

## Making every moment matter

Our mission is to meet the end of life care needs of our local community. We will do this through the provision of specialist services from the hospice combined with support, education, research, partnership working and collaboration with others who share an interest in end of life care

Together with the vital support of our staff, volunteers, donors and supporters, we will continue to develop and grow our services so that our patients get expert, dignified, compassionate and supportive care when and where they need it.



*“The Oakhaven staff couldn't be any more supportive for us as a family and, of course, to Mum. She has regular visits from a health care professional at home, plus spends a day at the day hospice each week – we have access to all the advice and support that we need too. We know the next few months will be hard but we feel that we will be supported on the journey, whatever happens.”*

## How you and the community can help!

There are many ways in which you, our community, can support Oakhaven. These can vary from getting involved in one of our fundraising activities, giving the gift of time and volunteering, securing our services are here for the future, leaving a gift in your will or having a collection pot on your counter. You could even organise a fundraising event of your own, or commit to giving on a monthly basis which can be done from as little as £3 per month, the cost of a cup of coffee.

Simply visit [www.oakhavenhospice.co.uk](http://www.oakhavenhospice.co.uk) where you will find further information on how you can get involved.

If you would like to be kept up-to-date with our activities, want to help with our fundraising or would like to know more about Oakhaven – please contact us today.



Oakhaven Hospice  
Lower Pennington Lane, Lymington Hampshire SO41 8ZZ  
01590 677773 (Fundraising)  
01590 670346 (Hospice)  
[www.oakhavenhospice.co.uk](http://www.oakhavenhospice.co.uk)



Registered Charity Number 900215 (England & Wales)

# Welcome to Oakhaven

Making every moment matter

 **Oakhaven  
hospice**

Lower Pennington Lane, Lymington  
SO41 8ZZ  
Phone: 01590 670 346  
[www.oakhavenhospice.co.uk](http://www.oakhavenhospice.co.uk)

## Your local Hospice

Oakhaven is here for you when you need us most; we offer care and support to you, your family and friends throughout your illness, at end of life and in bereavement.

Our support is provided in three ways as part of our hospice services, as part of our wellbeing support or through our home care services.

Our Hospice Services are there to care for you and support your family; this can be within your home, in our hospice, in hospital or within a care home. If you have a life limiting condition and you would benefit from our hospice care – you can be referred to our hospice services by your GP, hospital doctor or a nurse.

- We support over 250 patients every week.
- Over 3,000 home visits are made annually by our community team.
- Each year there are over 1,500 patient attendances at our day hospice.

The hospice serves a population of over 150,000 across the New Forest and surrounding area. Our catchment area stretches from the Waterside covering Hythe, Dibden, Holbury and Fawley right across the south forest including Lymington and Brockenhurst to New Milton and Barton-On-Sea and north in to parts of Lyndhurst, Ashurst and all of Totton.

Oakhaven continues to grow, thanks to the generosity of our community, who support us in so many ways, from taking part in events to playing the lottery, from visiting our shops to putting on their own events, from leaving us a legacy to giving a regular amount each month, the list is endless. It is because of you that we are able to raise the necessary funds that we need every year to provide our services of which only 14% is funded by the NHS.

## In The Hospice

As part of your care you may come to our bedded hospice, this may be to manage your symptoms, such as pain or breathlessness so that you feel well enough to return home or it may be to receive emotional support or end of life care. Our in-patient unit is a safe haven staffed by our highly skilled doctors and nurses who will care for and support you and those close to you during your time with us. Everyone who comes to the Hospice is unique and we tailor the care we give to meet your specific needs, this includes your physical, psychological and spiritual wellbeing.

Our individual patient rooms have ensuite facilities and open onto a patio area overlooking the grounds that you and your visitors can enjoy while you are with us.

Our day hospice, which opens its doors 4 days a week, may be beneficial in helping you. The friendly team offer support and advice in pain management, symptom control and give you practical advice in dealing with your illness.

It's also a chance to spend time with others, share laughter, enjoy a nutritious lunch, benefit from physiotherapy or complimentary therapies as well as learn or rediscover new skills such as painting, drawing or pottery.

## Caring for you in your own home

You may wish to remain at home throughout your illness and we have a team of specialist community nurses who will support you and your family at home. They will work closely with your doctor and district nurse to ensure you get the best possible care. You may also receive counselling support, complementary therapy or physiotherapy services in your home.

## Wellbeing

Being diagnosed with a life-limiting condition, or being frail and elderly can be difficult and lead to feelings of isolation. Oakhaven offers support to help you to come to terms with your diagnosis and provides practical advice in living with your condition. We offer a programme of activities and support groups, mainly held in the Coates Centre, that are aimed at helping you to live the best life possible, supported by our team of volunteers and staff.

To find out more visit:

[www.oakhavenhospice.co.uk/wellbeing](http://www.oakhavenhospice.co.uk/wellbeing)

## Counselling and Bereavement support

Coming to terms with the reality of a life limiting diagnosis can be devastating; you may feel lots of different emotions, from anger, sadness, disbelief or even guilt. These feelings are completely natural but they can affect you in different ways, you may find it hard to concentrate, remember things, motivate yourself, or impact on your thoughts and beliefs, leading you to feel isolated.

It can be good to talk through these feelings either individually or in a group setting with someone who is independent, Oakhaven's counsellors are trained to listen to and support you, during your illness and help you come to terms with your diagnosis.

Advice and help can be found at:

[www.oakhavenhospice.co.uk/in-bereavement](http://www.oakhavenhospice.co.uk/in-bereavement)

**Roughly  
150 words or another  
image**