

Who can access Community Outreach Services?

- Anyone with a palliative diagnosis or condition
- A family or carer of someone with a palliative diagnosis or condition
- Living within the Southern Trust area.

How to access Community Outreach Services

- Call our Patient & Family Support Team Manager on 028 3026 7711 or email communityservices@southernareahospiceservices.org
- Visit the website www.southernareahospiceservices.org/community-outreach-services
- Scan to access referral form



SOUTHERN AREA HOSPICE SERVICES

COMMUNITY OUTREACH SERVICES

CONTACT

NEWRY HUB

St John's House, Courtney Hill, Newry,
Co Down, BT34 2EB
Tel: (028) 3026 7711

DUNGANNON HUB

South Tyrone Hospital
Floor D, Carland Road, Dungannon,
Co. Tyrone, BT71 4AU
Tel: (028) 3756 5395

www.southernareahospiceservices.org



SOUTHERN AREA HOSPICE SERVICES



COMMUNITY OUTREACH SERVICES

The Community Outreach Service offers patients and their families care in our Hospice Hubs and in their home.

We are here to help

Hospice care is led by you. Together we can make a plan that best meets your needs, listening to what is really important to you.

We have a number of services available to you in your own home and through our Hospice Hubs in Newry and Dungannon.

Your plan may include:

Nursing Support



Our nurses can advise on pain, medication and symptom management techniques as well as helpful coping strategies.

Physiotherapy

Our physiotherapists can recommend treatments to manage fatigue, breathlessness and improve strength and general fitness.

Social Work Support

Our social workers can offer you a confidential place to talk, supporting you as you adapt to life either living with illness or caring for a loved one. We can assist you accessing helpful services including financial support.

Spiritual Support

Our chaplains offer a confidential and safe space to listen to any questions and concerns you may have about family, loss and faith. Our spiritual support is available to everyone.

Complementary Therapy

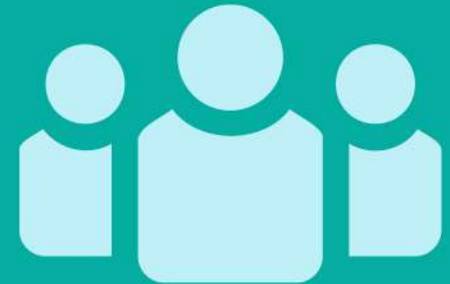
Our complementary therapists offer services such as reflexology or massage.



These reduce stress, relieve anxiety and increase your general sense of health and wellbeing. There are six sessions available to you.

Counselling

Living with illness or caring for a loved one brings mental, physical and emotional pressure. Our counsellor offers the opportunity to talk, be heard and help to deal with difficult emotions.



Group Programmes

- Living Well, Thinking Well: a six week group programme for patients
- Caring Well, Thinking Well: a three week group programme for carers
- Creative workshops, such as art therapy or journalling
- Memory making workshop
- Aromatherapy and holistic massage.



Check out upcoming dates on our website.