

Monday Sessions

Our weekly wellbeing sessions take place every Monday at our Stathern hospice.

These three-hour sessions focus specifically on wellbeing and improving quality of life for people living with a life-limiting diagnosis.

- Activities (with a wellbeing focus) ie: Relaxation, Mindfulness, Arts & crafts, Pets as therapy, Music therapy
- Advocacy, signposting & referrals - based on your individual needs
- Nursing support
- Complementary therapies
- Carer support
- Light refreshments

We encourage family members and carers to attend our Monday sessions and benefit from our services too.

Our Carers champion is on hand specifically to offer carers support and advice with any worries or concerns they may have, or simply to lend a friendly ear.

Our care services are accessed via a process of referral - to find out more please contact the hospice via one of the communication methods below.



01949 860303



admin@dovecottage.org



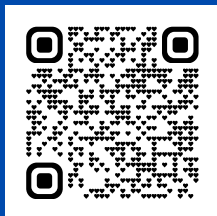
dovecottagedayhospice



www.dovecottage.org



Dove Cottage Day Hospice, Canal Lane, Stathern, LE14 4EX



DAY CARE
AT DOVE COTTAGE



Our main aim is to provide holistic care and support to local individuals and their families that are living with a palliative diagnosis.

Our day care sessions are offered weekly, on a Tuesday, Wednesday and Thursday, based at our hospice set in the beautiful rural village of Stathern, in the Vale of Belvoir.

Guests come to us on the same day each week to access a range of nursing care and support, take part in wellbeing activities, such as gardening, craft, music and games and enjoy a delicious home-cooked lunch.



All our care services are free to those who are eligible, and are accessed via a process of referral - either by themselves, a carer, family member or healthcare professional.

A transport service can be made available to those who are not able to get to us independently (a nominal charge will apply)



Our palliative care nursing team are here to offer advice and support for you and your loved ones at any stage in your palliative journey.

They will work with you to create a plan of care based on your individual needs which may include some of the following:

- Nursing support
- Holistic person-centred assessment
- Advocacy, signposting & referrals - based on your individual needs
- Advanced Care Planning
- Emotional support
- Anticipatory bereavement support
- Symptom control & pain management
- Advice & support from your palliative nursing team
- Family & carer support
- Carer peer support
- Inclusion, wellbeing & complementary therapies



We strive to continually improve our service provision based on the changing needs of our local community and because of this, the list of services given here is not exhaustive. Please contact us to discuss your individual needs in more detail.