

The Woods Therapy Centre

Compton Hospice Woods Centre offers a holistic approach in supporting patients and their families living with a life limiting disease.

The aim of the service is to help maintain a sense of independence, well being and quality of life whilst adapting to advanced illness. There will be an individually tailored programme with an agreed set of aims and objectives to help with concerns identified by the patients prior to attending the centre.



SERVICES WE OFFER

Following regular assessment of your needs, an individually tailored programme will be devised to maximise quality of life.

This may include one or more of the following therapies/services:



- Relaxation Therapies
 - Confidence building
 - Life story work
 - Treasure boxes
 - Creative therapy/craft sessions
 - Spiritual care/support
 - Tai Chi
 - Prevention of falls programme
 - Management of fatigue/breathlessness/ anxiety
 - Counselling/emotional support
 - Group Work
- Benefits advice
 - Pain and symptom control
 - Physiotherapy
 - Complementary Therapies
 - Respite for carers
 - Hairdressing
 - Meals

OPENING TIMES

The Woods Centre Open: 9.30 am to 3.30 pm

Contactable: 8.30 am to 4.30 pm

COST

A charge is levied against all patients attending The Woods Centre of **£5** per session.

TRANSPORT

- * Patients attending The Woods Centre should ideally provide their own transport.
- * In exceptional circumstances transport can be provided including transport required for wheelchair users.
- * For all patients requiring transport a risk assessment must be completed by the referrer and sent with the formal referral form.

If you feel this service is for you – please speak to your GP or any other healthcare professional and they will make a referral on your behalf.

SMOKING

Please note – smoking is **not** permitted on the hospice site.