



St Oswald's
Hospice



The Newcastle upon Tyne Hospitals
NHS Foundation Trust

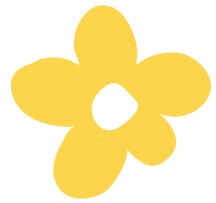


Combined Supportive Care Service

*Personalised care when
it's needed most*

Provided by Newcastle Hospitals NHS
Foundation Trust and St Oswald's Hospice

Quality time for everyone



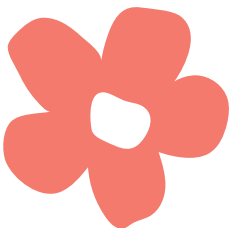
You'll find the warmest of welcomes from our team of experts at the Combined Supportive Care Service.

You've been referred to us by your hospital care team, so that you can get any additional care, support or treatment needs met all in one place – when you need it most.

Based at St Oswald's Hospice Focus on Living Centre, the Service will support you (and those you care about) to make everyday life a little easier.

Living with lung cancer or mesothelioma (and any other conditions you may have), comes with many challenges – from physical symptoms or side-effects to the impact on your emotional wellbeing and mental health.

We want to help you to manage those challenges in the best way possible and improve your quality of life.



Meet the Team

We're experts in care, working together

When you come to the Combined Supportive Care Service, you'll meet and be cared for by our service leaders:



Jenny Welford
Advanced Occupational Therapist

Newcastle Hospitals
NHS Foundation Trust



Dr Felicity Dewhurst
Palliative Care Doctor

St Oswald's Hospice



Jennifer Skipsey
Advanced Physiotherapist

Newcastle Hospitals
NHS Foundation Trust



Emily Rands
AHP Associate Practitioner

Newcastle Hospitals
NHS Foundation Trust

Working with Jenny, Felicity, Emily and Jennifer are a team of experts from the Focus on Living Centre. Each can provide you with specialist care if and when you need it:

Specialist Doctor
Owen Lever

Nursing Team led by
Jennifer Saunderson,
Sister

Occupational Therapist
Tracey Orange Moore

Physiotherapist
Michelle Wallace

Social Worker
Elaine Armatage

Spiritual Care Lead
Davina Radford

Wellbeing Coordinator
Carole Taylor

Complementary Therapists
Denise Nelson
Jayne Welsh

What to Expect?



STEP 1: **Welcome call**

Your journey with us will start with a phone call from the team to welcome you and find out how we can help you (you may have already had this).



STEP 2: **Face-to-Face first appointment**

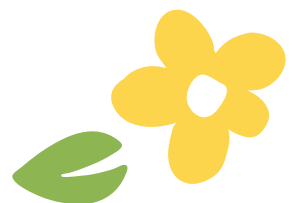
You'll visit the Focus on Living Centre, where you'll meet the team for your first appointment. Your needs will be assessed and you may even get treatment or support from other members of the team that day.



STEP 3: **Follow-up appointments**

We'll arrange a home visit and/or your next appointment (if needed) at the Focus on Living Centre to access any of the services that will help you. (Appointments are usually planned every 3 to 4 weeks – however this varies depending on your needs.)

If you have family, a friend or carer that you'd like to bring with you, they are very welcome. We have services which they may like to use – because we know, they need care and support too.



How Can We Help You?

We're a listening ear

We're here for you. We will listen to you to understand the issues, symptoms and side effects you're dealing with as a result of your lung cancer or mesothelioma (and any other conditions you may have).

Through listening and using a range of assessment tools, we'll know which of our services will be helpful for you.

We offer practical support

We want you to feel supported and in control of your care.

That's why from your very first appointment, we'll guide you to make informed health care decisions that are right for you.

Everything we do is about giving you practical support to help you self-manage your symptoms – making everyday life a little easier.

Meet June Simpson...

"I was so pleased that I could get so many things done at one place because my mobility is not very good. It's on my mind all the time 'oh, how will I do that?' But it's good because I can get so many things done here all at once. I feel the freedom to ask for what I need. They make you feel belonging and comfortable – the staff are all so nice. They really are – from the first one to the last one that you meet, even the driver who brings me in!"



June is one of our patients at the Combined Supportive Care Service.

Amazing things happen right here

Here are some of the ways our team can support you:

- Treatments and interventions to manage symptoms or side-effects that impact your daily life (e.g. mobility issues, fatigue, memory loss, anxiety, low mood, depression, breathlessness, pain, nausea and vomiting).
- Visit you at home to assess changes that could be made e.g. any equipment you may need to make life easier.
- Monitor your current treatments and medication to check what's working for you and what could be changed for the better.
- Relieve as much discomfort, pain and stresses caused by your condition/s as possible.
- Help you to take good care of yourself to keep you safe and well at home (or wherever you want to be).
- Answer any questions and provide information that may help you to make decisions about your care and treatments.
- Boost your wellbeing in a number of ways – e.g. through Complementary Therapy (massage, aromatherapy etc), a chat with our Social Worker or Spiritual Care Lead, a memory-making activity or a stroll in our beautiful gardens.
- Our social worker can support you with financial support including benefits and assessing the level of care you require.
- Help you to plan for your future (only if you want to) – from personalised care plans to Will making.
- Offer care, support and services to your family or carers.

When and where is the Combined Supportive Care Service?

Come in to our safe place

The Combined Supportive Care Service takes place **every Wednesday**.

Face-to-face appointments are at:

**Focus on Living Centre
St Oswald's Hospice
Regent Avenue
Gosforth
NE3 1EE**

Tel: 0191 285 0063

Some home visits and telephone appointments may also be made – dates and times will be arranged in agreement with you.

See map provided separately for details on how to get here.

Any questions?

Please contact the Team on **07860 179373** or **0191 2138346**

Keep a note of your appointments here:

Date	Time	Where	Who with/what for?

Please call 07860 17937 or 0191 2138346 if you need to cancel or re-arrange an appointment.

The Combined Supportive Care Service takes place every Wednesday at St Oswald's Hospice Focus on Living Centre. It is provided by Newcastle Hospitals and St Oswald's Hospice.

A special thank you to Charlie Bear for Cancer Care, part of Newcastle Hospitals Charity, who initially funded the Service for 6 months.

This leaflet is available in a range of formats. Please ask a member of our team if you require a different format. **Thank you**

We are a registered charity and rely on voluntary donations and legacies to enable us to care for patients and families.



**St Oswald's
Hospice**



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**0191 285 0063 | enquiries@stoswaldsuk.org
www.stoswaldsuk.org**

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