

## Patients Praise Day Therapy

*"Before coming to the Hospice I thought my diagnosis meant "the end, it doesn't! I thought the Hospice was going to be gloomy with people talking about their illnesses but it isn't like that at all" says Mary.*

Day Therapy at Rossendale Hospice cares for up to 75 patients a week, helping them to deal with the physical, emotional and social impact of living with cancer and other life-limiting conditions.

Sessions are held in a relaxed and informal environment, the day starts around 10am and patients are able to stay until 3pm. The Hospice has a minibus and can arrange transport to and from your home. Lunch is also provided.

Within Day Therapy patients are able to access a range of services to maximise their wellbeing and quality of life. If they feel like a pamper session they can have a Jacuzzi bath, a complementary therapy and on some days a hairdresser and manicurist visit. Many patients also benefit from complementary therapies and counselling sessions by appointment.

Over the past few months we have asked Day Therapy patients how they feel they benefit and this is what they have told us;

*"Whilst at the Hospice I have a Jacuzzi bath and a back massage which helps alleviate the pain I get in my shoulders from arthritis and tension from shaking. Coming to the Hospice is the highlight of my week" comments David who has Parkinson's Disease.*



*"I have tried, enjoyed and benefitted from all the different complementary therapies including reiki, reflexology and aromatherapy massage" comments Carol who has had cancer three times.*

Spending time with us provides a day away from the home environment and a chance to meet new friends. Our nursing staff can provide advice on symptom control, social support as well as arts and crafts sessions, bingo and themed days!



*"The Hospice is such a happy place and lifts my spirits. I have always loved making crafts and from attending the Hospice. I take part in art and craft therapies and have learnt how to paint on silk, make dream catchers and mosaics. I have enjoyed learning new things from others" says Susan who has COPD*

*"I have made some really good friends at the Hospice who I also meet up with outside of Day Therapy" says Beth who has a rare condition called Bechet's Syndrome.*

*"Coming to the Hospice and learning how others have coped has given me the confidence to carry on" says Kath.*

*"When I come to the Hospice, it is a day that I completely relax. I enjoy reflexology and aromatherapy massage and have also received counselling to help me come to terms with my diagnosis" says Jeanette who at 46 years old has been informed she has incurable cancer.*



We recognise that caring for someone with a life limiting illness is stressful for both the patient and those caring for them so a day at the Hospice provides carers with a rest or simply time to catch up.

*"When I come to the Hospice, it gives my wife who is my carer, the opportunity to have some "me" time, she knows I am safe and doesn't have to worry about me. It gives her chance to relax" says Graham who has heart failure.*



Placements are offered for twelve week periods to ensure we are able to support as many people in Rossendale who need our support. Patients often stay in touch with our nurses and have very happy memories of their visits to the Hospice.

Vera who is in remission smiles as she says: *"I know that if I need it – the support of Day Therapy is only a phone call away. The staff and volunteers are second to none. When I see them, it is like greeting my family. They will forever have a place in my heart".*

If you feel that Rossendale Hospice may be able to help you, a family member or friend, please don't hesitate to get in touch by calling 01706 253633 opt 1, emailing [admin@rossendalehospice.org](mailto:admin@rossendalehospice.org) or speaking to a healthcare professional