

A guide to Day Services at the Starlight Centre

dignity respect important
understood safe supported
empowered confident in control



**We provide free care to patients with a life limiting illness
across South West Hertfordshire and support their families**



What is the Starlight Centre?

The Starlight Centre is the home of our Day Services. We offer support and opportunities to people recently diagnosed or living with the effects of a life limiting condition and to their families, carers and friends.

What can we offer?

We offer opportunities to meet others, share experiences and learn skills to improve self-confidence, self-esteem and overall wellbeing.

For further information or advice regarding referrals to all our services please contact our Community Liaison Coordinator on 01923 330330 or 07952 999101



Our services

- ★ An initial assessment where goals are identified
- ★ Sessions focused on wellbeing such as meditation, complementary therapy and reflective quiet time
- ★ Self-management and short courses to help understand living with a life limiting condition and cope with symptoms such as breathlessness or fatigue
- ★ Individual one to one sessions looking at spiritual and psychological support, rehabilitation, financial and benefit advice
- ★ Opportunity to explore and discuss future care needs and wishes
- ★ Regular sessions for peer support, ongoing monitoring and social interaction
- ★ Information hub, local resources, and sign posting on to other agencies
- ★ Workshops to explore creativity, emotions, to learn new skills and hobbies such as creative writing, photography, craftwork and painting
- ★ Access to short courses, social groups and one to one sessions for those caring for someone
- ★ Advice on exercise and rehabilitation programmes from our physiotherapist

A monthly programme of events can be found at www.peacehospicecare.org.uk



Your medical information

The information you give us may be recorded on both computer and paper record. It may be shared between our wider teams and other healthcare professionals related to your clinical care.

Your medical information may also be used to support clinical audit, education and other work to monitor the quality of care provided. Anyone who receives information from us is also under a legal duty of confidentiality.

Peace Hospice Care is committed to data protection and we will take great care to ensure your data is properly looked after. We aim to comply with current legislation, NHS codes of practice and professional codes of conduct.

If you have any concerns regarding the use of your medical or personal information please speak to a member of the clinical team.

If you have any suggestions for improvements to our service or would like to make a complaint please see our 'How to Complain' leaflet or write to our Director of Patient Services at the address below.

Peace Hospice Care is dedicated to improving quality of life for patients and families facing a life limiting illness.

All the charity's services are delivered free of charge to patients in South West Hertfordshire by a highly skilled team of specialists.

We need to raise £4 million in charitable income every year to continue providing our services.

Over 80 pence in every pound raised goes directly on our services.

Peace Hospice Care

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