

st michael's hospice

We enable people living with serious, advanced illness to live as fully as possible.

We provide compassionate, expert care at the end of life.

We support people through the challenges of bereavement and grief.



Providing high quality, responsive palliative care and bereavement support across Hastings and Rother, and working collaboratively with others to improve end of life care for all.

Our approach

We are committed to providing person-centred care which means we tailor our support to what each individual needs. We work in partnership with patients and their families to identify what matters to them, what is making life difficult including troublesome symptoms or changes in day to day functioning, alongside any worries or spiritual concerns.

Our multi-disciplinary team then creates a personalised offer of palliative care support which is the best fit for the person at that moment, and adapt this if and when things change.

Our team – who we are and what we do

The team at St Michael's Hospice is formed of professionals from different backgrounds, who are each expert in their area of palliative care provision.

Our multi-disciplinary team includes:

Nurses, Healthcare and Wellbeing Assistants

Social workers and Counsellors

Doctors

Physiotherapists



Spiritual Support

Occupational Therapists

Pharmacists

Skilled Volunteers

Together the team offers a unique mix of expertise which means we can optimise patients' quality of life by providing:

- Specialist symptom control to keep patients as comfortable and well as possible
- Rehabilitation to optimise patients' independence and participation in activities meaningful to them
- Skilled and compassionate care
- Holistic emotional and spiritual support to make sense of, and cope with living with or supporting someone with a life limiting illness
- Bereavement support after someone dies.

Our services

We offer a range of services to provide responsive care and support when and where needed.

Wellbeing Programme

Our personalised out-patient programme of therapeutic and social support focuses on enabling patients to do the things important to them and connect with others in similar situations. It includes individualised rehabilitation, conversation and writing support groups, mindfulness, creative arts, nature, time out space, and projects that bring the community together. Transport can be provided.



Hospice at Home

Our team of Community Nurses, Clinical Nurse Specialists and Assistants provide skilled 24/7 palliative care in a patients' own home. This ensures patients and families receive the support they need and enables them to remain at home. We provide a Night Sitting Service between 10pm – 7am, to providing assistance to patients overnight and reassurance to carers and families so they can also get some rest.



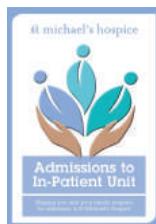
Hospice Neighbours

Our team of skilled volunteers provide friendly, practical support for people living at home including gardening, dog walking, cleaning and taking people out.



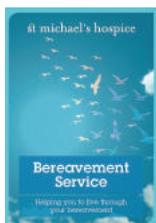
In-Patient Unit

Many patients benefit from a short stay on our In-Patient Unit where the multi-disciplinary team can address complex symptoms, optimise their wellbeing and function, and provide essential emotional and spiritual support before they return home again. Some patients come into the Hospice at the end of life and they and their families benefit from our compassionate and expert end of life care. We also offer respite and rehabilitation admissions to give carers and families a break and optimise patients' independence.



Bereavement Counselling and Support

Specialist counsellors and volunteers provide counselling and group support to anyone in Hastings or Rother in need of extra support to cope with the challenges of loss and grief. This includes people who have had no prior experience with the Hospice.



Education and Training

We offer expert training and educational support to professionals and care teams on best practice and contemporary issues in palliative care.

How to access St Michael's Hospice support

Referral forms are available at www.stmichaelshospice.com/referral alongside details of how to refer, or be referred.

Please note patients must have a diagnosis of a serious, advanced or life-limiting illness and live in Hastings or Rother.

We know we can make a real difference to people affected by a life-limiting illness, especially when people are referred early enough to benefit from our range of holistic support.



To find out more about any of our services or to find out if someone meets our criteria, please call us on **01424 445177** or visit www.stmichaelshospice.com/our-services

St Michael's Hospice services are free

Through donations, legacies, events, supporting our lottery and retail activity our generous community cover about two thirds of our running costs, meaning Hospice care is free of charge to patients, their families and friends.



We are always looking for people to volunteer at the Hospice, in the community and at our events. If you are interested in hearing more about the work of St Michael's Hospice or supporting us, please get in touch via our website www.stmichaelshospice.com



www.stmichaelshospice.com Tel: **01424 445177**
St Michael's Hospice, Upper Maze Hill, St Leonards on Sea, TN38 0LB

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