



St Barnabas
Hospice • Care • Support

Clinical
Services

Day Therapy



Find out more at
StBarnabasHospice.co.uk

 @StBarnabasLinc  StBarnabasLinc

About us

St Barnabas Hospice is a local independent charity which supports more than 9,000 people across Lincolnshire each year. We deliver free, high-quality, compassionate end-of-life care and support to adults with a life-limiting or terminal illness, their family and carers.

What is Day Therapy?

Day Therapy offers a range of clinical, emotional and spiritual support services in a friendly and relaxed atmosphere. You will have access to a team of nurses, occupational therapists, physiotherapists, health and rehabilitation support workers, chaplains and volunteers.

At Day Therapy, the Hospice will support you through a wide range of therapies and activities. These may be done with other people in similar circumstances. We aim to help improve the quality of your life whilst maintaining your independence.

Overview of services and therapies available

- Physiotherapy
- Assessment of individual health and social care needs
- Plan of care based on individual needs
- Occupational therapy
- Symptom control advice
- Mobility and exercise advice
- Access to welfare and benefits advice
- Spiritual support
- Creative therapy e.g. therapeutic writing, arts, crafts etc.
- Complementary therapies
- Social activities

“Living alone and being diagnosed with myeloma, I became in a state of panic. With the support of the team I have been able to accept the condition.”



How to access Day Therapy

Day Therapy is available for anyone who is 18 years old or over with a life-limiting or terminal illness. This service can be accessed at any stage, and can provide you, your family and friends with support and advice.

You can refer yourself to Day Therapy by calling the numbers included on the back of this leaflet. Any healthcare professional involved in your care can also make a referral on your behalf.

Refreshments

Day Therapy offers light refreshments for patients and carers. Lunch is also available at Lincoln Day Therapy.

Your nearest Day Therapy Group

In South Lincolnshire

Grantham

86 Barrowby Road,
Grantham, NG31 8AF

Spalding

Clover Way, Woolram Wygate,
Spalding, PE11 3GD

Boston

Mayflower Lodge, Green
Lane, Boston, PE21 9NB

In North Lincolnshire

Lincoln

Hawthorn Road, Lincoln, LN2 4QX

Gainsborough

George Henderson Lodge, Morton,
Gainsborough, DN21 3AD

If you would like
further information
about the services we
provide please call a
member of our
team on
0300 020 0694



In North East Lincolnshire

Louth

Grimsby Road, Louth, LN11 0SX

Skegness

Skegness Community Hospital,
Dorothy Avenue, Skegness, PE25 2BS

Mablethorpe

Marisco Medical Practice Stanley
Avenue, Mablethorpe, LN12 1DP



In case of concerns or complaints, please contact:

**The Chief Executive's Office
St Barnabas Hospice
36 Nettleham Road
Lincoln
LN2 1RE**

01522 511 566

Or, Lincolnshire Patient Advice and Liaison Service (PALS) on **0845 602 4384**



Alternative language copies available:

If you would like this information in another language or format, please contact Marketing on **01522 559 504**

Aby otrzymać te informacje w innym języku lub formie, prosimy o kontakt z działem marketingu pod numerem **01522 559 504**

Jei norėtumėte gauti šią informaciją kita kalba ar formatu, prašome kreiptis į Rinkodaros skyrių tel **01522 559 504**

Ja vēlaties saņemt šo informāciju citā valodā vai formātā, lūdzu, sazinieties ar Mārketinga nodaļu pa tālruni **01522 559 504**

Dacă doriți să aveți această informație în altă limbă sau alt format, vă rugăm să contactați Marketing la **01522 559 504**

0300 020 0694
enquiries@stbarnabashospice.co.uk
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