

# Day Services



**St Vincent's  
Hospice**

*the little hospice with the big heart*



# Criteria for Day Services

We accept referrals for adults within Renfrewshire and North Ayrshire with a diagnosed life limiting condition. We also accept referrals for their relatives and carers.

You can self-refer via our website [www.stvincentshospice.org](http://www.stvincentshospice.org) or by calling 01505 705635 and selecting extension 208 or 406.

Alternatively a healthcare professional can refer you to the service.

## Day Services aims to empower adults living with a life-limiting condition and support their families and carers.

Our support is tailored to your individual needs to help you and those closest to you to manage the impact of your illness. We promote physical, emotional, social and spiritual wellbeing, and help enable you to;

- Make choices about your current and future care
- Manage your symptoms
- Develop coping strategies and to obtain skills, knowledge and confidence
- Remain as independent as possible
- Live as full a life as possible and to help make every moment count

# Day Services enable you to access valuable groups and therapeutic activities:

- Complementary Therapies
- Creative Therapies
- Relaxing activities
- Uplifting activities

# Day Services is open Monday to Friday and includes:

- Supportive social groups
- Wellbeing sessions
- Peer support groups for families and carers
- Virtual wellbeing sessions
- Drop In sessions





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