

Our extensive programme is available to patients in east Kent who have a life limiting illness, are thought to be in the last year of their life and who have specialist palliative care needs that are beyond the scope of Acute or Primary Care services.

We can offer a variety of time-limited social and therapeutic programmes to enable patients to stay independent, improve symptoms and make a difference to help them and their carers to live well each day as much as possible.

Pilgrims referral form and full referral criteria is at www.pilgrimshospices.org/referrals. Print and PDF versions of our Wellbeing and Social Programme brochure are available from therapy.centres@pilgrimshospices.org. Or call **01233 504133** for advice.

<p>Therapeutic programmes to help patients manage symptoms, do more and feel better</p>	<ul style="list-style-type: none"> Breathlessness Management Group Energise Exercise Group Oops a Daisy, Stop that Fall Group Maintenance Gym Group Sit Down, Get Fit, Have Fun Exercise Group Wellbeing and Relaxation Group Fatigue Management Group Feel Good Pamper Morning
<p>Creative programmes recognised as having the potential to enhance wellbeing</p>	<ul style="list-style-type: none"> Time to Create
<p>Social programmes a chance to meet with other patients and gain an understanding of the full range of services in a relaxed social environment</p>	<ul style="list-style-type: none"> Day hospice group Patient and family drop in group (information and social support)
<p>Education programmes to support patients to share wishes and plan for future care</p>	<ul style="list-style-type: none"> Advance Care Planning
<p>Carer programmes providing practical, emotional and social support for carers</p> <p>These sessions are for carers of patients that are accessing Pilgrims services.</p>	<ul style="list-style-type: none"> Carers Wellbeing Carers Skills Bereavement Groups <p>(only for carers of comprehensive hospice services patients)</p>

Referring a patient to Pilgrims Hospices in East Kent



A guide for Healthcare Professionals

Does the patient have a life limiting illness, and are they expected to die within a year and have needs related to their illness that are beyond the scope of tier 1 (Primary Care) or tier 3 (Acute Hospital) services? These needs may be physical, psychological, spiritual or social.

Yes

Has your patient agreed to be referred to Pilgrims Services?

No

We cannot accept any referrals without the patient's consent. Please discuss with your patient or arrange for a best interest decision meeting

No

Your patient may not be suitable for a referral. To discuss call our Professional Advice Line on **01233 504133**

Yes

Pilgrims offers four types of service related to palliative illness

1

Access to our new time-limited **Wellbeing and Social Programme** at our Pilgrims Therapy Centres in Ashford, Canterbury and Thanet

2

Comprehensive specialist palliative care service with multidisciplinary team assessment, advice and guidance by specialist medical, nursing and allied health professionals

3

Practical support for patients in last 72 hours of life to enable them to achieve their preferred place of death where possible – this could be with Hospice at Home services or a hospice admission

4

Specialist telephone advice Healthcare professionals may call to discuss patients thought to be in their last year of life

Refer patient by completing the electronic referral form and selecting which service you require

www.pilgrimshospices.org/referrals

Professional Advice Line available 24/7
01233 504133

