



WELCOME TO THE KING CENTRE SERVICES

The King Centre provides services that support patients affected by life limiting illnesses to enable them to live life as fully as possible, alongside their illness. We provide bespoke packages of support based upon the personal priorities, goals and needs of each patient.

We see our patients and their families as equal partners in their health and well-being. Our services equip and empower people with the knowledge, tools, confidence and resilience to play an active role in managing their illness and its effects, with just enough tailored support to enable them to continue to live their lives as fully as possible.



Jersey Hospice Care
your care, your choice, your time

WHICH PROFESSIONALS CAN I SEE?

NURSE

Nurses are available to:

- undertake nursing assessments to understand your problems, concerns and symptoms and to provide support and advice to ensure your symptoms are managed as best as possible based upon your personal goals
- help co-ordinate and deliver your care in partnership with other Jersey Hospice Care staff, community and hospital services
- give you the opportunity to discuss your priorities and needs, what is important to you and to ensure your wishes about your future care are identified and addressed.

PHYSIOTHERAPIST

Physiotherapists are available to:

- help you remain as independent as possible and in control of your life, despite your illness. They will do this by helping you to adapt to any changes that may be occurring as a result of your illness and therefore help you to remain as independent as possible
- help you identify your priorities, needs and wishes and devise goals to work towards, no matter what stage of illness you are at
- practically support you and your family to understand and manage symptoms such as pain, breathlessness, anxiety and fatigue
- offer bespoke therapeutic activities including the opportunity to take part in our gym groups.

COMPLEMENTARY THERAPIST

Complementary Therapists are available to:

- work alongside conventional medical treatments to help improve your well-being
- provide sources of relaxation, help reduce anxiety, stress and tensions and alleviate some of your symptoms through a range of self-care approaches and hands on therapies.

EMOTIONAL SUPPORT

The Emotional Support Team is available to:

- provide emotional support and help you talk through concerns whilst you come to terms with the many challenges and uncertainties which you may have when affected by an advanced illness.

WHAT OTHER THINGS ARE ON OFFER?

- A social safe space – time to be with others in a similar situation
- Access to the gym
- Chaplaincy
- Relaxation sessions
- Carer support
- Therapeutic activities
- Arts & Crafts
- Hairdressing services (Monday, Wednesday and Friday)
- Bathing service
- Support Groups
- Social activities (pool / table tennis / quiz)
- Workshops on lifestyle & well-being



Our services provide holistic, multi-disciplinary palliative care support framed around person centred goals delivered with just the right amount of support to equip individuals to live their lives to the fullest and enable people to feel empowered to live life as fully as possible in the community, alongside their illness.



MONDAYS

Eight week nursing based model including therapeutic activities

- Higher dependency / Dementia friendly / Complex Clinical Needs / Frailty
- Gym (11:30 to 12:30)
- Bathing
- Complementary Therapy
- Relaxation (14:30 King Centre Lounge)
- Art & Crafts (11:00 to 12:30 & 13:00 to 15:00)
- Meet the team – quarterly opportunity to meet some of the staff who work at Jersey Hospice Care
- A light lunch is available
- Any registered Jersey Hospice Care patient can drop in for a cup of tea or coffee, if they have their own transport

Assessments – booked with Nurses / Physios

- These will be carried out in **weeks one, four and eight** based upon clearly defined goals
- **Discharge plan** at end of eight weeks

To access this day, you need to be assessed and accepted by one of our King Centre Team



WEDNESDAYS – IN CONTROL

Focus on breathlessness | anxiety | fatigue

- Gym (11:30 to 12:30)
- Art & Crafts 11:00 to 12:30 & 13:00 to 15:00)
- Bathing
- Complementary Therapy / Relaxation (11:00 King Centre Lounge)
- Meet the team – quarterly opportunity to meet some of the staff who work at Jersey Hospice Care
- A light lunch is available
- Any registered Jersey Hospice Care patient can drop in for a cup of tea or coffee, if they have their own transport

Eight week In Control programme – sessions run in the afternoon from 13:30 to 15:00

Next course due to start in May covering the following topics:-

TOPIC
Understanding Breathlessness Why do I get breathless?
Breathlessness management Breathlessness Management Toolbox Acupuncture / Acupressure Why do I get anxious when I'm breathless?
'Getting on with it or getting around it.' Recognising fatigue and how to manage it Planning, pacing, prioritising, positioning and patience. Energy conservation
Keeping Physically and Mentally Active Why bother? Breathlessness / Fatigue and movement and exercise
Complementary Therapy and Sleep Hygiene Introduction to Complementary Therapy & Sleep hygiene
Making the most of every day – How to weather storms Recognising / Managing anxiety and fatigue. How do I cope practically? An introduction to coping strategies. How to pre-empt and make plans.
How to manage my symptoms medically Advanced Care Planning Diet and medications Symptom Management Medication management
My Support Network + Moving Forward Practically identify support networks Thinking ahead and moving on – Goal setting

Assessments – booked with Nurses and Physios

- These will be carried out in **weeks one, four and eight** based upon clearly defined goals
- **Discharge plan** at end of eight weeks

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THURSDAYS – LIVE & LEARN

Social drop in for anyone affected by a life limiting condition between 10:00 and 15:00

- Drop in service
- Structured therapeutic activities and talks
- Gym (11:00 to 12:30) – for those known to the Physiotherapy Service
- Walking group (Spring and Summer)
- Group Relaxation (10:30 to 11:00)
- Arts & Crafts (13:00 to 15:00)
- Meet the team – quarterly opportunity to meet some of the staff who work at Jersey Hospice Care
- Soup and sandwiches are available for a small donation
- One nurse allocated during the day for people to book
 - o assessments
 - o carer support
 - o advice
 - o advanced care planning

DATE	TOPIC (11:00 to 12:00 or 13:00 to 14:00)
7 March	11:00 to 12:00 Lymphedema Awareness week Meet those in the know, how can they help you? Welcome to the Jersey Heart Support Group How could this charity can be of benefit to you or someone you know?
14 March	11:00 to 12:00 Let's chat about 'wellbeing' What matters most to you? How can you enhance your wellbeing?
21 March	13:00 to 14:00 Breathlessness Support Group led by your Respiratory Nurse Specialists
28 March	11:00 to 12:00 We welcome Atlantic Security Community Services Come along to learn about their team, what they offer and how it works Meet the team We will be joined for a cuppa by a member of the Jersey Hospice Care team, who will it be?!
4 April	11:00 to 12:00 Live & Learn Book Club supported by The Jersey Library Learn about the latest read and experience the power of being read to
11 April	11:00 to 12:00 Laughter Yoga returns! Come and let loose via the power of Laughter Yoga
18 April	11:00 to 12:00 Shared Reading with The Jersey Library Read aloud together or simply listen, and use the power of words to enhance your wellbeing 13:00 to 14:00 Breathlessness Support Group Led by your Respiratory Nurse Specialists
25 April	11:00 to 12:00 Virtual Reality returns to Live & Learn Come experience another world!



FRIDAYS – WELL-BEING DAY

Focus on Well-being and Living Well

- Gym (11:30 to 12:30)
- Bathing
- Complementary Therapy
- Relaxation (11:00 King Centre Lounge)
- Arts & Crafts (11:00 to 12:30 & 13:00 to 15:00)
- Meet the team – quarterly opportunity to meet some of the staff who work at Jersey Hospice Care
- A light lunch is available
- Any registered Jersey Hospice Care patient can drop in for a cup of tea or coffee, if they have their own transport
- Eight week rolling well-being programme, led by a variety of healthcare professionals. Come along to one or them all – you choose.
- Sessions run in the afternoon from 13:30 to 14:30

DATE	TOPIC
1 March	My Support Network How to access support, financial and care services
8 March	Maximising my nutritional well-being Practical advice on advice on what, how and when to eat!
15 March	Understanding my medical condition and how do I manage it? Practical tips on how to co-ordinate and manage your medical care
22 March	Making my wishes known? How can my family be supported? How can I help my family understand?
29 March	Where do I go from here? Making the most of my future
5 April	I'm ill, what next? What can Hospice do to help me?
12 April	How to get on with it or get around it. How to keep continue living, even when it's tough!
26 April	How to weather the storm and avoid thinking traps: How best to manage your emotional well-being.

Assessments – booked with Nurses / Physios

- o These will be carried out in **weeks one, four and eight** based upon clearly defined goals
- o **Discharge plan** at end of eight weeks

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HOW DO I ACCESS THE SERVICE?

If you already receive support from Jersey Hospice Care, you can talk with any of referred to the King Centre team.

You can also refer yourself or ask any healthcare provider to make a referral on your behalf but we do need consent from your GP to accept a referral.

Alternatively you just turn up on a Thursday for more information and to meet the team as you do not need a referral to attend this day.

WHERE AND WHEN TO FIND US

King Centre, Jersey Hospice Care, Mont Cochon, St Helier JE2 3JB

Plenty of free parking is available.

To contact the King Centre Team, please call 876555 or email kingcentre@jerseyhospicecare.com



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