

## What does that cost?

### **Day Therapy**

**£0.60** - Could pay for a hot drink and bacon roll for a patient attending our Café Clare drop-in group. Café Clare is a social group that meets every week in the Hospice, and offers a chance for patients to meet each other socially in a relaxed and friendly environment.

**£1.80** - Could pay for art and craft materials for a patient to take part in one of our creative therapeutic workshops. Creative therapeutic activities help patients to explore and share life memories, and can help people reflect and express their feelings with others who are experiencing similar emotions, in safe environment.

**£2** - Could pay for a handheld fan for a patient attending one of our Breathlessness management courses. A small handheld fan is a key piece of kit that can help patients to manage their breathlessness, along with breathing techniques and anxiety management skills which they learn at the groups. Our Breathlessness groups provide an opportunity for patients to learn management techniques, and empower individuals to control the symptoms of breathlessness – which is associated with conditions such as heart failure, lung diseases and Chronic Obstructive Pulmonary Disease (COPD).

**£5.55** - Could pay for lunch and dessert for a patient attending a Day Therapy group. Our Day Therapy groups help patients to address the issues of change and loss through individual support, therapeutic and creative activities, and relaxation. The day-long sessions, which patients normally attend for a number of weeks, allow patients to support each other, to normalize their situation, and to offer a place where they can relax – whilst accessing specialist support and advice from our multi-disciplinary specialist hospice teams.

**£4.50** - Could pay for travel costs for a patient to attend a Day Therapy session at the Hospice. Our volunteer drivers help people to get to the Hospice, who couldn't otherwise attend. We reimburse the cost of fuel for our volunteers.

**£11** - Could pay for art and craft materials for one week for our creative therapeutic workshops. Creative therapeutic activities help patients to explore and share life memories, and can help people reflect and express their feelings with others who are experiencing similar emotions, in safe environment.

**£14** - Could pay for a patient to attend a Neurological group session. Our Neurological group offers a supportive programme for patients with progressive neurological conditions, such as Parkinson's disease, multiple sclerosis, and motor neurone disease, and their carers. The group provides information on common problems associated with neurological conditions, and the opportunity to reflect and share experiences with each other.

**£23** - Could pay for a patient to attend Café Clare. Café Clare is a social group that meets every week in the Hospice, and offers a chance for patients to meet each other socially in a relaxed and friendly environment.

**£23** - Could pay for one complementary therapy session for one patient or carer. Complementary therapy helps to reduce tension, and provide comfort and relief from symptoms for our patients. We also offer treatments to carers and family members, who are often in need of time for themselves to relax. Complementary therapy treatments can include aromatherapy, massage, reiki and reflexology

**£25** - Could pay for a patient to attend our art drop-in group. Creative therapeutic activities help patients to explore and share life memories, and can help people reflect and express their feelings with others who are experiencing similar emotions, in safe environment.

**£25** - Could pay for a patient to attend a Breathlessness group session. Our Breathlessness groups provide an opportunity for patients to learn management techniques, and empower individuals to control the symptoms of breathlessness – which is associated with conditions such as heart failure, lung diseases and COPD.

**£35** - Could pay for a patient to attend our Physiotherapy drop-in group. Our weekly exercise drop-in group enables patients to take part in a tailored exercise programme, led by a qualified physiotherapist. Exercising can help to relieve some of the symptoms associated with a life-limiting condition, and enables people to remain active and independent.

**£65** - Could pay for a patient to attend a day-long Day Therapy group session. Our Day Therapy groups help patients to address the issues of change and loss through individual support, therapeutic and creative activities, and relaxation. The day-long sessions, which patients normally attend for a number of weeks, allow patients to support each other, to normalize their situation, and to offer a place where they can relax – whilst accessing specialist support and advice from our multi-disciplinary specialist hospice teams.

**£83** - Could pay for an entire day of Occupational Therapy support for patients at the Hospice or in their own home. Our Occupational Therapists empower patients to maximise their potential. Occupational Therapy supports people to continue to do things in their daily life – from making a meal, or getting in and out of their house, to engaging in hobbies that they enjoy.

**£109** - Could pay for a nebuliser machine. We loan nebulisers to patients out in the community who have conditions such as lung diseases or COPD. Nebulisers enable patients to breathe in their medication through a fine spray, and help to manage breathlessness.

**£128** - Could pay for an entire day of Physiotherapy treatment for patients at the Hospice or in their own home. Physiotherapy in palliative care is focused on helping people achieve their own personal goals – whether that be to walk around their garden, or to go on a special trip with their family. Physiotherapy in a hospice supports people to maintain their independence, empowering them to make their own choices and remain active.

**£135** - Could pay for exercise equipment for our Physiotherapy group. This could include an exercise bike, set of steps, or hand weights. Exercising can help to relieve some of the symptoms associated with a life-limiting condition, and enables people to remain active and independent.

### **Patient & Family Support**

**£1.80** - Could pay for art materials for a bereaved child to be used in a counselling session with a specialist Child, Young Person and Family therapist. Our dedicated children and young people's bereavement service offers a range of support to the children, grandchildren, relatives or loved ones of those cared for by St Clare. Working with creative materials can be a powerful way to come to terms with grief, exploring our emotions and expressing what we think and feel – especially when we find our loss difficult to talk about.

**£18** - Could pay for a one-hour counselling session for a bereaved family member, friend or loved one, delivered by a qualified counsellor. Grief is a natural reaction to the loss of

someone close. Our bereavement support and counselling service helps people to face their grieving journey.

**£20** - Could pay for a one-hour session with one of our qualified social workers to provide social, emotional, practical and psychological support for a patient, their family member or carer. This could include practical support around care planning, housing, financial advice and benefits; or emotional support to help people understand their range of feelings, to speak to family and loved ones about their diagnosis, and to manage their anxieties and concerns.

**£20** - Could pay for a one-hour counselling session for a bereaved child delivered by a specialist Child, Young People and Family Therapist. Grief can happen at any point in life, but for children and young people, who may be less well-equipped to cope with and manage the effects of grief, the need for support is even greater. St Clare's dedicated children's bereavement support and counselling service can help children and young people to face the grieving journey.

**£225** - Could pay for a special service, wedding vow renewal, or wedding service for a patient and their family and friends. Our chaplain can support families to arrange and host special celebrations and events at the Hospice, or in the community, to mark milestone occasions in a way which families will treasure forever.

### **Inpatient Unit**

**£0.15** - Could pay for a syringe, which are used every day on our Inpatient Unit. Syringes are used to administer vital pain relieving medication to keep our patients comfortable. They are something we literally couldn't do without.

**£2.50** - Could pay for art materials for a patient or family member to attend a Cafternoon session on our Inpatient Unit. Our regular Crafternoon sessions are a chance for patients, families and visitors to relax and engage in a craft activity – to take their mind off their illness and enjoy immersing themselves in a creative activity, whilst chatting and socialising with others.

**£3.50** - Could pay for a dose of Morphine for a patient. Morphine is a vital pain relief medication that is used every day on our Inpatient Unit to keep our patients comfortable and to manage their symptoms.

**£4** - Could pay for essential clinical supplies for one patient for one day. This includes all the vital medication, sanitary and clinical materials that we use day in and day out to care for our patients – like syringes, surgical gloves and aprons.

**£5** - Could pay for a stocking present for a person or their family member staying on our Inpatient Unit at Christmas. Making a patient's stay with us as special as possible is so important, especially during the festive season. There is nothing better to wake up to on Christmas morning than a bulging stocking at the foot of your bed! And we make sure our patients have that experience with us.

**£18** - Could pay for a box of 120 syringes which are used every day on our Inpatient Unit. Syringes are a vital piece of kit to help our doctors and nurses administer essential medication to ensure our patient's symptoms and pain are managed effectively.

**£44** - Could pay for a special celebration dinner for a family of four staying on our Inpatient Unit – whether to mark a special birthday or anniversary, or to celebrate Christmas or Easter. Our chef is sure to pull out all the stops when it comes to preparing a celebration dinner for a family – making it extra special with all the trimmings and favourite foods that our patients request.

**£200** - Could pay for a television for a patient's bedroom. Making sure our patients and their families feel at home, and are able to relax and enjoy their favourite things, is so important to us. Watching a sports match together, or enjoying their favourite television programme, is often what patients and families like doing best at the Hospice – enabling them to simply be a family again.

**£1,500** - Could pay for a specialist recliner chair for a patient's bedroom. These chairs are essential for our patients, enabling them to sit in comfort, and to remain as independent and mobile as possible, out of their bed.

**£3,750** - Could pay for a specialist pressure relieving mattress. These mattresses are vital for ensuring that our patients are comfortable in bed, preventing pressure ulcers and bed sores, and helping us to provide the best care possible.

### **Hospice at Home**

**£4.50** - Could pay for the travel costs for a member of the Hospice at Home team to drive to a patient's home to make a home visit. Our team travels all across West Essex and East Herts, caring for people in the comfort of their own home – if that is where our patient want to be.

**£6.15** - Could pay for a box of surgical gloves. Gloves are a vital piece of equipment used every day by our nursing assistants when providing personal care – and are something that we couldn't do without!

**£49** - Could pay for a 90-minute home visit by one of our Hospice at Home nursing assistants. Our nursing assistants provide personal care such as washing and dressing, as well as vital emotional support for patients and their families and carers – in the comfort of people's own homes.

**£98** - Could pay for a 90-minute home visit by two of our Hospice at Home nursing assistants.

**£294** - Could pay for a night-long home visit by one of our Hospice at Home nursing assistants. Having a night sitter to stay with a patient overnight can be an absolute lifeline for people with a life-limiting condition, and their family, who are often caring for them round the clock. It means that their family can get a good night's sleep, knowing that their loved one is being expertly cared for by one of our nursing assistants.

### **Community Palliative Care Team**

**£3** - Could pay for the running our 24-hour advice line for one hour. Our specialist nurses are on hand to answer calls from patients, family members, carers and other healthcare professionals, 24 hours a day. Their advice is vital, and means that patients and families get the care, support and information they need, whenever they need it.

**£4.50** - Could pay for the travel costs for a Clinical Nurse Specialist to drive to a patient's home to make a home visit. Our specialist nurses travel all across West Essex and East Herts, providing advice and support for people in the comfort of their own home, and liaising directly with patients' local GP or healthcare professionals, ensuring that they get the best care possible.

**£14** - Could pay for a mobile phone contract for a month for one of our Clinical Nurse Specialists. A mobile phone is vital for our specialist nurses who work in the community and who need to be in regular contact whilst out in the community, with patients, families and healthcare professionals.

**£25** - Could pay for a Clinical Nurse Specialist to make a supportive phone call. This could be a phone call to a patient, family member, or healthcare professional, offering vital advice and support to ensure the patient gets the best care possible.

**£31** - Could pay for a one-hour home visit by a Clinical Nurse Specialist. Our specialist nurses visit patients and their families all across West Essex and East Herts, providing advice and support for people in the comfort of their own home.

**£73** - Could pay to provide our 24-hour advice line for one day. Our specialist nurses are on hand to answer calls from patients, family members, carers and other healthcare professionals, 24 hours a day. Their advice is vital, and means that patients and families get the care, support and information they need, whenever they need it.

**£250** - Could pay for a Clinical Nurse Specialist to deliver a three-hour training session on a relevant palliative care topic to a group of healthcare professionals. This could include training for local GPs, District Nurses and staff from local hospitals – ensuring that our specialist palliative care knowledge is shared, and that patients receive joined-up care from across the healthcare sector.

**£1,123** - Could pay for a specialist laptop computer for a Clinical Nurse Specialist. A laptop with internet connection is essential for our specialist nurses who work in the community and who need to be able to work efficiently, make referrals and keep in touch with other healthcare professionals whilst out in the community.

### **Running our Hospice**

**£1** - Could pay for a bedding plant to be planted in the beautiful gardens at the Hospice. The gardens are seen and enjoyed by patients and visitors to the Hospice, and offer a place of tranquillity and solitude to relax and reflect in.

**£4.30** - Could pay for a fresh, hot, home-cooked meal for a patient, family member or visitor to the Hospice.

**£12.90** - Could pay for a day's worth of home-cooked meal for a patient staying with us – breakfast, lunch and dinner, freshly prepared to order by our chefs.

**£100** - Could pay to keep our Hospice clean for a day. This includes paying our housekeeping staff and the cleaning materials and products needed to keep the Hospice in excellent condition.

**£150** - Could pay for a year's worth of ongoing training for a nursing assistant. This includes two study days on specialist courses to help them to develop their knowledge and

understanding of palliative care, to ensure they continue to deliver the best possible care to our patients.

**£218** - Could pay for the annual redecoration of a patient's bedroom on the Inpatient Unit. Ensuring our bedrooms are as comfortable as possible is vital to our patient's well-being – and a fresh coat of paint every year means they are kept light, fresh and welcoming for all our visitors.

**£265** - Could pay for furniture for the Hospice gardens. The gardens are haven of peace and tranquillity, and patients and families often comment on the benefits of having a place to sit and contemplate in the grounds.

**£800** - Could pay for the maintenance of the Hospice gardens for an entire year. The majority of gardening is done by a fantastic team of volunteers, but we also need to purchase materials and plants to ensure the upkeep of this very valuable space.

**£11,833** - Could pay for the running of all the Hospice services for 24 hours