

Springhill Hospice

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www.springhill.org.uk

Complaints – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

Incorporated as a Company
Limited by Guarantee No 2325905
Registered Charity No 701798



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Wellbeing and Supportive Care

 **Springhill
Hospice**
Making every moment count



Our Wellbeing and Supportive Care Service aims to empower and support adults living with a progressive life-limiting condition and their loved ones and carers.

Our support is tailored to your individual needs and of those closest to you, to help you to manage the impact of your condition. We promote physical, emotional, social and spiritual wellbeing to enable you to:

- Make choices about your current and future care
- Gain knowledge and confidence to manage your symptoms
- Develop coping strategies
- Maintain your independence where possible
- Share your experiences
- Live well and make every moment count

Our team

The service is made up of Registered Nurses, a Nursing Assistant, an Assistant Practitioner, a Creative Therapist, a Complementary Therapist and a brilliant group of volunteers. We are also supported by our Spiritual and Pastoral Care Co-ordinator, Counsellors, a Dementia Specialist Nurse and Physiotherapist.

Our current sessions

- Dementia Wellbeing and Carer Support Programme
- Wellbeing and Support Programme
- Community Symptom Management sessions
- Wellbeing Hub (drop-ins) in different venues across Heywood, Middleton and Rochdale.

Please see individual program leaflets for more information.

How to access this service?

We accept referrals from a Healthcare Professional (eg. Your GP, District Nurse, Specialist Nurse) and referral forms are available via our website **www.springhill.org.uk**

On receiving this, one of our team will be in touch with you to discuss which of our sessions would best suit your needs.

