

Be surprised...

# Day Therapy at Prospect Hospice



## Bringing care, support and confidence when you need our help

For every person who comes to our Day Therapy unit, what they will experience will be different. We are here to help you stay independent, feel supported and build your confidence. We'll provide lunch and refreshments through the day, and you'll spend time with other people who are in similar situations.



## It's about what you want to do

What we offer is a flexible day during which your needs come first:

- Our Day Therapy team includes a nurse, physiotherapist, occupational therapist and volunteers who will all make time for you, whether it's for advice, support, or just to talk.
- You can choose to participate in activities such as relaxation, exercise, gardening, art and other creative therapies.
- Complementary therapies such as Reiki and massage are also available.



## "Being able to talk to people who understand how I feel has been so helpful"

- Day Therapy patient

## You'll be in control

The days that you will spend with us over a series of weeks are designed to support you; there will be an opportunity to set personal goals with one of the team.

## A time and place to relax

Our Day Therapy unit is based in Wroughton on Tuesdays and Thursdays. The setting is friendly, relaxed, informal and easily accessible. You can spend time relaxing on our patio or walking in the gardens.

## We'll pick you up

If you need help with transport, we can arrange for volunteers to collect you and take you home. If you would prefer to arrange your own transport, there's usually plenty of parking at the front of the building.

## Stay awhile

Most people come to day therapy one day a week for up to for sixteen weeks.

## "Coming to Day Therapy has helped me stay more positive, knowing someone was there if I needed advice or support"

- Day Therapy patient





## Next steps

If you would like to see the Day Therapy unit for yourself, let your Prospect Nurse Specialist know and they will put you in touch with the team to arrange a visit. Alternatively, you can call the team directly on **01793 816170**.

If you require a higher level of physical support, further assessment may be necessary

to determine whether or not we are able to meet your needs in the Day Therapy unit. Other hospice services may be more suitable to offer the support you need.

**"I have loved trying new things, all the different activities, the gardening, the art activities, it's been great!"**

- Day Therapy patient



## Prospect Hospice

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Company Registration in England No. 1494909