**Referral Guidelines for accessing St Cuthbert’s Hospice’s Community Outreach Services**

The Community Outreach team deliver social support and educational activities to the hospice target audiences within the local community.

Application to attend the support groups must be made by referral from professionals based in the community or via self-referral. Our Community Outreach Services will follow up with a short telephone assessment within 15 days of the referral.

For further information please contact Emma Spencer on 0191 374 6165 or Louise Johnson 0191 374 6196

Referrals (referral forms at the end of this document) can be emailed to [NECNE.StcuthbertsHospiceReferrals@nhs.net](mailto:NECNE.StcuthbertsHospiceReferrals@nhs.net) or sent by post to:

St Cuthbert’s Hospice

Park House Road

Durham

DH1 3QF

To be eligible for support you should:

Have been diagnosed as living with a life-limiting illness, the definition for this is:

‘An incurable condition, that will shorten a person’s life, though they may continue to live active lives for many years.

Or

Have a diagnosis of Dementia.

Or

Be a Carer of someone with a life limiting illness (including Dementia).

Or

Have been bereaved following the death of a loved one with a life limiting illness.

Or

Be a member of the public, wishing to access social support or signposting to local services or activities.

**GDPR** - We would like to keep a record of your name and address and details of any actions/referrals, this will not be shared with anyone outside of the project and will be confidential, but it helps us to secure funding by providing evidence of the numbers of people we support. There will be a sign in sheet every week, at every event so we can track numbers.

**Definition of groups and Referral Criteria:**

**INITIALLY ALL GROUPS WILL RUN AS A 6 WEEK PILOT (FROM MAY 2ND) TO ALLOW FOR   
CO-CREATION AND DESIGN WITH GROUP MEMBERS**

**Monday Morning 10.00 a.m. to 11.30 a.m.**

**Hospice Hub Coffee Morning (Drop in – open to all)**

**Parish Centre, Middle Chare, Chester-Le-Street. DH3 3QB.**

Anyone can attend this, please note:

* There are no health care assistants, if you need help with eating, drinking, or accessing toilet facilities you would need your Carer to attend with you.
* This is a social event, a drink and a natter, an opportunity to meet people in similar situations creating peer support.
* We may be able to signpost you to some of our other support groups, or to external groups and services, we will endeavour to help you access additional support.
* Drinks and cakes will not be provided but can be purchased from the venue and are very reasonably priced. This allows us to run the coffee morning without paying for room hire.

**Monday Afternoon 1.00 p.m. to 2.30 p.m.**

**Carer support (by referral). PLEASE NOTE – alternate weeks for Carers/Dementia Carers**

**Auckland Communal Room, Auckland, Chester-Le-Street, DH2 2UA.**

You must Care for someone with a life limiting illness/Dementia

* These sessions are social support, the content is to be designed during the 6-week pilot programme.
* The first 6 week ‘pilot’ period will be supporting Co-design with potential users/group members.
* There will potentially a range of different activities, discussion groups on various topics, activities, crafts, and presentations etc.
* Staff will support with guidance and signposting, Dementia specialist support with be available to help with navigation of the system, managing challenging behaviours etc.
* If the person you care for is unable to be left on their own, they may come with you to the group, but activities will be split in to two groups. One focusing on the Carer and another group for the Cared for.
* Enjoy a cuppa with peers and chat about what is important to you.
* You must be able to bring yourself and your Cared for person to the sessions.
* Your Cared for person must be able to sit comfortably (on a dining chair, or their own wheelchair) and interact in gentle activities.
* We must discuss your requirements with you before you join the group to make sure we have enough resources and staff available.

**Tuesday Morning 10.00 a.m. to 11.30 a.m.**

**Memory Café, Dementia Support (by referral)**

**Lambourne Communal Room, Lambourne Close, Bournmoor. DH4 6EW**

* Bring your loved ones to reminisce and share memories.
* There are no health care assistants, if you need help with eating, drinking, or accessing toilet facilities you would need your Carer to attend with you.
* This is a social event, a drink and a natter, an opportunity to meet people in similar situations creating peer support.

**Tuesday Afternoon 1.00 p.m. to 2.30 p.m.**

**NAMASTE - Living well with Dementia (by referral)**

**Lambourne Communal Room, Lambourne Close, Bournmoor. DH4 6EW**

These sessions will be delivered in the style of the ‘Namaste’ sessions currently delivered in the hospice. The person living with dementia should be in the later stages of dementia and may be experiencing the following symptoms:

* Forgetting close family member’s names and relationships to them.
* Not recognising familiar surroundings.
* Communication skills are significantly reducing.
* Mobility is reducing.
* Assistance is required with most activities of daily living (e.g. eating, washing, attending to toileting needs).

Namaste Groups will limit capacity to 6 attendees plus an accompanying carer at each session.

**Wednesday Afternoon 1.00 p.m. to 2.30 p.m.**

**Living Well with illness (by referral)**

**Auckland Communal Room, Auckland, Chester-Le-Street, DH2 2UA.**

The programme will be designed by health professionals and will offer educational support to help with different aspects of your life and care needs. The full programme is 10 sessions promoting positive health messages and helping you to get the best out of each day. What does a good day look like for you and who in the community might be able to help/support you to achieve this. Please note, following the initial 6-week pilot you will be given the option register onto the full 10 week course.

To be eligible to attend this group you should:

* Be living with a life-limiting condition, you might be on the Palliative Care register or not, it does not affect your eligibility.
* Be able to get to the sessions independently or with someone providing transport.
* Be able to sit on a chair (dining style, in community venue) comfortably.
* Be able to manage your own drinking/eating and be able to access toilet facilities independently or with your Carer. There will not be any health care assistants in attendance.
* Your Carer can attend with you if we know in advance just to make sure we have space available.

**Thursday afternoon 1.00 p.m. to 2.30 p.m.**

**Living well in Bereavement (by referral)**

**Temporary venue for pilot t.b.c. – ring for details**

**(After the pilot - Sacriston Youth Project, Unit E, The Old Co-operative Buildings, Plawsworth Road, Sacriston. DH7 6PD)**

These sessions will be a mix of education/discussions/activities/support and a chance to socialise with peers. These social groups sessions are designed to help you get out and meet other people in a similar situation to yourself. There will be a mix of activities and time for social chat. This is not counselling support, to be eligible to attend the group you should:

* Be bereaved following the death of a loved one from a life limiting illness.
* Be ready to mix with others in a similar situation. We have a responsibility to the whole group to maintain a safe space. We understand that anyone can have a bad day, and people may occasionally become upset, but in the main we would like you to enjoy the group, and feel able to join in with activities etc.
* There may be a range of different activities, presentations etc. from organisations that can support your bereavement journey.

This group will be most beneficial for people who are comfortable enough to meet with others socially. We appreciate there is no timescale for this, for some it might be weeks for other’s it could be months/years before they feel able to attend.

There are many factors influencing this, maybe the complexity of the relationship, or the death was sudden and unexpected. We can get ‘stuck’ and unable to move forward. If this is how you feel, give us a call and we might be able to signpost you to other services for support.

**Everything in place**

**Various locations – see website for latest information.**

This is an 8-week course, opening discussions and allowing for informed choices and decision making in later life/end of life. It is usually delivered to small community groups of 10 – 15 people. If you are interested, please get in touch.

Session 1: ‘Where there’s a Will’, understanding why you need to make a Will.

Session 2: Understanding Mental Capacity for Power of Attorney decisions.

Session 3: Appointing Power of Attorney – The documents

Session 4: Understanding care and making advance care plans.

Session 5:  Funeral planning and how do you know your funeral plan is safe.

Session 6: Understanding euthanasia/Digital Legacy (1 hour each)

Session 7:   Organ donation/ making and saving memories (1 hour each)

Session 8:   Difficult conversations/keeping yourself well (1 hour each)

**Accessible Information:** If you would like a copy of this form in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.