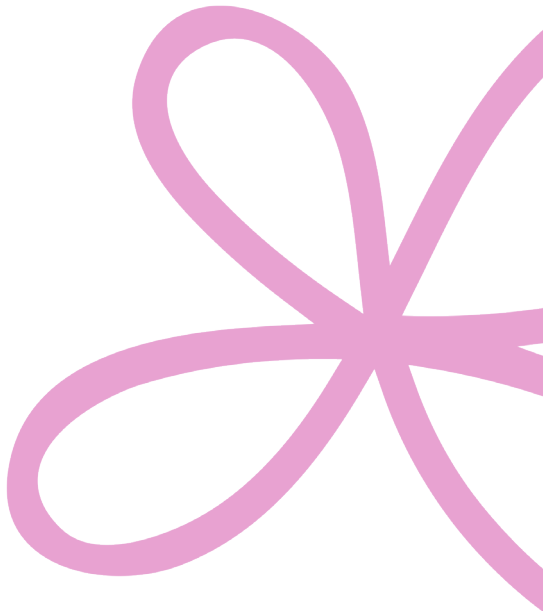
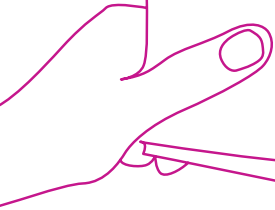




BIRMINGHAM  
**ST MARY'S**  
HOSPICE

**DISCHARGE  
FROM  
COMMUNITY  
SERVICES**



## **Why am I being discharged?**

When you are living well from day to day (i.e. your symptom management is under control or you are maintaining a good quality of life), you may no longer need the support of a specialist hospice service.

At this point we will look to discharge you from Birmingham St Mary's Integrated Community Team. You will still be supported by your GP and district nurses.

If at any time you are feeling more unwell you, your family or your doctor/nurse can refer you back to Birmingham St Mary's Hospice.

## **What happens after I'm discharged?**

Your first point of contact if you are feeling unwell or have concerns is your GP or district nurse.

Following this, if in the future you need further advice or support you can call us and speak to one of our Community Nurses on:

**T: 0121 752 8798 / 8799**

(Monday – Sunday, 9.00am -5.00pm).

## Where can I access additional support?

### **Birmingham St Mary's Welcome Group**

Our weekly Welcome Group is run by volunteers and offers social and peer support to people living with a life limiting illness as well a day of respite for carers and families who are looking after them.

Sessions run every Wednesday in our Day Hospice between 10.00am and 3.00pm.

Individuals referred to Welcome Group must be independently mobile, self caring and able to make their own way to and from the Hospice.

Welcome Group sessions are offered on a 12 week cycle of support.

If you are interested in attending please contact our triage nurse on:

**0121 752 8788 / 8789**

### **Marie Curie Volunteer Helper Service**

This service is for anyone living with a life limiting condition and it offers:

- **Companionship and emotional support** - the volunteers provide a friendly ear – someone to talk to about whatever is on your mind.
- **Practical help** - helper volunteers can come with you to appointments or social events or help with small everyday tasks.

- **A break for families and carers** - your carer may be able to take a short break while the helper volunteer's with you.
- **Information on further support** - the volunteers can help you look into other support and services available in your area, such as finding a gardener or cleaner to help around the home.

To find out more about the support available from Marie Curie:

T: **0845 073 869**

E: **[westmidlandshelper@mariecurie.org.uk](mailto:westmidlandshelper@mariecurie.org.uk)**

W: **[www.mariecurie.org.uk/helper](http://www.mariecurie.org.uk/helper)**

### **Birmingham St Mary's Hospice**

176 Raddlebarn Road Selly Park,  
Birmingham, B29 7DA

**Tel:** 0121 752 8798 / 8799

**Fax:** 0121 472 4159

**Email:** [info@birminghamhospice.org.uk](mailto:info@birminghamhospice.org.uk)

**[www.birminghamhospice.org.uk](http://www.birminghamhospice.org.uk)**

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