



Welcome to the day therapy unit

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LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for you
and your family

Welcome to the day therapy unit

Day therapy

Day therapy aims to provide high quality holistic care and support. The focus of this care is to enhance quality of life, promoting dignity and individual choice. You will be offered 8 fortnightly sessions initially and your attendance will be regularly reviewed by the Multi-disciplinary team and discussed with you by one of the Day Therapy staff.

Overview of services and therapies available

- Assessment of individual health and social care needs by a qualified nurse and assessment on-going by Day Therapy staff
- Plan of care based on individual needs regularly reviewed by a trained nurse in Day Therapy
- Outpatient clinic with a specialist palliative care doctor if appropriate
- Programme of well-being sessions including mindfulness, reminiscing, managing fatigue and keeping active
- Complementary therapies (as available)
- Creative therapy, e.g. arts, crafts, painting
- Spiritual care
- Social interactive activities
- Emotional support



Facilities

Day therapy is held in a purpose built unit based at the hospice. There is a large communal area as well as smaller quiet rooms. Televisions and electronic devices are available. Outside there is a large patio and gardens leading to a woodland walk. A polytunnel and summer house is available for patient use.

Smoking

Day Therapy patients are advised that smoking is not permitted during their day at the hospice.

Mobile phones

Patients are welcome to have mobile phones whilst in the Hospice. Please be considerate of other patients regarding the volume of ring tones and the times of incoming calls. During a well-being session you will be asked to silence your mobile phone.

Shop

There is a small shop at the Hospice that stocks a variety of goods including toiletries, confectionary, drinks, greetings cards and gifts.

There is also a limited range of adaptive equipment for sale.

Catering services for patients

All refreshments are provided including lunch. A member of the catering team will explain the dishes of the day and take your order.

They can provide meals to accommodate any special requirements including diabetic, coeliac/gluten free, dairy free and ethnic diets. Pureed food is available on request.

Transport

LOROS has a team of volunteer drivers/escorts who are trained to provide transport to and from day therapy if you cannot arrange your own transport.

Our Team

Our team consists of nurses, healthcare assistants, a creative facilitator, a housekeeper and volunteers. You may also be referred to other services within the hospice.

We support the training of a variety of healthcare professionals who will work within the team. They will ask for your consent prior to being involved in your care.

This leaflet is updated regularly. For the most up-to-date information please visit **loros.co.uk/care**

LOROS Hospice is dedicated to ensuring equality and diversity is at the core of all our activities.

In case of comments or complaints, please contact:

Chief Executive, or Director of Care Services

LOROS, Groby Road, Leicester LE3 9QE

or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

Alternative language copies available

Please contact the Patient Experience Lead PA on 0116 231 8435.

Information about your health and care helps health services to improve your individual care, speed up diagnosis, plan your local services and research new treatments. You can choose to opt out of sharing your confidential patient information for research and planning.

To find out more visit: [nhs/your-nhs-data-matters](https://nhs.uk/your-nhs-data-matters)
or telephone 0300 303 5678.

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LOROS Groby Road, Leicester LE3 9QE

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