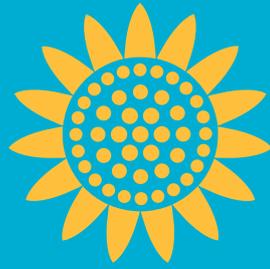
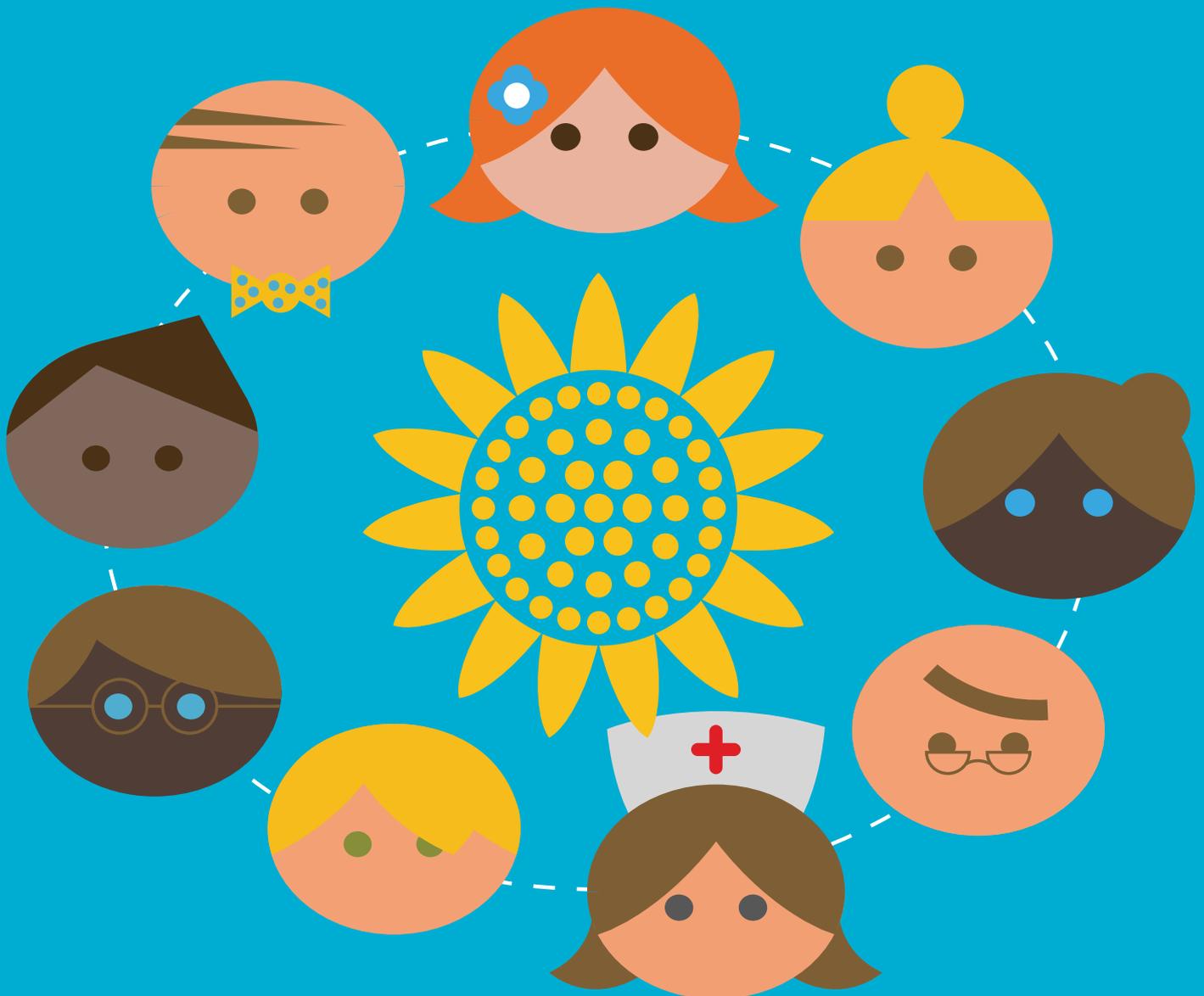


St Leonard's
Hospice
Caring for Local People



St Leonard's Hospice



St Leonard's Hospice is an independent charity, providing care and support for local people with life limiting illnesses. We have an In-patient Unit, Sunflower Centre and Hospice@Home service.

In this relaxed and friendly environment, every patient is recognised and treated as an individual. With our support patients are able to enjoy the best possible quality of life. Our care also extends to support families and carers.

In addition to a team of highly experienced doctors and nurses, we have specialists in a wide range of roles including complementary therapy, lymphoedema care, physiotherapy, social work, bereavement, occupational therapy and spiritual care.

We serve a wide area including York, Easingwold, Selby, Sherburn in Elmet, Tadcaster, Pocklington, Pickering, Helmsley and Kirbymoorside.

Our care is free of charge to patients and their families but not free to provide. As a charity we rely heavily on the generosity of the public to help

raise the £5.2 million it costs each year to run St Leonard's Hospice. This equates to £595 for every hour of every day. Although St Leonard's does get some public funding the majority of the running costs have to be raised from donations and fundraising by the local community – businesses, groups and individuals. Legacies are by far our greatest source of income.

In-patient Unit

St Leonard's In-patient Unit provides patients with a peaceful environment to receive personalised nursing care, tailored to their needs.

Patients are admitted to the Hospice for symptom control, respite or end of life care. Within this relaxed environment the team ensure patients and their family feel safe.

The In-patient Unit has twelve single rooms with en-suite facilities and two four bedded bays with bathrooms. Large windows and french doors in each room allow patients to enjoy the outside environment. The rooms either have balconies with views of the countryside or patios overlooking the



garden courtyard. All exterior areas are accessible for both independently mobile patients and those who require assistance.

Visiting the In-patient Unit

St Leonard's Hospice is open for visitors between the hours of 10am and 8pm every day. Special arrangements can be made for visiting outside of our 'normal' hours.

We do not restrict the number of visitors unless we are specifically asked by a patient or a family member. We have a quiet sitting room, family room and children's play room.

Sunflower Centre

The Sunflower Centre offers a range of services to patients, their families and carers affected by life limiting illnesses.

We aim to help and support patients to live well by being as in control of their condition as much as possible and, where appropriate, achieve the things that are important to them.

Across our team, we aim to offer patients

thorough assessment of their needs; support to manage their symptoms; emotional, social, and spiritual support; carer support, and time and space to listen and relax. We aim to be flexible and responsive to patients' needs in order to enhance their independence and quality of life.

We have a lounge/group room, craft area (the Atrium), dining area, family room, and four therapy rooms. We also have a sanctuary space for reflection and quietness.

What's on offer?

After a patient's referral and initial assessment we will agree a plan of support that best meets their needs. This may involve attending for Complementary Therapy, small group work, attendance for a part or whole day for 'Relaxation and Re-enablement' (R & R), outpatient appointments, or Drop-in support.

Being referred as a patient

Patients can be referred to the Sunflower Centre by their GP, District Nurse, Community Specialist Palliative Care Nurse, Consultant, or Clinical Nurse



Specialist. We will always inform a patient's GP and other Healthcare Professionals involved in the care that they are attending.

How long can a Sunflower Centre patient attend for?

Most services at the Sunflower Centre are offered on a time-limited basis. A patient's initial assessment will determine the best plan of support for them, which will be reviewed during their time at the Sunflower Centre. Group workshops usually last six to eight weeks. A course of Complementary Therapy is offered for up to six sessions. Attendance at the R & R day is for ten sessions, and is reviewed after the seventh attendance.

The Drop-in on Fridays (10am-3pm) is 'open access', and no appointment is needed. The Drop-in offers social support, information sharing, carer support, craft work, and time to relax. No medical or nursing staff are present at the Drop-in, so a patient will need to be able to look after themselves independently to benefit from this service. Please note that lunch is not provided, but tea, coffee and biscuits are available.

If a patient needs support mobilising, they will need to bring a carer with them too.

Transport

We are unable to provide transport as a matter of course to all our patients. We encourage patients who are not independent to avail themselves of support from family and friends to bring them to the Sunflower Centre.

For patients attending the R & R Day, a transport assessment will be completed. We have a limited number of places available on Sunflower Centre transport, and a small number of volunteer drivers.

Support for Carers

We are also here to support families and carers of those living with life-limiting illnesses. Complementary Therapy, small group work, Bereavement Support, and the Drop-in can all be accessed by family members and carers too.

Hospice@Home

The team provides specialist hands-on nursing care and support to patients and their families in the last few weeks of life.



This service can be offered if you:

- are approaching the end of life and would prefer to die at home;
- are having difficulties at home and do not wish to be admitted to hospital or the Hospice;
- are waiting for admission to a Hospice bed for symptom management or end of life care;
- wish to be discharged from the hospital or Hospice to be cared for and die at home.

We work in partnership with GPs, District Nurses and MacMillan Nurses to provide this care.

Family Support Team

Social Work

Facing illness, loss and change is never easy. If there are also social, practical or financial stresses, these can be an additional burden and they can encroach upon precious time. Our qualified Social Workers are able to offer practical and emotional support during a Hospice stay.

Bereavement Support

Our Bereavement Care Team offers

support to families following the death of a loved one. It is a continuation of our family care and is offered to those close to someone who has died either in the Hospice or under the care of Hospice@Home.

Spiritual Care

Serious illness affects not only your body, but your whole life and how you feel about life. Our Spiritual Care Team are available to listen and talk with patients and their families and to provide spiritual care to all, regardless of faith or background. Our team is made up of a Spiritual Care Lead and a number of Spiritual Care volunteers.

Complementary Therapy

Complementary Therapy is available for patients and close relatives to help promote relaxation and a feeling of wellbeing. A range of therapies is on offer and provided by therapists who are fully qualified for the treatments they provide.

There is a suite of dedicated complementary therapy rooms, or treatment can take place at the patient's bedside.



Lymphoedema

Lymphoedema is the swelling of the limbs and body, due to the accumulation of lymph fluid. If the lymphatic system is blocked or damaged the lymph fluid is unable to drain away and swelling then results.

Although lymphoedema cannot be cured it is possible to manage and improve the problem. Here at St Leonard's we have a lymphoedema clinic and staff available to visit the ward area to provide information and treatment for this condition.

Occupational Therapy

Occupational Therapy is about helping people reach their potential and improving their quality of life.

We believe that activity promotes well being. This can be anything from practical activities like getting washed and dressed or purely fun things like sitting in the garden, or reminiscing.

The Occupational Therapist is also part of the Discharge Planning Team and helps patients plan for home.

Physiotherapy

The Hospice has a Physiotherapist whose aim is to help patients to achieve things that make a difference to their quality of life.

Our Physiotherapist can help with exercises to maintain mobility and ease stiffness in muscles and joints through inactivity. Where breathing is problematic they can advise specific exercises to help. The Physiotherapist will help with rehabilitation, moving and handling issues and provision of mobility aids where necessary for discharge.

Our Community

We rely on the support of the local community in many ways. More than 680 volunteers play a vital role in helping us provide the highest standards of care for patients and their families.

Fundraising by many groups and individuals in the community is a welcome and tangible sign of support for our work. We are also very grateful to everyone who donates goods to our retail outlets and to those who enjoy to shop in them. We have 12 shops throughout York and the surrounding area, and a donation centre.

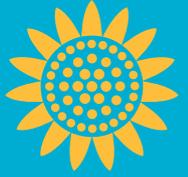




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Superstore

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York College

Sim Balk Lane

Askham Bar
Park & Ride

A1036

A64

A64



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St Leonard's Hospice is a registered charity, no. 509294 and a company limited by guarantee, registered in England and Wales, no. 01451533 September 2018