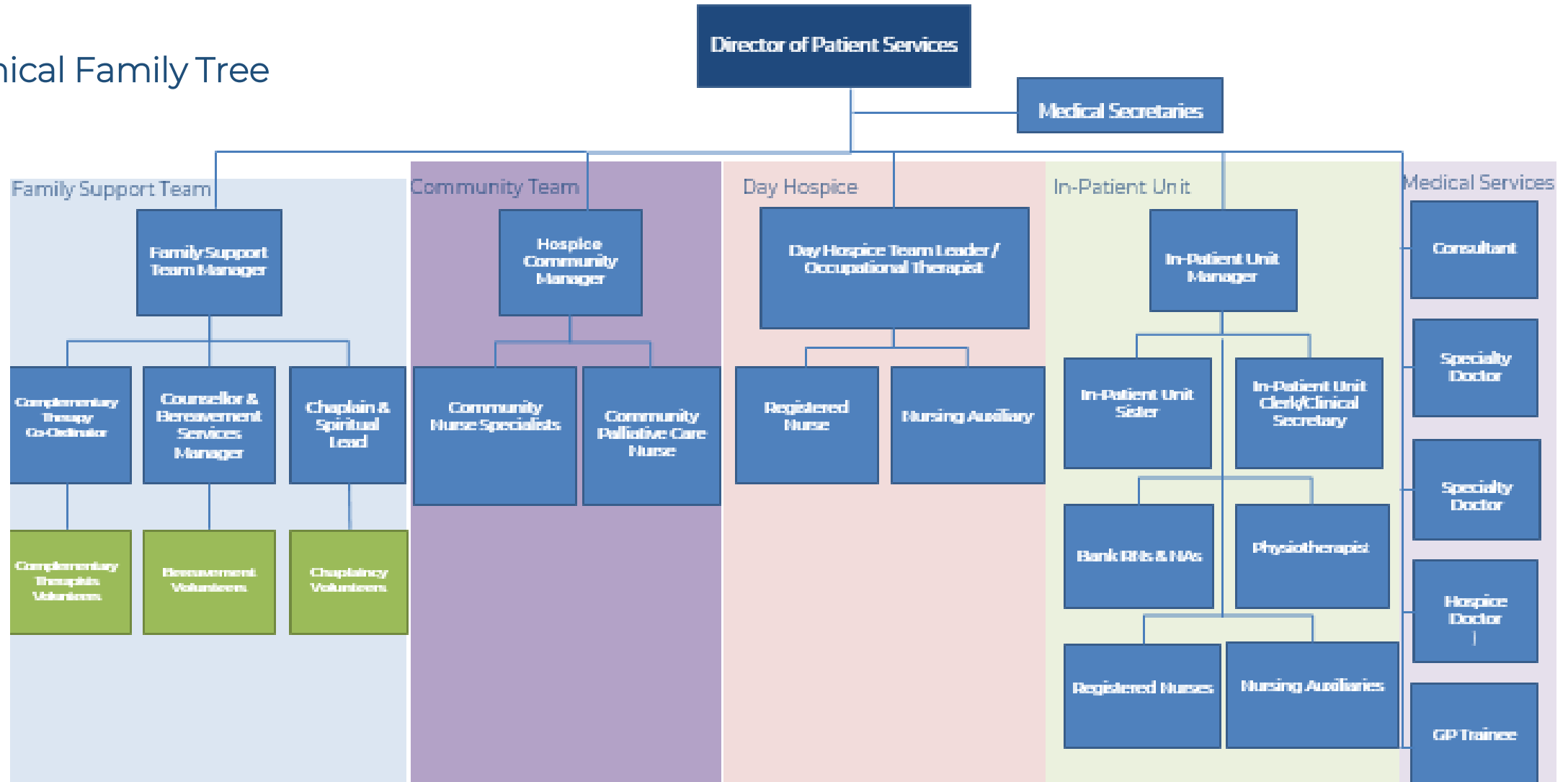
Fundraising Goals 2022/2023

	TARGET	ACHIEVED (Aug 22)
Income	£1,667,699	£1,284,421 (£648,350 ahead)
Net contribution	£1,309,568	£1,130,452 (£564,989 ahead)

- Develop long term relationships with all our supporters and donors
- Innovate and carryout new income ideas and avenues – regular events like The Mendip Challenge, Men’s March, Christmas Fayre
- Raise the awareness of all the work the hospice provides
- Communications for the whole organisation



Clinical Family Tree



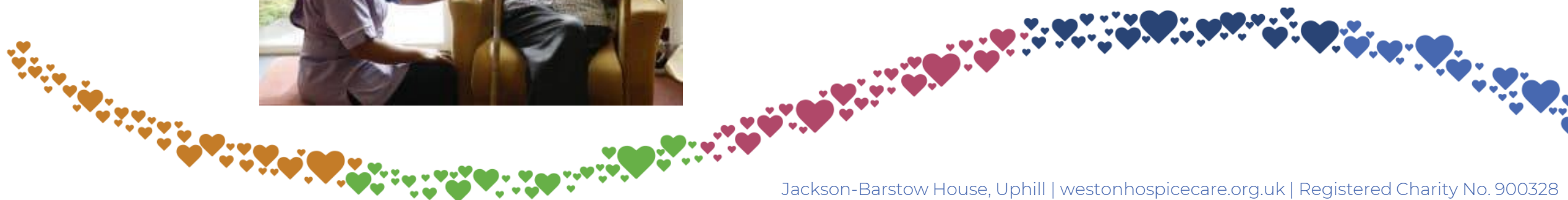
Vision

Every person in our area has access to end of life care.

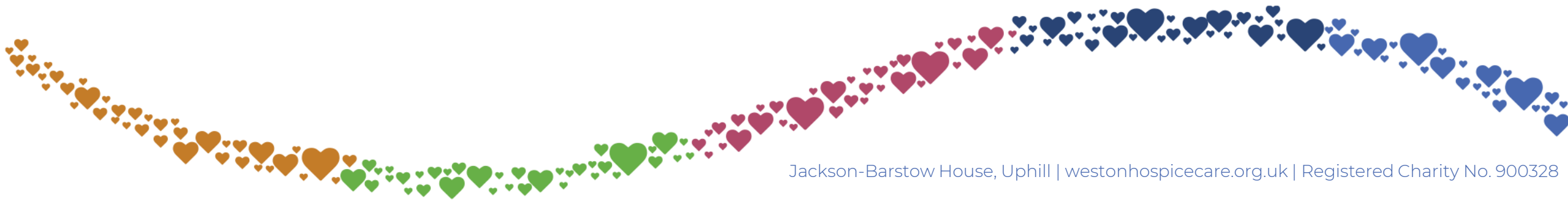
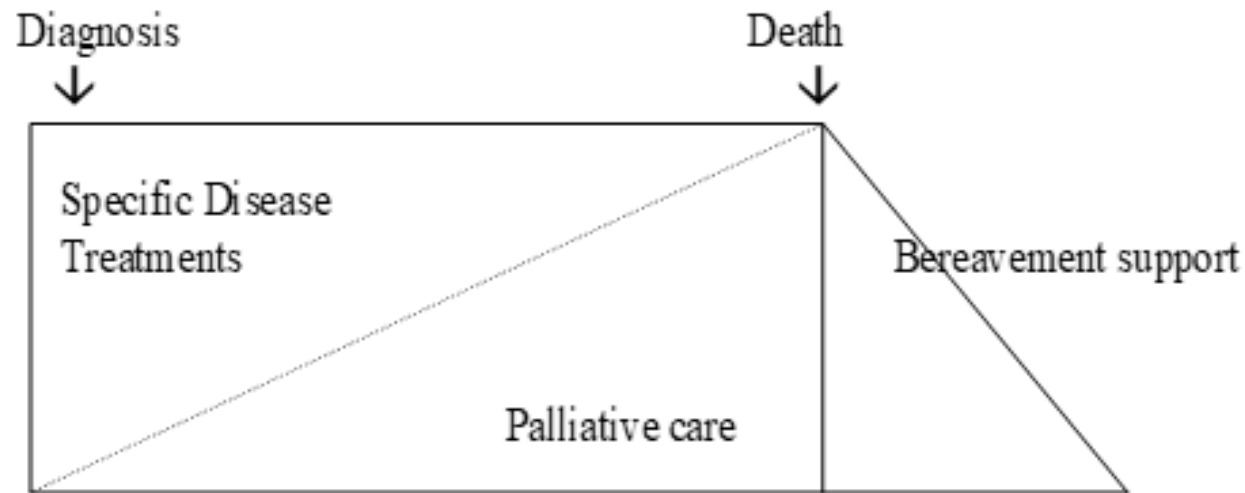
Mission

To provide high quality, specialist care to people with a life limiting condition.

We aim to meet their physical, psychological, spiritual and social needs and ensure their families are supported both through and after this difficult time.

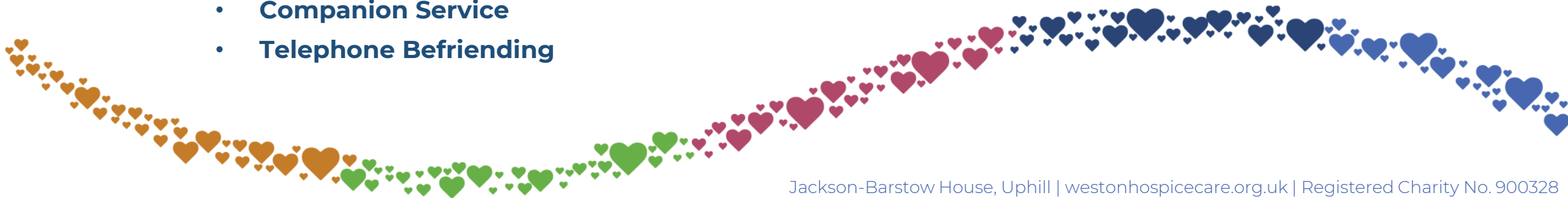


Palliative care responds to physical, psychological, social and spiritual needs and extends if necessary to support in bereavement.



The Clinical Services We Provide

- **Community Palliative Care Team**
- **Day Hospice**
- **10 Bedded Inpatient Unit**
- **A Consultant-led Palliative Care Medical Team**
- **Bereavement Support & Counselling**
- **Chaplaincy**
- **Complementary Therapies**
- **Physio and Occupational Therapy**
- **Support Groups**
- **Nutritional Support**
- **Companion Service**
- **Telephone Befriending**





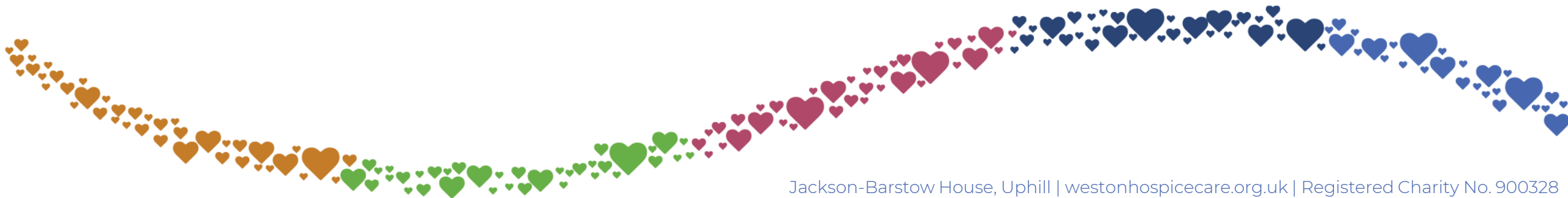
Community Nursing Team

We have a team of dedicated community nurse specialists who deliver care to patients with life-limiting illnesses in their own homes across the service area. They cover approximately 23,000 miles across North Somerset every year caring for patients at home.

We cover Clevedon and Yatton to the north; Cheddar, Wedmore and Axbridge to the east; and Burnham-on-Sea and Highbridge to the south and everywhere contained within these boundaries.

Our multi-disciplinary team deliver treatment for not only patients with cancer but those with other conditions such as motor neurone disease, Parkinson's disease and all other life-limiting illnesses.

The community nursing team currently look after a caseload of around 300 patients.



Inpatient Unit

Our 10-bed inpatient unit is based at Jackson-Barstow House in Uphill. The inpatient unit is open 24 hours per day, 365 days of the year and is staffed by nurses and doctors who are there to offer a unique care plan specifically designed for you.

Future patients and their families can arrange a tour of our clinical facilities.



Referrals & Admissions

Criteria for Referral

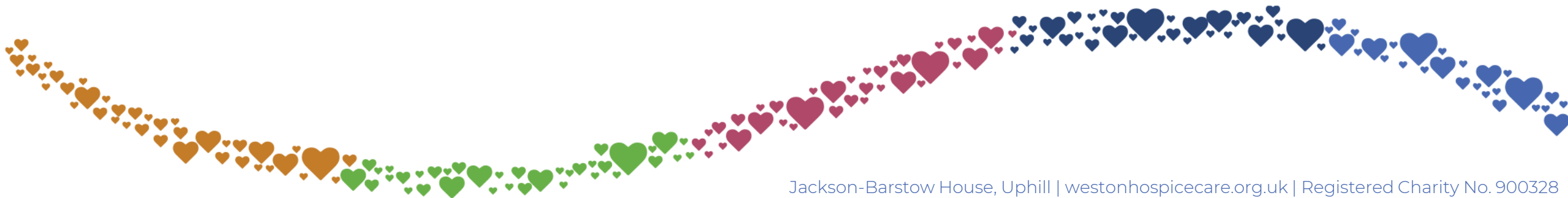
Patients who require in-patient specialist palliative care.

Patients who require close monitoring of symptoms, which could not be achieved in the community.

Patients who do not wish to die at home; or the hospice is patient's preferred place of death.

Crisis intervention e.g. carer ill or unable to manage; short term whilst considering other options.

Some beds are designated as Continuing Health Care (CHC) beds for patients at end of life who have complex nursing needs, for which additional funding applications will be made.



Referrals & Admissions

Admission to the Unit is planned.

Priority is assessed according to:

Needs; i.e. usually symptom control/terminal care/planned short term temporary care

Location i.e. hospital/nursing home/community

Requests for admission from the community are prioritised by a team discussion, which occurs on a daily basis.

Referrals can come from any source and GPs are informed.

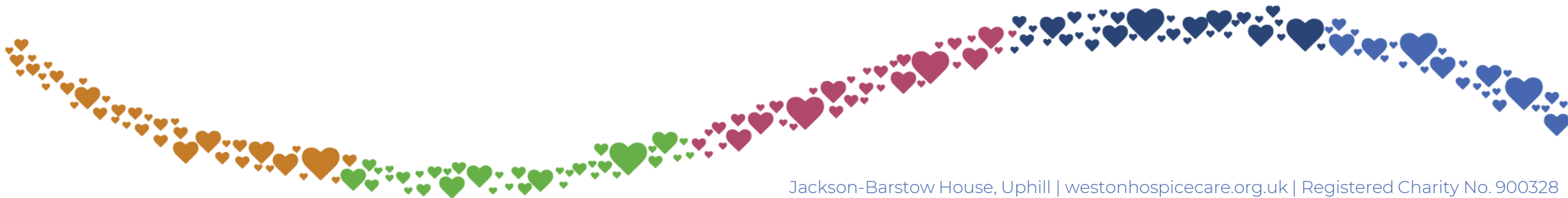
Requests for assessment for admission to the In-Patient Unit from hospitals must come via the hospital's palliative care team. The final assessment/ decision will lie with hospice clinical team.

A hospice doctor must assess requests for admission from any other hospital.

The clinical team provides the day-to-day co-ordination of admissions.

Trained nurse cover is available 24 hours per day.

Most admissions will be for less than 14 days. CHC admissions may be for longer periods.



Day Services

Day services take place on-site at Jackson-Barstow House and run on a Tuesday, Wednesday and Thursday each week. Patients can make weekly visits for 12-week periods.

These sessions are designed for patients who can live at home but need regular physical, mental, emotional or spiritual support while living with their conditions.

They are often sociable occasions too, and patients often feel so much better when meeting people in a similar situation to themselves.

There is also a chance to make use of the on-site physio, occupational and complementary therapy sessions which are available to all patients as necessary.

Nurses and therapists also hold sessions such as Expressive Movement Therapy, Fatigue and Breathlessness management and more.



Expressive Movement Therapy

Linsey Clark Creative Arts Psychotherapist ADMPUK

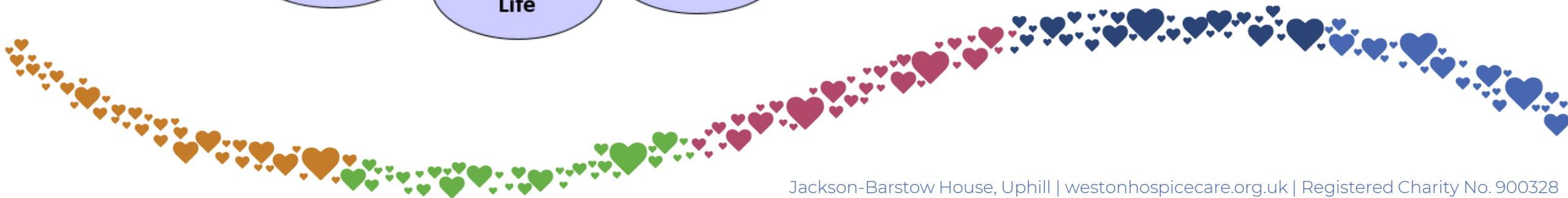
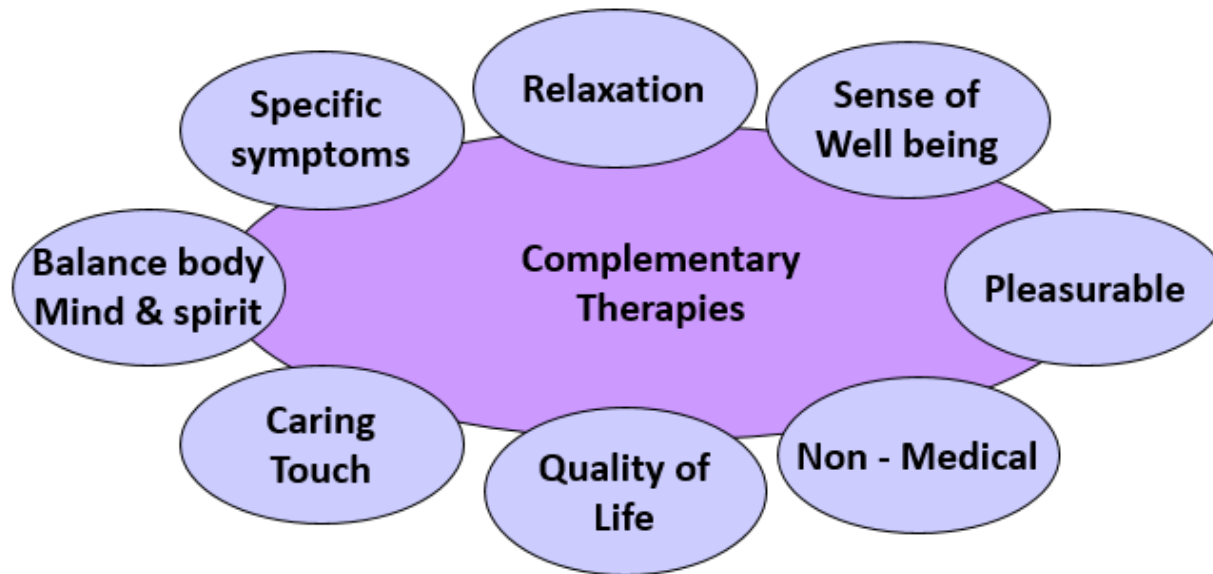
Expressive Movement Therapy (EMT) provides a space and time to enable people to engage with their feelings, and to express themselves fully in words, movement and music. EMT works on the premise that our body, mind and spirit are integrated, how we are physically affects our mental wellbeing and in turn, our mental health affects our physical wellbeing. EMT is facilitated by an experienced Creative Arts Psychotherapist who provides a permissive space for people to be present in a way that feels right for them, there is no expectation or judgement.



Complementary Therapies

Our fully trained and accredited therapist offers a range of complementary therapy and we are delighted to offer these to patients and their families free of charge. The Wellbeing Centre, opened in 2014, is situated on site at Jackson-Barstow House.

Aims of Complementary Therapy



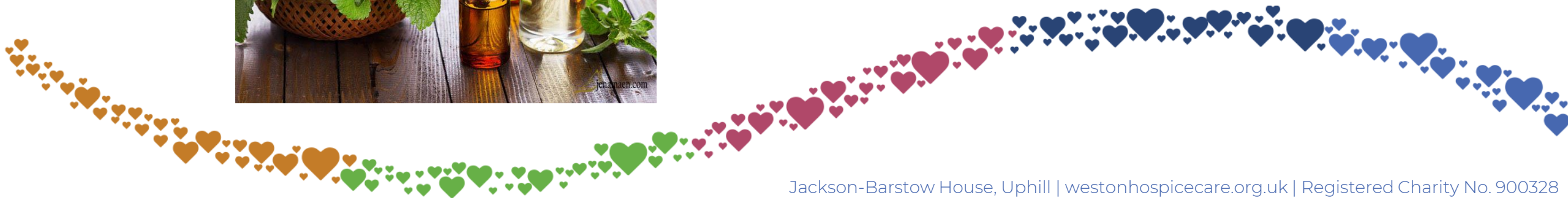
Complementary Therapies

Essential Oils Mouthwash – study published in the BMJ

Dry mouth is extremely common in palliative care affecting 62% of patients (Otukoya & Doshi, 2018).

Introducing the mouthwash has had a positive impact on patient care. 82 patients were referred across the services.

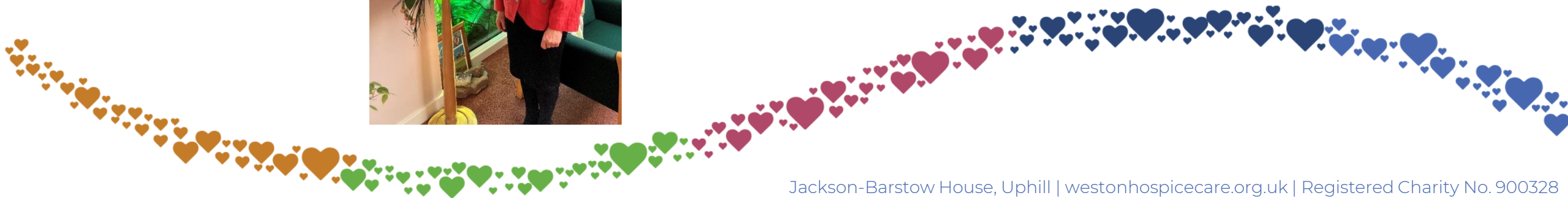
83% of the 82 participants continued stating positive comments compared to 17% who had to withdraw from the study. The average dryness score decreased from 7.4 start day 1 to 3.6 day 12.



Chaplaincy & Spiritual Care

People cope differently with illness, and our team at the hospice will work together with you to explore how we can best support you. You might find it helpful to talk to someone outside of your circle of family and friends in confidence. We have a variety of people who can help. You might have a strong faith, or no faith at all. Acknowledging a life limiting condition can often raise questions about our very being, what to expect at and beyond death. Our team are able to support you on the telephone, or in person.

Our chaplain can also support with funeral planning and any religious rites you might request.



Bereavement Support

This service is offered to family and close friends of patients who are experiencing difficult emotions and would like to talk on a one to one basis. This is talking therapy, and can be delivered face to face, or over video or telephone call. Because these emotions may arise at any point in their loved one's illness this service is available in both the pre and post bereavement stages.

The service is managed by a qualified, accredited counsellor and supported by a team of counsellors and trained volunteers.

Bereavement support groups are also offered, both in person and utilising zoom technology.

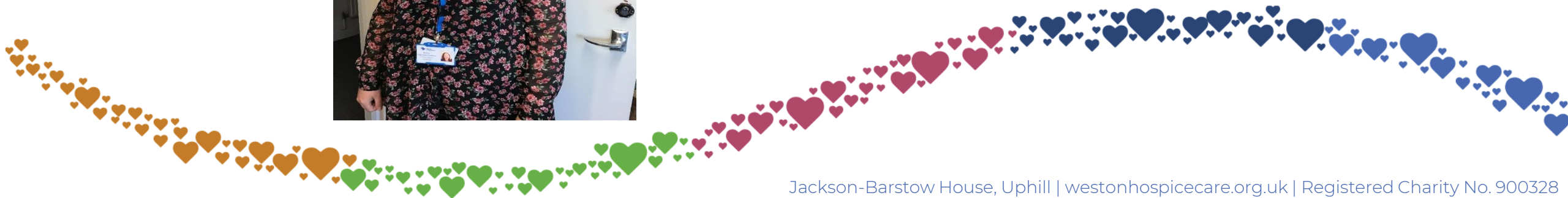


Support For Young People

We are delighted that thanks to Grant Funding, we have secured 12 months of dedicated emotional support for Children and Young People. Facing loss at any age is hard, but there are particular needs to be met when a parental figure of someone under the age of 18 dies.

Our Children & Young Person's Counselling Coordinator works across the hospice and with other agencies to ensure there is support available, and provides training to other local organisations, to help the community support our young people as best as they can.

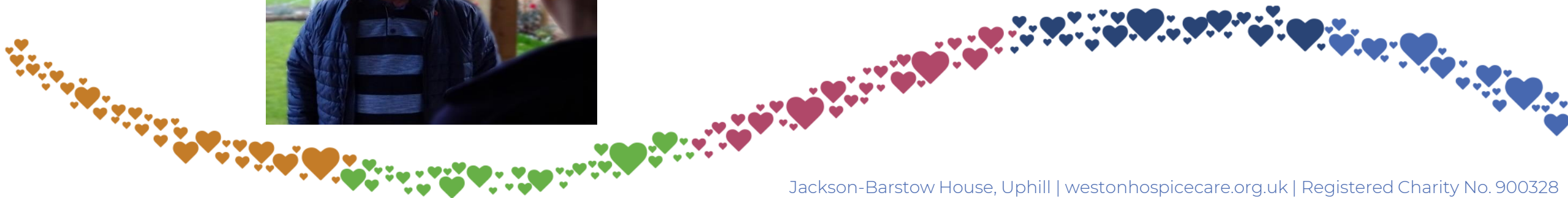
We are also working in partnership with Children's Hospice South West and St Peter's Hospice in Bristol, to support young people transitioning from children's hospice care to adult hospice care.



Companions & Telephone Befrienders

The Companion service is provided by a team of trained volunteers, often who have experienced hospice care themselves, or for their relative. The service is suitable for any patient or their relative who would benefit from having a more social support, usually on a weekly basis. Companions will be able to talk to patients/relatives about common interests, worries they may have and sometimes can provide more physical support, such as accompanying a patient/relative for a lunch out, or driving them to a hospital appointment.

The Telephone Befriending service aims to provide support to more isolated patients/clients on the telephone only. Befriender Volunteers are trained, but do not receive any details of the patient, other than their name and telephone number. They provide social chit chat and a weekly check in with anyone who is vulnerable due to isolation.



Compassionate Community Initiatives

What is a Compassionate Community?

It is a group of persons made up of those who are worried and interested in the quality of life of the members of the community. They could belong to the same city, town, or neighbourhood. A compassionate community gets involved in the care and support of those living with advanced illnesses and at the latest stages of life. The people involved are committed to implement initiatives, increase awareness, and offer training. They work together in order to build a skilled society that is able face illness, death, and bereavement as part of the life cycle.





Newsround

Summer 2022



Weston
Hospicecare

Special bond illuminates hospice care

Read more on page 18



In this issue:

- Learn about our Regentians and Donation Centre
- The latest on our fundraising and income activity
- Join the Weston Hospicecare team
- Chief Executive perspective update
- A Minute A Month update

Jen and Cheryl, May 2022

westonhospicecare.org.uk | 01934 425900
 Jackson-Barstow House | 26 Thornbury Road | Uphill | BS25 4VQ
 Registered Charity No. 900328





A Final Thought

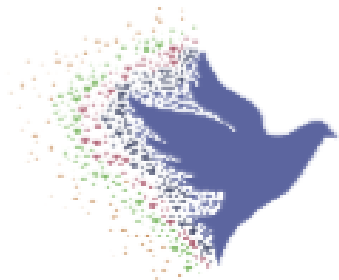
The aim of hospice care is to improve the lives of people who have an incurable illness.

Hospices provide care for people from the point at which their illness is diagnosed as terminal to the end of their life, however long that may be.

That does not mean hospice care needs to be continuous. People sometimes like to take a break from hospice care if their condition has become stable and they are feeling well.

Most hospice care is provided in the patient's own home, but it can also be provided in a care home, at the hospice itself, or as a day service.

Hospice care is a style of care, rather than something that takes place in a specific building.



For More Information.....

<https://www.westonhospicecare.org.uk/>

