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The Myton Hospices Services we provide

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ABOUT THIS BOOKLET



At The Myton Hospices we believe that everyone matters for every single moment of their life; we focus on enhancing life when cure is no longer an option. In this booklet you will find information about all of the services that we offer for people with a life-limiting illness, and their families.

We have three hospices in Coventry, Rugby and Warwick, and have the only Inpatient beds in Coventry and Warwickshire. We care for people with a wide range of life-limiting illnesses including Respiratory conditions, Heart conditions, Cancer, Organ failure and Neurological conditions.

At Myton our aim is to be there for those who need us, from the point of diagnosis to end of life. Patients will only be discharged from our services if; they request to be discharged, they move to a different area or they move into a nursing home where all their care needs can be met. All patients will remain on our electronic caseload throughout their illness and will be followed up within a mutually agreed timeframe, e.g. weekly, monthly or quarterly, dependant on their needs. Patients will be provided with our contact number to call us if they require any advice, support or information.

We hope that you find the contents of this booklet helpful, if you have any questions please get in touch.

Inpatient Units

Myton has two inpatient units in Warwick and Coventry. Both have teams of nurses, doctors and other health care professionals who specialise in helping you and your loved ones with difficult symptoms, such as physical pain, nausea and vomiting, and reduce emotional distress.

Our inpatient units also provide care and support for people who wish to die in the hospice who are approaching their last weeks of life.

We also provide Respite care for individuals whose carers or families require a rest from caring. This is an opportunity for a planned stay of one week with a maximum of two weeks per year. This is only provided at Coventry Myton Hospice.

All of our inpatient services are provided free of charge this includes our relatives' accommodation which is available in each hospice for family members who may not be local and wish to be with a loved one at the end of their life. Allocation for the relatives' accommodation is reviewed on a daily basis.

For more information and to speak to the Referrals team about the admission criteria please call 01926 838889



Respite Beds

We provide planned short-term, temporary care to people aged 18 years or over with progressive, life-limiting illnesses who wish to give their unpaid carers or families a rest from caring. This is known as 'respite care'.

We provide an opportunity for a planned respite stay of 1 week, with a maximum of 2 weeks respite per year.

This is provided free of charge at our Coventry Myton Hospice.

You need to be registered with a GP in Coventry or Warwickshire and being cared for by family or friends at home (this can be in addition to a funded care package).

Both the patient and the carer must agree the need for respite and you need to be able to make your own travel arrangements to and from the hospice, either through your GP, specialist nurse, district nurse or arrangements made yourself.

One of our team will contact you prior to admission to assess your needs and how we can support you during your stay. We have communal areas and beautiful grounds for you to enjoy.

You, your carer, friends, family or a healthcare professional can make a referral via our online referral form www.mytonhospice.org/refer



Myton at Home

Whether you're living with a life-limiting illness or caring for someone who is, the Myton at Home Service is here to help and support you. We understand that many patients want to be cared for in the comfort of their own home, surrounded by family and friends, so our Myton at Home service is designed to enable patients to remain in the comfort of their own home and be supported in their final weeks or days of life.

Our dedicated team includes experienced Registered Nurses and Nursing Assistants. We work alongside and in addition to, your current services provided by the District Nurses, GP and Specialist Palliative care team.

Our service hours are 8am-8pm, seven days a week, 365 days a year. We also provide a night sit service (Rugby patients only), a member of staff will discuss this with you. The night sitting service is staffed by an experienced Nursing Assistant who deliver care to the patient from 10pm-7am. This enables family members to take a break from their caring duties and get a good night's sleep.

If you would like to make a referral please call:

01926 838889 between the hours of 8.30am-4.30pm Monday to Friday.

Outside of these hours please call the Myton at Home team directly on the following numbers:

Rugby Team - 01788 551516

Warwick/Leamington Team - 01926 838814

Alternatively visit www.mytonhospice.org/home



Patient and Carer Wellbeing Service

The Myton Hospice's Patient & Carer Wellbeing Service works with patients, families and carers to support you to improve your wellbeing and quality of life.

Our service is available to any adult who has active, progressive disease for which the prognosis is limited and the focus of care is quality of life.

The adult has to be aged 18+ and registered with a Coventry or Warwickshire GP. We can support you if you are living with, or caring for someone with, a life-limiting illness who needs specialist support, information, guidance, help planning for the future, or who just needs a coffee and a chat. We aim to be alongside you for as long as you need.

Living with illness can turn your world upside down and prevent you doing the things that are important to you. Our aim is to help you to live well by enabling you to identify your most significant concerns and priorities, providing a range of support to help manage the changes in your life and to enable you to focus on the things that are meaningful to you.

The overall aim of the Wellbeing Service is for you to receive expert supportive care by a team of multi-disciplinary professionals and volunteers to;

- Enable you to live as independently as possible in your own home and communities
- Provide education and information in regard to your illness, empowering you and those supporting you to engage in difficult conversations about death and dying and Advance Care Planning (ACP)
- Provide a range of activities to suit your individual needs and abilities
- Group sessions allowing social interaction with others who may be in similar situations to yourself

Examples of the types of support and interventions people have found beneficial are experiencing and learning relaxation techniques, managing anxiety and fatigue, building confidence with physical activities, strengthening emotional coping strategies, learning about the care services and how to access them, and planning for the future.

The Teams

A strong emphasis is placed on a multidisciplinary approach which is delivered by a team of healthcare professionals who specialise in palliative care. You, your family and carers will have full access to support from our Patient and Carer Wellbeing Service team depending on individual needs. We aim to provide high quality holistic care and support, promoting dignity, individual choice and support for carers/family.

The Team consists of registered nurses, nursing assistants, occupational and physiotherapists, counsellors, chaplaincy, complementary therapy and volunteers.

Any support you receive can be tailored to your individual needs and will be discussed with the wellbeing nurse during your first assessment. Some patients require intensive support to help manage symptoms or psychological needs, whilst others benefit from the wellbeing team just keeping in touch on a regular basis and knowing we are here if you should need us.

Carers

As an organisation we are very aware that family and carers need to be supported in their central role of caring for individuals with a life-limiting illness. Through our Wellbeing Service we aim to provide that vital support, guidance and information needed both to enable carers to care for their family member or friend and to preserve their own health and wellbeing within their caregiving role.

Our wellbeing nurses are trained and able to guide carers through a structured carers assessment, which enables them to identify where they need more support. They are then able to initiate that support through our internal teams where appropriate and available, or signpost to the most relevant services external to Myton.

Referrals

You, your family or carer can make a self-referral by contacting the Patient and Carer Wellbeing Team on 02476 841923 between 9am and 3pm Monday to Friday (excluding bank holidays).

Alternatively, you can ask any healthcare professional involved in your care to make a referral on your behalf using the Myton online referral form via The Myton Hospices website.

We have hospices in **Coventry, Rugby & Warwick**

and specialist nursing teams that
care for people in their own homes

As a charity, with less than

20%

of our funding coming
from the NHS, we must
raise more than

£12 million this year

Every year we support
thousands
of **people &**
their families

We provide all of our services
free of charge

It costs over

£15 million

every year to
provide our services
free of charge to
our patients and
their loved ones

We are not just about end of life care,

we are here to support patients
and their loved ones right from the
moment they are diagnosed

We care for people aged 18+ living with a

wide range of life-limiting illnesses

including Respiratory conditions,
Heart conditions, Cancer, Organ
failure and Neurological conditions

We are the **only** hospice providing inpatient beds in Coventry and Warwickshire

Other Support Services

The Myton Hospice's Support Services consist of the Counselling, Complementary Therapy, Spiritual and Pastoral Care, Physiotherapy and Occupational Therapy Teams and is delivered across all three hospice sites within our Inpatient Units, outpatients and, where the need is identified, the persons home.

COMPLEMENTARY THERAPY

Complementary therapy is a combination of both modern and ancient techniques and can offer a great deal of support to those that use them. All complementary therapies in some way are working with your body's own natural healing processes and energy, whether on a physical, emotional or spiritual level.

At Myton, we support the use of complementary therapies as part of the specialist palliative care services we offer.

For more information please call 02476 841900

PHYSIOTHERAPY

Physiotherapy in palliative care aims to help improve or maintain your physical ability. It can help you to continue with your normal daily activities and maintain as much independence and quality of life as possible, for as long as possible.

How can Physiotherapy help me?

Physiotherapy can play an important role in helping you to manage your condition through a number of means, including:

- Assessment of mobility and balance, enabling safe and independent movement indoors and outdoors
- Tailored exercise programmes, to improve or maintain strength, endurance, mobility, balance and function
- Education on techniques to help manage breathlessness and associated anxiety
- Advice on falls prevention
- Provision of walking aids (sticks, walking frames, wheelchairs)
- Pain management

If the hospice team feels that Physiotherapy will be of benefit to you, this will be discussed with you. Alternatively, you can ask to be referred to the Physiotherapist at any time during your stay as an inpatient.

OCCUPATIONAL THERAPY

Occupational Therapy is an important element of palliative care. It aims to help you to live as independently as possible, by enabling you to perform the activities of daily living that are important to you.

How can Occupational Therapy help me?

Occupational Therapy may include:

- Advice on continuing activities and interests that are a priority for you
- Education on fatigue management and energy conservation
- Education on relaxation techniques to enable you to manage anxiety
- Advice on sleep management
- Advice on day-to-day activities (such as getting in and out of bed, washing and dressing, using the bath/shower/toilet, managing the stairs, preparing drinks/snacks/meals)
- Assessment for provision of equipment and advice on minor home adaptations, to enable you to remain safe and independent

If the hospice team feels that Occupational Therapy will be of benefit to you, this will be discussed with you. Alternatively, you can ask to be referred to the Physiotherapist at any time during your stay as an inpatient.

Treatments take place mainly at the hospice, but occasionally in your own home. Most take place on a one-to-one basis, but some activities may take place in a group.

SPIRITUAL AND PASTORAL CARE

At The Myton Hospices, Spiritual Care is provided for all patients, carers, volunteers and staff. Spirituality is about what makes us who we are, what matters most to us, how we view the world, and how we experience hope and fear in this life. Spiritual Care is therefore not just for people who have a specific faith or religion – we are interested and care for all people regardless of background or belief.

We provide non-judgmental listening and pastoral care for everyone and this can include providing and/or facilitating religious care when needed. All the team of practitioners, also known as Chaplains, are professionally trained and able to work with people from all traditions. We also have links to faith leaders and representatives from around the local area who can support in providing faith-specific needs where possible.

We have an open Sanctuary space in both our Coventry and Warwick hospices and this is open and available at all times, day and night. You may use this peaceful place for prayer, meditation, a time of quiet reflection or to talk to one of our team. Everyone is welcome.

Our Spiritual Care team work across our Inpatient Units Mon-Fri 8.30-4.30 and we work in partnership with our local hospital to provide urgent out of hours support (overnight and weekends).

For enquiries or to make a referral for yourself or someone who matters to you, please contact us on spiritual.care@mytonhospice.org or by calling 01926 929030 / internal extension 0361. Out of hours, a duty chaplain can be called by staff on the inpatient units.

Please be in touch to see how we can best support you

COUNSELLING

Coping with a life-limiting illness is a huge challenge for patients, friends and family, including children. We provide support for both adults and children, either individually or in groups, to help you cope.

By providing an opportunity to talk to someone who is not directly involved in the situation and by sharing your worries and fears, you can feel less overwhelmed by them. It can also help you feel more in control even though there may be some things you cannot change.

Who can be referred:

The Myton Hospices Counselling service is primarily for the use of hospice patients and their families and friends.

Any patient, family member or friend, meeting the above criteria may be referred if they are experiencing high levels of distress or anxiety or having difficulty coming to terms with a terminal diagnosis, deteriorating health or with a death in the family.

Counselling can also be helpful in working through relationship issues which are exacerbated by serious illness and changes roles within a family.

Counselling and emotional support

We offer one to one counselling to Myton patients and their families and support into bereavement.

Bereavement Support

Your experience of grief is as individual as you. You may have emotions of sadness, anger, guilt, relief or confusion and a feeling of being lost or overwhelmed. All these are a natural response yet they can be painful, hard work and exhausting. We offer one to one bereavement support to patients of Myton and their families.

Fatigue and Breathlessness Programme (FAB)

The programme is designed to support people aged 18 and over who have a life-limiting condition, for whom breathlessness is a core symptom, but who may also suffer from fatigue and / or anxiety.

The FAB programme aims to improve your confidence in managing your fatigue and breathlessness, enabling you to reduce your anxiety and regain some sense of control.

A core element of the programme is to have the opportunity to talk through your circumstances with an Occupational Therapist and a Physiotherapist.

The topics covered within the programme will be based upon your individual needs and may include:

- Practical strategies and techniques to manage breathlessness.
- Practical strategies for managing fatigue.
- Gentle exercise.
- Sleep management.
- Relaxation techniques.
- Information about equipment and aids to help reduce fatigue and maintain independence.
- Signposting to other services

If you are interested in participating in the FAB programme, please speak to a health professional involved in your care to find out if a referral would be appropriate.



Lymphoedema

Our Lymphoedema Service is based at Warwick Myton Hospice and serves both Myton and community patients of Coventry, Rugby and South Warwickshire.

Our team is able to provide a service for people with lymphoedema secondary to cancer and/or its treatment, with the aim of reducing and relieving, as much as possible, the symptoms of lymphoedema. We run clinics at Warwick Myton, Coventry Myton. We also offer a home visiting service for those patients who are housebound.

Lymphoedema is a swelling in the tissues which happens when lymph fluid cannot drain away.

Some people develop lymphoedema if they have lymph nodes removed during cancer surgery or have had radiotherapy as part of their treatment. Some people with cancer may also develop lymphoedema because the cancer affects the drainage of the fluid.

The swelling can affect arms, legs, body, face/neck or genitals, and may cause heaviness, pain, tightness, loss of function, dry/hardened skin and make the person more susceptible to episodes of infection (cellulitis).

What to expect if you are referred to the Lymphoedema Clinic

You will be assessed by the lymphoedema practitioner who will examine your area of swelling and gain a history of when your swelling started and how it is affecting you. Based on this assessment the practitioner will teach you the best way to manage your swelling.



The aim of our clinic is to show you how to manage your swelling to a minimum and reduce the risk of possible problems such as infection and discomfort.

The things we teach you may include some or all of the following:

- skin care
- movement / exercise
- simple lymphatic drainage (self massage)
- wearing of a support garment
- kinesiotaping

The elements taught will be based on the severity and position of your swelling and what you are able to do yourself.

After your initial appointment the practitioner will review you either by phone or face to face appointment which will be discussed at the end of your first appointment. You may need several follow up appointments until the clinician is satisfied you are managing the swelling.

The clinician may advise a short course of MLD (manual lymphatic drainage). This will be discussed with you if needed. The length and frequency of this treatment will be discussed with you and will run parallel to your self-management techniques that you will most importantly need to continue with at home. The clinician will decide when this course of treatment finishes.

MLD can only be offered as part of a short treatment programme. This will be the decision of the practitioner who has assessed you and will be discussed with you prior to commencing.

Following this short course of MLD day to day management/ maintenance will be achieved using your own self-lymphatic massage, garments, exercise and skin care.

We cannot offer MLD as maintenance- should you wish to pursue MLD as part of your day to day management private therapists can be found on MLD UK

To access our Lymphoedema Service please ask a healthcare professional to make a referral via our website www.mytonhospice.org/refer

Rugby Myton Support Hub

Rugby Myton Support Hub is aimed at anyone aged 18 years and over who is living with or caring for someone with a life-limiting illness.

A community-based service working with local partners, all support provided is free of charge, and no referral is needed.

The Hub is open Monday to Friday, 9.30am to 4pm. You don't need an appointment, just come in.

Our friendly staff and volunteers will help you to focus on things that are important to you.

This may include;

- providing information
- signposting to other services/organisations
- joining one of our groups or classes
- popping in to one of our drop-in sessions for a cuppa and to meet people who understand what you're going through
- spending time in our relaxing environment to just 'take a minute'

We aim to be alongside you for as long as possible, supporting you and your families/carers, there is no time limit on our support.

A full programme of events is available on our website at www.mytonhospice.org/hub or from the Rugby Myton Support Hub reception, including information on how to enrol in each programme or join a group that is of particular interest to you.

You can also call Rugby Myton Support Hub on 01788 550085 and we will be happy to advise on different options available to you.

Did you know?

It costs over
£15 million
every year to provide our
services free of charge
to our patients and their
loved ones

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As a charity, with less than

20%
of our funding coming
from the NHS, we must
raise more than
£12 million this year

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**If you are able to
make a donation
we would really
appreciate it.**

www.mytonhospice.org/donate

   @MytonHospices

Registered Charity No. 516287

Coventry

Clifford Bridge Road
Coventry, CV2 2HJ
02476 841900

Rugby

Barby Road
Rugby, CV22 5PY
01788 550085

Warwick

Myton Lane,
Warwick, CV34 6PX
01926 492518

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