



Day therapy drop in service

The St Ann's day therapy drop in service is an informal day held at our Heald Green site, providing specialist advice and support for people living with, or affected by, life-limiting illnesses.

The drop in service takes place every Monday between 9.30am and 3.30pm (except for Bank Holidays). It's confidential, free of charge and no appointment or referral is necessary.

Who is this service for?

People with a life-limiting illness and/or their loved ones and carers, or healthcare professionals, who:

- need information, support and advice
- would like to view our services and/or the hospice environment

What does this service provide?

- Advice and guidance to support independent living – for example advice about exercise, breathlessness, anxiety management and how to manage daily activities
- Support from others in a similar situation
- Emotional support
- Initial access to medical and nursing support including referral guidance for pain and symptom management
- Where appropriate, signposting to community services including community rehabilitation to support community care
- Assistance for patients and carers in maintaining a sense of wellbeing and a better quality of life

Where do I go?

Day Therapy
St Ann's Hospice
St Ann's Rd North
Heald Green
Cheshire
SK8 3SZ

How can you find out more?

Please contact us on **0161 498 3612** or email daycarehg@sah.org.uk

24-hour advice line

Patients, carers and healthcare professionals can get advice around the clock on **0800 970 7970** (Stockport area) and **0808 144 2860** (Manchester, Salford and Trafford areas)

Issue date: January 2017