



Alan Hudson Day Treatment Centre

We provide supportive and specialist palliative care, advice and treatment for adults living with an advanced serious illness or life limiting condition who live in Wisbech and Fenland. The Centre is open Mon to Fri from 8.30am - 4.30pm for treatments, symptom management, support, and community services and can be contacted by telephoning **01945 669620**. Our specialist team includes clinical nurse specialists, palliative care nurses, Hospice at Home nurses, complementary therapist, a creative activities coordinator, volunteers and administrators and there is access to a chaplain and therapy team.

Treatment Services

Where your clinical illness requires specialist administration of medication or procedures, the Centre may be able to provide this service. The procedures we currently undertake include blood transfusions, intravenous iron infusions, bisphosphonate infusions, central line care and flushes and obtaining blood samples for laboratory tests. Treatments are provided for patients with a progressive disease and for patients to benefit from a local service if resources allow.

Living Well Service

Our Living Well service is an individually tailored programme offered to patients for one morning each week. The length of attendance will be reviewed every eight weeks and will vary from patient to patient, depending on needs. Free volunteer or hospital ambulance transport is

available, creative, and social activities are provided, although there is no obligation to participate, and refreshments are available. Patients also have access to a registered nurse who can help manage any identified concerns.

We offer help and advice for issues such as:

- Controlling symptoms for pain, sickness, breathlessness, fatigue, and anxiety
- Assistance in making decisions about care and living with an uncertain future
- Emotional, spiritual, and social support for you and your carer
- Maintaining your dignity and quality of life
- Communication with family and children
- Providing a supportive social environment where you can share your experiences

Referrals for Living Well are accepted from GP's, hospital consultants, district nurses and specialist nurses. Patients and families can also refer themselves, but we need to inform the GP that their patient wishes to attend. If preferred, patients and relatives can attend the Centre for a short visit to see if we can assist or if our service appeals to you. If you decide not to attend, you are welcome to use the Centre for support, symptom control advice or simply to talk about your anxieties. We also have a social group which may be of benefit to you. When we receive a referral, we will contact you to obtain some general information and offer you a comprehensive assessment that gives us information about you and your current physical,

emotional, social, and spiritual needs. As part of the assessment, we discuss options with you and your family and will agree a Living Well care programme or an alternative service.

Your suitability for the Living Well service will be reviewed on a regular basis. Discharge will be considered if the progression of the disease or condition appears to have plateaued or slowed down, or if the facilities offered no longer meet your needs. Alternative services or resources will be discussed. Discharge will not be sudden, and visits might be reduced to fortnightly before final discharge and you will be advised that re-admission to the Centre will always be possible should your circumstances or needs change.

Other Services

Complementary Therapies

Complementary therapies, such as reflexology, massage and relaxation are available from a trained therapist and are also available for family members who need support. On some occasions there is access to hairdressing and manicures.

Inpatient Services

The Centre also provides specialist advice and expertise to support Trafford Ward at North Cambs Hospital, where there are three palliative care beds.

Social Group

There may be access to a social group if it is assessed that the patient has peer and social support needs. This is run by volunteers and offers a fun, social environment where you can enjoy a chat or participate in creative activities. Attendees will need to arrange their own transport to attend, please contact the Centre to discuss.

Bereavement Group

The Bereavement group is delivered by the Hospice Chaplain and Complementary Therapist for relatives after they have been bereaved for six months. The group meets monthly at the Centre, and you will be invited to attend for twelve months where you will have the opportunity to make connections with group members. Prior to the six months, bereavement support may

be offered through complementary therapy on an individual basis.

Community Support

Community Specialist Palliative Care Nurse

Our Clinical Nurse Specialist will assess and plan your care with you and your family. This can be done at home if this is difficult for you to leave the house, or as an outpatient at the Centre. This service is available to help manage complex emotional, physical, social, spiritual or practical difficulties such as:

- Sickness, fatigue, anxiety, or breathlessness
- Making decisions about care
- Talking to family and children and discussing your wishes
- Maintaining your dignity
- Ensuring support for your family and carer

Where appropriate we provide support at any time during your illness and we regularly liaise with your community healthcare professionals including your GP and district nurse to ensure your care is as seamless as possible and can request advice and support from other specialist palliative care professionals including our Hospice at Home nurses.

Hospice at Home Service

Our aim is to support you to be cared for in the place of your choosing. When patients are rapidly deteriorating and entering the last weeks of life, our Hospice at Home team provide nursing and personal care in your own home. This could be help with personal care during the day, support for the carer/family or could be night care to allow the carer to gain a good night's sleep. Referral can be from any healthcare professional and care is always carried out in partnership with district nurses, GPs and family members.

All information is correct at time of print and may be subject to change. Please visit our website for the most up-to-date information. If you have any feedback or would like this information in a different format or language, please contact us.

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