

Local Contacts

DISTRICT NURSE:

Can be contacted 24 hours a day
Provides help with equipment,
wound care and nursing care.

Telephone number:

GP:

Can be contacted 24 hours a day. Surgery
will have details of surgery opening hours.
Provides medical help and advice.
Repeat prescriptions available

Telephone number:

WOODLANDS HOSPICE:

Inpatient Unit:
0151 529 8674
Well-being and Support Centre:
0151 529 2299
Hospice at Home:
0151 529 8672



Going Home

Now that you are going
home, this leaflet will
give you details of
where further
help is available



GOING HOME

When you leave Woodlands, although you may be looking forward to going home, you will perhaps feel anxious about leaving the security of the Hospice.

It can take a few days to adjust to being at home again.

Just because you are being discharged from the hospice doesn't mean we aren't still here to help you if needed.

You could possibly be referred to our **Well-being and Support Centre** for continued support for you and your family.

When you go home, our nursing staff will contact the **District Nurses** and your **GP** to let them know what your needs are, and any changes to your treatment or medication.

If you need any further help such as additional equipment or social support, this will be arranged through Social Services or Home Loans.

Getting help when at home

If you have any problems when you are at home you should firstly contact your **District Nurse** or **GP**.

You might find that you and your family need additional support, either practically or emotionally. There are some organisations that aim to offer this extra support and a list of these organisations can be found in this leaflet .If you are unsure about how to get additional help please telephone the Hospice.

You can find out more about **Woodlands Hospice** on our website:

www.woodlandshospice.org

Woodlands Hospice
AUH Campus,
Longmoor Lane
Liverpool L9 7LA

Tel: 0151 529 2299

Comments and feedback

We welcome your feedback on our services, let us know what you think.

Please complete a comment form available at the hospice reception desk.

Your comments will help us to ensure that we are constantly improving and developing the services we provide.

Fundraising

If you would like to help contribute towards the care given at Woodlands Hospice, or towards the £2,000 we need to raise every day to help with the running costs of the hospice, there are many ways you can help. Find out more on our website or call one of the numbers below.

Fundraising : **0151 529 2631**

Volunteering : **0151 529 8389**

LYNDALE Knowsley Cancer Support Group

40 Huyton Lane, Liverpool L36 7XG

Offering support to those affected by cancer, their family and friends. Complementary therapies, support groups, computer group, ramblers club, relaxation services, 1 to 1 support and benefit & legal advice by appointment.

Drop in Monday to Friday 11:00am - 3:30pm Telephone: **0151 489 3538**

Age UK Merseyside

Working in partnership with Macmillan Cancer Support.

In order to access this service you must be aged 70 or over, have a diagnosis of cancer and be receiving treatment.

Offering befriending and emotional support, shopping, light housework and other help around the house, transport to and from hospital appointments, collecting prescriptions, hospital discharge support, information, advice and advocacy, financial/legal advice, social and leisure opportunities and signposting to other community organisations.

Telephone: **0151 449 3537**

Macmillan Cancer Support/ Cancer BACUP

Publish a wide range of information booklets on specific cancers and treatments.

Telephone: **0808 808 0000** Website: www.macmillan.org.uk

Please note: Services and contact details may be subject to change. Correct at time of going to press.



Medication on discharge

If following admission to Woodlands Hospice your medication is altered to help manage your symptoms, the doctors and nursing staff will explain any changes to you. They will also provide you with a medication list indicating the dose, time and reason for taking your medication.

Should you have any questions or concerns in relation to your medication, the doctors and nursing staff will be happy to answer them.

You will be given 7 days supply of medication when you are discharged from the Hospice and you should arrange to have a repeat prescription from your GP following this.



Disposal of unwanted medicines

If you have any medication (including controlled drugs eg morphine, oxycontin) at home that you no longer require please return it to your local chemist for destruction.

Woodlands Hospice support

Well-being and Support Centre **Tel: 0151 529 2299**

You may be referred to Woodlands Hospice Well-being and Support Centre if you are experiencing difficulties or have concerns relating to your illness or treatment. These might include physical symptoms, emotional issues or planning for the future. Following an initial individual assessment, a programme of supportive care will be planned with you. Your needs, concerns and any plans agreed with you will be reviewed on a regular basis. You may then continue to attend a multi professional assessment day, group sessions or individual appointments or, when you no longer need our support, you may be discharged.

A range of information leaflets describing all the services available in the Well-being and Support Centre can be found in the Reception area or please ask your nurse for copies before you leave the Ward.

Hospice at Home **Tel: 0151 529 8672**

The Hospice at Home service works closely with existing community services to provide additional help for you and your family at home. This may include the sitting service which is available day and night as appropriate; escorted discharge from the hospice or hospital to help with the first few hours at home; or, at the request of the GP, or community nurse specialist, the consultant led Hospice at Home team may visit you and your family at home to provide specialist advice and support. This service is available only if you are registered with a South Sefton GP. Your GP, District Nurse or any other Health Professional can refer you to the Hospice at Home service.

Other organisations

Crossroads Care

Liverpool, Sefton, Warrington and Knowsley

Aims to support carers and the people they care for by providing consistent, reliable and flexible breaks.

Telephone: 0845 601 1990

Local Solutions Carer's Project (Liverpool)

Flexible support service, advice and information, signposting to specialist organisations.

Telephone: 0151 709 0990

SEFTON Cancer Support Group

1 Duke Street, Formby L37 4AL

A charity run by volunteers offering: friendship and a listening ear, emotional and moral support, experience of cancer and being a carer, visiting people in their own homes, 24 hour emergency telephone contact, social events and complementary therapies.

Telephone: 01704 879 352 24 hr Helpline: 01704 876 613

SUNFLOWERS Liverpool Cancer Support Group

21 Aigburth Road, Liverpool L174JR

A drop in centre for people affected by cancer offering: relaxation therapies, support groups, advice and guidance services and counselling. Open Monday - Friday 10:00am - 4:00pm. **Telephone: 0151 726 8934**