Transport:
Day care is situated within Monkwearmouth Hospital. You may wish for a relative or friend to bring you, or if you require transport we can help to arrange this. A member of the day care team will telephone you on the day of your attendance at approx 8.45am. Our transport, which is free of charge, will collect you at approximately 9.30am and take you home at approximately 4.00pm.
We realise that you may feel anxious about attending day care. We will be happy to arrange for you to visit the unit, or to discuss any concerns you have over the telephone.

Improving services
We are always looking at ways to improve our services. If you have any suggestions, we would be happy to hear them.
At some point during your visit you may receive a questionnaire about the service. We would really appreciate it if you would take the time to complete this.

Further information please contact:
Day Care Manager
St Benedict’s Hospice
Monkwearmouth Hospital
Newcastle Road, Sunderland. SR5 1NB
Telephone: (0191) 541 0031 Ext 48301
www.hospice.co.uk

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.
This information can be made available in another format or language on request.
If you require further copies of this leaflet please contact the Day Care Manager
Tel: (0191) 541 0031 Ext: 48301
Introduction
Welcome to day care, our staff, patients and volunteers work together as a team with one shared aim - to provide individualised care whilst maintaining the dignity, privacy and informed choice for each patient.
Day care offers an honest open environment; we aim to make your visit as comfortable as possible. We hope this leaflet will give you more information about the services we can offer.

What is, “day care?”
The day unit is a relaxed homely environment which provides care for up to 12 people each day, (Monday to Friday).

The day care team is made up of:
• Nurses
• Doctors
• Physiotherapist
• Pharmacist
• Social worker
• Occupational therapist
• Chaplain
• Hairdresser
• Volunteers
• Domestics
• Administrative support
• Complementary therapist

Initially you will be offered a six week assessment period, which is for you to attend on an agreed day once a week. During this time you will spend time with the relevant members of the team to assess your needs, and to discuss any issues which you may have.

Following this assessment you may continue to attend regularly or you may be discharged from day care. A member of the day care team will discuss and plan this with you in full; you may be re-referred to day care at a later date.

If you need any medication during your time at day care you should bring this with you.
You are welcome to join in activities including simple craft work and chair based exercises.
There will be a choice of foods for lunch, drinks and snacks are available throughout the day.
As a team we will do our best to meet your needs.