

Therapeutic Days

Our therapeutic days take place in our Day Units at Myton and are available on two days per week on each of our sites;

Coventry – Tuesday and Wednesday 10am - 3pm

Rugby – Tuesday and Wednesday 10am - 3pm

Warwick – Thursday and Friday 10am - 3pm

Our Day Units offer a welcoming, relaxed, yet stimulating atmosphere providing patients with an opportunity to meet and talk to others who are in a similar situation to themselves and access to a structured therapeutic programme of activities.

Whilst we welcome all patients no matter where you are in your disease pathway we are particularly keen to hear from people who may be earlier on in their illness and are looking to improve their wellbeing and quality of life.

We also offer a limited number of respite places enabling carers to take a well-earned break, safe in the knowledge that our team of experienced staff and volunteers will ensure you receive excellent care and support whilst you are with us.

What can I expect when I get there?

On your first visit, you will have the opportunity to tell a member of our Day Unit team about how you are feeling, the difficulties you are experiencing and any concerns you may have. This will enable us to work with you to identify ways in which we can best support you; and together we will agree your plan of care and which elements of the Day Unit programme might benefit you most.

Your nurse will help you to plan what you would like to do whilst you are with us and will arrange any individual appointments you may need/want with our specialist teams such as Physiotherapy, Occupational Therapy, Complementary Therapy, Spiritual & Pastoral Care, Counselling or Psychology.

You will also have an opportunity to talk with your nurse at each visit to see how things are going.

During your time with us, you will have many opportunities, if you wish, to take part in some of the following activities:

- Talk one-to-one with any of our specialist team about things that may be concerning you
- Socialise with other patients
- Receive complementary therapies
- Participate in some of our various activities, such as music, crafts, seated exercise or gardening to name but a few
- Undergo an assessment by our Physiotherapist and/or Occupational Therapist
- Talk with a member of our Spiritual & Pastoral Care Team
- Take part in art activities both as an individual or as part of a group
- Benefit from attending our short educational sessions
- Talk with one of our dedicated Counsellors or Psychologists
- Visit our hairdresser
- Discuss your wishes for the future; it is important for you to have the opportunity to think about how and where you would like to be cared for if you become seriously ill or you are reaching the end of your life. We appreciate talking about death and dying can be daunting; however our team are specialists in these discussions and will give expert advice.

There will be no pressure placed on you to participate in these activities or discussions. You can just enjoy coming and being alongside other patients, our staff and volunteers.

How often will I attend?

Our initial offer will be for you to attend once a week for a period of up to 8 weeks. We appreciate that some individuals may achieve what they were hoping for before this time so may be discharged early. For all other patients our multidisciplinary team will discuss your progress at week 6; your nurse will then discuss your discharge plan with you.

In some cases, if it is felt, you would benefit from an extension to your time with us we will initially offer you an additional 2 weeks.

For those patients who have been specifically booked in for a period of respite, due to the high demand for this service, we are unfortunately only able to offer one day per week for up to 8 weeks.

Getting to and from the Day Unit on a Therapeutic Day

In much the same way as you would for a hospital appointment, the expectation is that you will make your own way to our Day Unit. If you are not able to get here either by yourself or with the assistance of relatives/friends or by taxi, we do have a limited number of volunteer drivers who may be able to help with transport. To receive support from our volunteer drivers you will need to be able to get in and out of a car unaided.

If mobility is a challenge, we will discuss alternatives with you and your family.

Medication

Please bring with you any medication you require during the day. You will look after your own medication if you are able to do so. If you are unable to self-medicate, our nursing team will be able to support you with this. Please bring your medicine in its original packaging.

Refreshments

Hot and cold drinks are provided throughout the day. Lunch is served at 12.30pm and includes a choice of hot meals and desserts. If you have any dietary requirements, please let us know so we can ensure we meet these. All refreshments are provided free of charge.

Discharge

Your GP remains responsible for your medical care whilst you are attending the Day Unit. We will keep them up to date with your progress and will advise them of your discharge.

Prior to your programme with us coming to an end your nurse will talk through any options for your ongoing care and support. These may include stepping you down to our 'Drop-in Sessions' or signposting you to other health, social care or third sector providers.

If you are interested in attending our Therapeutic Day please speak to a health professional involved in your care to find out if a referral would be appropriate.

Alternatively you can make a self-referral by completing the online referral form at www.mytonhospice.org/services

or by calling our Referrals and Discharge administrator on 01926 838859 anytime between 9.30am and 1.30pm Monday to Friday.

