



By learning about your local hospice you will help the hospice movement enormously—by learning about what a hospice is really about and so being able to pass on your knowledge and spread the word.

Some people don't understand the term 'hospice' and you can help change that, starting with your family and friends. Hospices need all the help they can get from their local community.

**If you have any questions or would like to help in any way please contact :**

**St Leonard's Hospice Fundraising Office on  
(01904) 77 77 77 or  
enquiries@stleonardshospice.org.uk**

St Leonard's Hospice registered charity number 509294



**St Leonard's Hospice**  
*Silver Jubilee Year*  
CARING FOR LOCAL PEOPLE SINCE 1985



# What is a hospice?

Every day in communities around the country, hospices are taking care of men, women and children as they face extreme illness and, in some cases the end of their lives, and also supporting their loved ones.

There are 200 hospices around the UK, doing this special job.

- Hospices help people to live life to the full for whatever time they have left
- Hospices provide love and care for all patients, their families and their friends
- Hospices support and help the patient, their family and friends for as long as is needed



**My name is Lenny the Bear. I am St Leonard's Hospice mascot. You will be seeing me out and about and I might even come and visit your school.**



# A bit about St Leonard's Hospice...



## Our Hospice

Is a place where someone goes when they can't get better with medicine or an operation, and their body has something called a terminal illness. It doesn't always mean that someone is going to die - it just means they need some special help and support. We are here to make their life as good as possible for the time they have left. St Leonard's cares for people in York and the surrounding area.

## Care

The special kind of care we give to patients is called Palliative Care. This means that all the patients needs are taken care of and there are always people there to talk to and to listen. Respite Care is when a patient comes to the Hospice for a short stay so we can help look after them, giving their families and carers a break.



## Support

Lots of people work together to help care for our patients and their families. We have a team of doctors, nurses, ward helpers, housekeeping, kitchen staff, receptionist, a physiotherapist, an occupational therapist, a chaplain and a Family Support Team. They all work together to look after our patients.



## Activities

As well as making the patients feel better, there are activities and lots of things to do and people to meet. Activities include craft and art sessions, speakers, computers, music, games and beauty treatments. We have a play room, pool table and TV room for a family friendly environment.



## Volunteers

A volunteer is somebody who works but doesn't get paid. Nearly all hospices rely on volunteers. They help to support the patients with cooking, cleaning, gardening and fundraising and in our charity shops.

## Education

Hospices have an important job in teaching people in the local community about the work they do. People have ideas of what they think a hospice might be like, but don't actually know. We visit local schools and groups and talk to them about the work of a hospice in a fun, honest and interactive way.



## Fundraising

Because hospices make no charges to patients and their families, we have to raise a lot of money to keep providing the care we do. We rely on people in the community to fundraise and visit one of our charity shops. I'm sure you have fundraised before and have lots of ideas.

