

BEAUMOND HOUSE HOSPICE CARE



**Personalised care for you
and your family,
when every moment matters**



www.beaumonthouse.co.uk



Beaumont House is a registered charity committed to providing supportive palliative care for patients and their families living in Newark and Sherwood.

We have four In-patient beds for people with palliative care needs, Day Therapy as well as a Hospice at Home service providing compassionate support in the community.

Complementary Therapy is also offered to patients and carers who would benefit from a therapeutic approach.

You can contact us 24 hours a day, seven days per week; we provide a friendly ear, general information, and can signpost patients, relatives and carers to appropriate resources, services and self-help groups in the Newark & Sherwood area.

We provide personalised holistic care based on individual needs.

We encourage open attitudes and act with respect; giving our patients dignity and independence.

IN-PATIENT CARE

Reasons you might stay as an In-patient

There are a number of reasons you may be invited to stay at the hospice.

- Assessment and care - this may be to help through more difficult times, for example if your carer is struggling to cope, or for an assessment of needs if your condition has deteriorated.
- Symptom management - there may be times throughout your illness, when your symptoms become troublesome. Coming to stay for a period at the hospice can help us to better manage those symptoms when you go home.
- We may be able to help to facilitate an earlier discharge from hospital by bridging the gap between hospital and home. Or if you feel unwell but do not wish to go in to hospital, we can help to support through this time.
- End of life care - you and your loved ones may decide you want to spend the final weeks

of your life being cared for at the hospice. We support you and your family to ensure your care is centred around you and your wishes.

How long will I stay?

The usual period of time people spend at the hospice is 1-2 weeks. You are free to come and go as you wish. Visitors can visit as often as you like and we provide facilities to ensure they are comfortable too. Well behaved pets are also welcome to visit.



IN-PATIENT CARE

Who will look after me?

Care is provided by our friendly team of trained health care professionals. Our nurses and health care assistants work on a 24 hour shift pattern and are always on hand to help you.

Our staff work in conjunction with a specialist palliative care team and other members of the primary care team. Medical care is provided by your GP if you live locally, otherwise you will be temporarily registered with a local GP who will attend to your medical needs.

Where will I stay?

We have four In-patient rooms at Beaumont House. Our emphasis is on 'home from home', all of our bedrooms have a calm and

comfortable feel. The bedrooms are individually designed and three have en-suite facilities. There are facilities available to have a shower.

All the bedrooms and bathrooms are fitted with a nurse call system.

What will happen when I get there?

A nurse will talk to you about your individual care needs, finding out likes and dislikes and agree a personalised plan of care. We also provide opportunities to talk about future wishes, treatment or care in a safe and supportive way.

A member of our catering team will come and meet you to discuss your food and drink preferences, or any specific requirements you may have.





What will I need to bring?

You are welcome to bring items from home that will make your stay more comfortable, like a special pillow, photographs, mobile phones, books etc. Smoking is permitted for patients outside the building. Smoking or vaping is not allowed anywhere inside Beaumont House.

Essentials we ask you to bring are;

- All your medication in its original box (or in a blister pack that has been dispensed by a pharmacist). This includes any 'just in case' medication and prescription chart that you have.
- Any important paper work e.g. lasting power of attorney or a ReSPECT form.
- Walking aids.
- Any medical supplies you are currently using, such as wound dressings.

- Toiletries.
- Clothes and nightwear (this will be laundered for you during your stay if you wish).
- Continence products if you use them.

Who will refer me?

Your GP, specialist nurse, district nurse or other health professional may refer you. Alternatively, you can refer yourself or a loved one can do it for you. You can do this by calling or sending an email to the contact details listed on the back page, or by dropping in and speaking with one of our friendly nursing staff. If you think you may want to consider Beaumont House for your future care, you can call in for an informal chat and look around.

All details about our referral criteria can be viewed on our website.

"The staff are a special breed of people"

"Everyone is so caring and it's lovely to see, I feel so at ease here and safe"

DAY THERAPY

Our Day Therapy service gives people with palliative care needs, the opportunity to develop new support networks and develop friendships whilst receiving emotional, spiritual and clinical support.

A range of therapeutic activities are offered by a team of nurses, health care assistants, and volunteer helpers in a friendly, relaxed environment often filled with laughter.

Taking that first step through the door of a hospice can be difficult, but Day Therapy is a happy supportive atmosphere. Together, we can help you and your loved ones to cope through difficult times, and better manage your symptoms.

Individual needs are assessed and a personalised care plan developed with the aim of improving and maintaining quality of life.

Day Therapy can help improve confidence and reduce feelings of loneliness and isolation. The hospice provides people with the opportunity to socialise with others in similar circumstances and touch base regularly with health professionals.

When is Day Therapy

Day Therapy runs between 10.00am and 2.00pm Monday to Friday (excluding bank holidays).

If you don't have anybody to bring you/take you home from Day Therapy, volunteer drivers may be able to provide transport to and from Beaumond House for a small charge.



Therapies and activities

Our therapies and activities can be enjoyed by all, despite age, illness or mobility restrictions:

- Creative therapy – the opportunity to participate in various forms of arts and crafts, from needlework and painting, to calligraphy and music therapy.
- Complementary therapies – a chance to relax and unwind whilst having a hand or foot massage.
- Pampering - nail care and manicures etc.
- Movement – seated exercise classes, Boccia sessions.
- Talks and presentations – symptom management or talks about interests.
- Chaplaincy support and spiritual support.

- Our PAT dog attends regularly (dependant on allergies and preferences).
- Quizzes and games – card games, dominoes and crosswords.

Food and drinks

Food plays an important part in the day. Drinks and snacks are available. A smoothie of the day is offered and packed full of goodness. We offer a good choice of a home-cooked food to share together, which is freshly prepared each day and can be tailored or altered to individual dietary needs likes/dislikes.

Our team are happy to assist patients with their meals if required.





“What a better place to be.
Exceptionally well looked after, well
fed and good company. Most of all we
have a laugh.
It is not depressing which most
people think it is, it is just good fun
with wonderful staff and volunteers.”

What our patients say....

“I enjoy coming to Beaumont House to do the crafts, I had lost all my confidence in doing what I used to do, so I am enjoying my life again. Staff and volunteers are all so helpful and it’s a fun place to be”

Accessing Day Therapy

If you think Beaumont House Day Therapy could be helpful to you or someone you know, it is easy to refer. You can speak to us over the telephone, email us, drop into the hospice, or you can ask someone you know to do it for you.

Our referral criteria is anybody over the age of 18 who has a life limiting illness.

If you require any more information, or have any questions please call in or contact us on the number on the back page and one of our friendly nursing staff will be happy to help.

HOSPICE AT HOME

What is Hospice at Home?

Many of our patients want to spend their last moments in their own home. The Hospice at Home team support this choice and work 365 days per year to care for patients in their own homes.

Our Hospice at Home team provides care that embraces not only physical needs but also emotional, social and spiritual support.

Who will visit me?

Hospice at Home is provided by a team of dedicated, experienced staff, including a registered nurse and health care assistants.

The team will come and meet with you and your family and together you will develop a personalised care plan which can include:

- Help and advice with controlling pain and symptoms.
- Practical advice and signposting to other agencies which can support your care.
- Psychological, emotional and spiritual support.
- Personal care.
- Respite and carer support at home.
- Night care is also available to provide reassurance and rest for patients and their carers.

The team work closely with your doctor, specialist nurses and community nurses to provide care and support your needs.



Whilst completing assessments, the team will provide support with end of life care planning, identifying patients preferred wishes for end of life.

How to access Hospice at Home support

Referrals can be made through your doctor, community nurse, specialist nurse and other healthcare professionals involved in your care.

You can also self-refer to the hospice via the website or by telephone, asking to speak to the nurse on duty.

Once a referral has been received a nurse will visit you and your family to discuss what your needs are to remain at home.

Your care will then be individually planned to meet your needs.

The amount of care you receive may increase or decrease depending on how your needs change. Where possible, we will support you to remain at home.



“Thank you so much for bringing love, laughter and light into our home at such a difficult time”

CARERS SUPPORT



If you're looking after a loved one at home, the chances are you're one of the UK's 5.7 million informal carers.

You are part of an army of impressive individuals who are caring for a friend or family member. It can be hugely rewarding but it can also be overwhelming and demanding which is why Beaumont House Hospice is here for you.

The physical, emotional and psychological needs of carers can all too easily be overlooked.

At Beaumont House, we understand the long-term impact that end-of-life care has on you.

It can be physically and emotionally draining. We recognise that carers, like you, need extra support during this time and into bereavement but we also know, you're unlikely to voluntarily share your worries, needs and concerns.

At Beaumont House, we include the carers and family of a patient in the heart of our thinking and support those who support the patient.

Ways we can help carers:

- Advice on carers' benefits.
- Monthly drop in carers support groups.
- Help with personal care at home.
- Providing a break for carers.
- Complementary therapy.

BEREAVEMENT SUPPORT

Losing someone who you love or care deeply about is very painful. It is also a highly individual experience.

You may experience all kinds of difficult emotions and it may feel like the pain and sadness you're experiencing will never let up.

Grief can be overwhelming and can leave you feeling out of control. These are normal reactions to a significant loss.

But while there is no right or wrong way to grieve, there are ways to cope with the pain and sadness that over time we learn to live with.

The Bereavement Support service is available to all families of patients who were known to the Hospice.

Support can be offered in different ways; one to one, support through the monthly bereavement sessions or telephone support.

There is also a volunteer led monthly drop in group called the 'Teapot' group.

We will help anyone who contacts us seeking help with bereavement and refer to other agencies and more specialist support if required.



HOW YOU CAN SUPPORT US

Providing care and support to patients and their families currently costs Beaumont House more than £1.6million every year.

During 2023, Beaumont House will receive £531,000 towards the cost of delivering our In-patient, Day Therapy and Wellbeing service and Hospice at Home commissioned through the End of Life Together Alliance (funded from the ICB), which contributes to our overall operating costs.

This means that around £1million needs to be raised through donations, our shops, and local businesses throughout Newark and Sherwood.

Regular Giving

The support Beaumont House receives comes in different ways. Many people

choose to donate an amount every month to us. Regular Giving is incredibly valuable and donating this way is very simple. You can donate any amount as every penny helps.

Sometimes people decide to make a one-off gift to Beaumont House either to say thank you for the care and support they receive or in memory of a loved one. These gifts enable others to continue to receive the services we provide, at no cost to the patients. These gifts are so very important to us and are easy to make through our website but can also be made through all other payment methods such as cheques and cash or by a credit or debit card.

Gifts in Wills

We also receive gifts in people's Wills and we are grateful for all that we receive. It is of course so important to speak to a solicitor if you wish to make or change an existing Will.



We also understand that making sure our loved ones are provided for will usually be at the top of most of our lists when making a Will, but if Beaumont House is a cause that you have cared about – perhaps you might consider leaving a gift in your Will to the hospice.

To find out more about how you can leave a gift in your Will to Beaumont House or make a gift to us of any kind, please do contact the Fundraising Team on 01636 610556 or emailing fundraising@beaumonthouse.co.uk

Volunteer for us

Without our volunteers who give us the precious gift of their time, we simply couldn't deliver our services to our patients and their families in the way that we do. Whether you occasionally have an hour or want something more regular, we would love to hear from you.

To see our variety of volunteering roles, please visit beaumonthouse.co.uk/volunteer

Organise your own fundraiser

Holding an event or fundraising challenge, can be a fantastic way of raising vital funds for Beaumont House whilst having a great time and giving people something back for their money. There are also lots of different ways you can fundraise for us, by yourself or with friends and family and without having to organise an event.

Please get in touch to let us know your plans so that we can help you in any way and help you to promote your fundraising!



Gift Aid

Beaumont House can claim back 25p every time you donate £1 to us.

To do this you must have paid at least as much in Income Tax or Capital Gains Tax in that tax year as

you want to claim in Gift Aid and have made a Gift Aid declaration that gives us permission to claim it.

The same rules apply to allow us to claim gift aid on the donations you make to one of our shops.

beaumonthouse.co.uk/gift-aid

REFERRALS

Beaumont House seeks to serve the needs of the local community and welcomes an open referral system; therefore we will consider a referral from any person, either public or professional.



Medical care in Beaumont House is provided by local GP's and therefore patients will be:

Registered with a Newark and Sherwood GP (either a permanent or temporary registration)

How can I refer?

Initial referrals can be made

- In person, at Beaumont House
- By telephone 01636 610556
- By email info@beaumonthouse.co.uk

Who is eligible?

The person being referred to Beaumont House:

- Must be over 18 years old.
- Must be registered with a Newark & Sherwood GP.
- Have a life limiting condition or palliative care need.
- Most patients will have advanced progressive disease and the focus of care will have changed from curative to palliative.

For professionals:

- Single point of access (Call for Care/ Patient Call).
- By secure e-mail (NHS account)
- e referral via SystmOne or call 01623 781899.



Beaumont House
Hospice Care

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