



# Welcome to the day therapy unit

[loros.co.uk](http://loros.co.uk)

**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](http://loros.co.uk/care)

## In case of comments or complaints, please contact:

Chief Executive, or Director of Patient Services and Clinical Quality, LOROS, Groby Road, Leicester LE3 9QE

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

## Alternative languages:

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

If you need this information in your own language, please contact the PA to our Patient Experience Lead on 0116 231 8435

જો તમને આ માહિતીની અન્ય ભાષા અથવા સ્વરૂપમાં આવશ્યકતા હોય તો કૃપા કરી ટેલીફોન નંબર 0116 231 8435 પર Patient Experience Lead PA (પેશન્ટ એક્સ્પેરીયન્સ લીડ પીએ) નો સંપર્ક કરો

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na język obcy lub w innym formacie, prosimy skontaktować się z PA Zespołu Patient Experience pod numerem telefonu 0116 231 8435.

ਜੇਕਰ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਪ੍ਰਾਰੂਪ ਵਿੱਚ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਰੋਗੀ ਅਨੁਭਵ ਪ੍ਰਤੀਨਿਧੀ PA ਨਾਲ 0116 231 8435 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

Haddii aad ku dooneyso macluumaadkan luqad kale ama habeyn kale fadlan la soo xiriiir Hogaan Bukaanka Waayo-aragga PA taleefoon nambarka 0116 231 8435

আপনি অন্য কোনো ভাষা বা ফরম্যাটে এই তথ্য পেতে চাইলে অনুগ্রহ করে 0116 231 8435 টেলিফোন নম্বরে প্যাসেন্ট এক্সপেরিয়েন্স লিড পিএ-তে যোগাযোগ করুন

اگر آپ کو یہ معلومات کسی اور زبان یا فارمیٹ میں درکار ہوں تو برائے مہربانی پیشنٹ ایکسپیرینس لیڈ کے PA سے اس فون نمبر پر بات کریں 0116 231 8435

**LOROS** Groby Road, Leicester LE3 9QE

☎ (0116) 231 3771

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