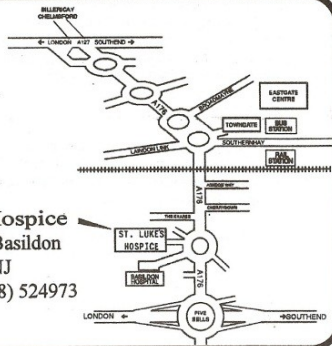


St. Luke's Hospice serves the areas shown below.



We are next to Basildon Hospital

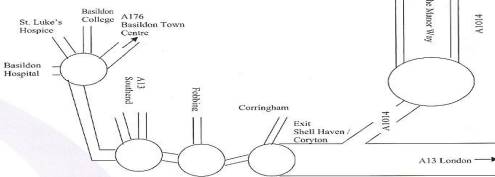


St. Luke's Hospice  
 Nethermayne, Basildon  
 Essex SS16 5NJ  
 Basildon (01268) 524973

**How to get to St. Luke's House**

How to get to St. Luke's House  
 Nearest Train station -  
 Stanford-Le-Hope  
 (Fenchurch Street line)  
 National Rail Timetable Enquiries:  
 08457 484 950  
 www.nationalrail.co.uk

Bus No. 100 (Chelmsford to Lakeside)  
 National Bus Timetable Enquiries:  
 0870 680 2608  
 www.travelline.org.uk



To make an appointment or for further information please contact:

**SPECIALIST PHYSIOTHERAPY SERVICE**

St. Luke's Hospice  
 Nethermayne  
 Basildon  
 ESSEX  
 SS16 5NJ

Tel: 01268 524973  
 Fax: 01268 282483

physioservice@stlukeshospice.co.uk

Website:  
[www.stlukeshospice.com](http://www.stlukeshospice.com)

**Please let us know if you need this leaflet in large print**

Photograph taken from St. Luke's Hospice Garden

Macmillan Cancer Support Registered Charity No in England and Wales: 261017

St Luke's Hospice Registered Charity No: 289466

Revision 00/2013

**St. Luke's Hospice**



**Specialist Physiotherapy Service**



## SPECIALIST PHYSIOTHERAPY SERVICE

St Luke's Specialist Physiotherapy Service launched in January 2013 with funding from Macmillan Cancer Support. The Service is part of a multidisciplinary team working in all areas of the Hospice including the Day Hospice and the In-Patient Unit as well as seeing Out-Patients and people in the Community.

### REFERRAL CRITERIA

Referrals are accepted for anyone living with or affected by cancer or non-cancer illnesses (e.g. heart, lung, kidney, neurological) and their carers in South West Essex. Patients can be referred through their:

- General Practitioner
- Hospital Consultant/ Nurse
- Community Nurse
- Macmillan Nurse
- Any Hospice Service
- Social Care Professionals
- Self referral
- Any Allied Health Professional

### OUR AIM IS TO:

Achieve maximum potential of functional ability and independence and/or gain relief from distressing symptoms.



### WE CAN OFFER HELP WITH:

- Breathlessness & chest problems
- Fatigue/tiredness
- Relaxation
- Pain
- Stress and anxiety
- Prevention of falls
- Carer instruction on how to assist with exercises and movement
- Side effects of treatment
- Problems with movement and walking
- Advice and reassurance
- Exercise and rehabilitation
- Lifestyle management
- Occupational rehabilitation

### ASSESSMENT

Initial and on-going assessments will be carried out by one of our physiotherapists who are specialists in cancer and palliative care as well as other long term conditions. Assessments may take up to 1 hour, with treatment including advice and discussion about the options available to you. Loose clothing is advised for full assessment.

### APPOINTMENTS

Patients can be seen in the Day Hospice or on the In-Patient Unit at St Luke's Hospice, as well as St Luke's House (Corringham). Community visits are available if patients are unable to attend, see map for local area served. Additionally, Out-Patients can be seen on specific days in the Day Hospice. Groups/clinics will be available, and your Physiotherapist will advise you about these.

### CANCELLATIONS

If you are unable to attend an appointment it is important that you let us know. Please help us by cancelling your appointment no less than 24 hours before.