



LONGFIELD
Community Hospice

When a
diagnosis
changes
everything
we're here



"Your team gave us people who are gentle and kind, who are experts in end-of-life care away from the medical model, and who are allowed the time to move more slowly, to ask questions and have conversations. People who looked after the needs of my mum's fading body so beautifully, and the worries of those of us caring for her."

Carol

At Longfield, we offer free expert care for adults with a life-limiting condition, and their loved ones.

Longfield Community Hospice has been by the side of families across Gloucestershire for over 30 years as they face some of their most difficult times.

We're dedicated to helping adults with a life-limiting condition live well so they can do the things they want for as long as possible. And we give people a choice to be cared for at home in their last days or weeks whenever that's possible.

We're here for anyone living with cancer, neurological and respiratory diseases and organ failure, from the moment they learn about their diagnosis and throughout every stage of their condition. We also support people living independently with dementia. And we wrap families and carers in our support too, even in bereavement.

The logo consists of two overlapping circles, one light blue and one green. The text 'Caring for Life' is written in a white, cursive font across the circles.

Caring
for Life

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"You make us feel
so valued and
cared for."

Robin

Your local hospice

Our experienced clinical team, trained therapists, and friendly counsellors are devoted to giving the best possible care to the whole family, whatever that looks like to them. We always try to give people choices about the support they receive and where they receive it.

Here thanks to the kindness of our community

Every year, we aim to give care and support to over 2,500 people across Gloucestershire. We're here when they need us and for as long as they need our help. And we give our care entirely free of charge. But it costs over £4m each year to support families at one of the most difficult times of their lives.

With less than 15% of that cost covered by the NHS, we rely on people in our community to help us raise the money we need. Every pound given makes a difference to someone's life, and we're truly grateful for the support we receive. We simply could not do it without our local community.

Did you know?

- ✓ All our services are free to use, so everyone in Gloucestershire can access the care and support they need.
- ✓ We use our expertise to provide education and training to other health and social care professionals, including NHS staff.

Hospice at Home

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Staying in familiar surroundings with loved ones close by can be a huge comfort for people who are dying. So our experienced nurses and skilled healthcare assistants take their compassion and expertise into the home. We work closely with other healthcare professionals too, making sure every need is met, wherever possible.

Our care focuses on the individual, putting their needs front and centre. That might mean helping manage symptoms such as pain, breathlessness, and nausea, with other healthcare professionals. It may be helping with personal care to keep them comfortable. And it could include emotional and psychological support so they can cope better. We pay attention to the things that make that person unique too, like styling their hair or helping them dress the way they choose.

How to access Hospice at Home care

People at the end of life must be living in Gloucestershire and registered with a Gloucestershire GP. They need to be referred by a healthcare professional such as GP, consultant, district nurse or clinical nurse specialist.

We're a listening ear, always ready with practical advice and support to ease the pressures of caring for a loved one. Our Hospice at Home care team also offers respite for carers, giving them time out knowing their loved one is in safe, skilled hands. It's a chance to have a break, or simply be husband, wife, son, or daughter once more, rather than carer.

We're here for patients and their families 365 days of the year with daytime visits and overnight care.

"I shall never forget the day the Hospice at Home team walked through the door. It was the best thing ever! Straight away they got Tristan comfortable, they worked with his wishes, and he welcomed their care. They stayed at night so I could get some sleep. I could be his Mum again." Anne



“I am so pleased I went along. I got lots of tips about how to cope with my symptoms better. I found I was able to challenge myself more than I thought. I now feel I can consider returning to work. It was also good to meet with others who were coping with similar things. We are all at different stages, but everyone is really supportive of each other, and we look forward to hearing how everyone is getting on each week.” Tom



Our Wellbeing Centre

The centre, set in beautiful, tranquil gardens, is a haven for adults living with a life-limiting condition. With a focus on wellbeing, our individual sessions, group activities and practical workshops are led by professionals and designed to help people live well, so they can be themselves and not be defined by their condition. And our beautiful, nature-rich gardens are the perfect place to take some time out and relax.

Feel-good therapies and creative activities help people cope with their diagnosis, manage their condition, and feel better. While physiotherapy helps people maintain their independence for as long as possible.

Counselling sessions offer a safe space to explore feelings and emotions. And practical workshops help people learn to manage common issues such as poor sleep, anxiety, fatigue, and nutrition. We also make time to explore what's important to a person and discuss sometimes difficult topics such as prioritising goals and future planning.

The wellbeing groups are a chance to speak with others in a similar position too. Often, new friendships grow and informal support networks form. Of course, if someone just wants a cup of tea and a quiet chat with us, that's fine too. And they're always welcome to come along for lunch or indulge in afternoon tea!

We help...

By enabling people to live well and not be defined by their condition, we help people to cope, manage their condition and feel better.

The Wellbeing Centre also welcomes adult carers and family members in Gloucestershire supporting someone with a life-limiting condition, or following bereavement. They can benefit from a wide range of therapies, activities, and counselling.



Complementary therapies

Complementary therapies are safe to enjoy alongside prescribed treatment to boost wellbeing and help people get on with their lives. Often described as 'touch therapies', they can calm emotions, improve mood, increase energy levels, and boost sleep. Because the therapies are individualised, they are often used to target specific issues too, such as reducing symptoms and helping keep them under control.

Massage Gentle touch to soothe and relieve muscular and nervous tension and reduce anxiety.

Reiki A relaxing therapy and healing art that can restore balance to aid sleep, reduce pain, release stress, and manage symptoms.

Reflexology Gentle pressure to points on the feet or hands that correspond to different parts of the body brings natural balance and promotes deep relaxation.

Aromatherapy Essential oils are selected for their particular qualities and blended to relieve physical issues. They can also influence emotional wellbeing, clear the head, create a sense of calm and promote good mood.

How to access our Wellbeing Centre

Individuals living in Gloucestershire and registered with a Gloucestershire GP, their families and carers can self-refer and book themselves in for therapies, activities, workshops and more. We're open from 9am to 5pm, Monday to Friday. And some sessions are available online and over the phone.

Therapeutic Art

Immersed in creativity, many people find themselves putting their worries aside for a while.

Therapeutic art can be a positive distraction and help them gain a sense of purpose and renewed self-esteem. And they don't need to have any artistic skills to benefit! Activities such as drawing, painting, silk-scarf making and clay modelling can also help people express challenging emotions. Some begin to see things in a new light and rediscover their spark.

Tai Chi Movements for Wellbeing

Seated or standing gentle movements to engage the body and mind to bring people into the moment. Being present helps banish worries and promotes a sense of peace and physical relaxation, leaving them feeling rested and rejuvenated.





Physiotherapy team

Our experienced physiotherapy team helps people stay as mobile as possible and minimises their risk of falls, so they maintain their independence for longer and can continue doing the things they enjoy. **We take the time to understand those things most important to each person and anything they'd like to achieve.**

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These might include managing personal care, making a cup of tea, or playing with grandchildren. Or they could be bigger goals such as walking unaided or taking a family holiday. Together we develop a personalised plan to help people reach their goals, and when symptoms appear like pain, weakness, and breathlessness, we quickly adapt the sessions so they can find relief and keep doing what they love.

A full programme of activities, workshops and sessions can be found at the back of this brochure. Please also check the website for newly added activities.

Counselling and Family Support

Our trained and qualified counselling team gives people a safe space to talk about their feelings. Our friendly, experienced counsellors help people come to terms with their diagnosis and cope with new challenges. And we support loved ones who are caring or grieving.

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Complex feelings and overwhelming emotions are natural when you, or someone you love, has a life-limiting illness. Speaking with a professional enables people to express their feelings more openly and share their concerns in complete confidence, and without the worry of upsetting friends and family. Exploring emotions with a counsellor can often help people find a different perspective and learn to cope better.

Our support always starts with a chat to get to know the person, learn about their situation and understand how we can best support them. Counselling sessions take place at the hospice, online or over the telephone – whichever feels most comfortable to the individual. After six sessions, we review progress and provide further sessions if they're needed.

Sometimes people are ready to move on but would benefit from joining one of our support groups for example. Other times we might help them find a more suitable organisation for their needs.



"The difference in me since counselling is amazing. I was flat before. Now I've got my zest for life back, which is what my sister would have wanted. I still cry, I still feel sad, the grief doesn't suddenly go away. But I deal with those emotions now instead of being swamped by them. If you are considering speaking to someone, I'd urge you to go for it. There is hope. Things can change. The grief won't always feel so heavy."

Amanda







Walk and Talk

Anyone bereaved or connected to the hospice through our services is welcome to join our Walk and Talk sessions. The group walks are led by volunteers and are an opportunity to be with others going through something similar. And because we meet regularly, often new friendships are formed.

The monthly sessions begin at the hospice and follow a flat route across Minchinhampton Common, with its spectacular views, for no more than 5km (3 miles).

How to access counselling and bereavement support

Individuals living in Gloucestershire and registered with a Gloucestershire GP can self-refer. Their families and carers can also refer themselves for counselling or bereavement support.

Who we help

Bereavement support is open to adults* in Gloucestershire grieving for a loved one, even without a connection to Longfield Community Hospice.

*Unfortunately, we are unable to support those bereaved due to suicide or traumatic accidents as this requires specialised help.

How you can help us be here for local people

We rely on the generosity of our Gloucestershire community to help us raise over £4m every year to make sure we're here when families need us most. It's a phenomenal amount of money. Yet, without Longfield Community Hospice, many people would not be able to live well with their illness or make the most of every precious moment with their loved ones. And we help make sure loved ones who have been bereaved never feel alone as they learn to live life differently.

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Support us today!

Check out the ways you can contribute to our vital work.

Fundraise for us

- **Give a one-off gift** You'll help us be there for people in urgent need of support over the coming days and weeks.
- **Make a monthly donation** Committing to a regular gift will enable us to plan and adapt our support in the future to give the best possible care when, where and how it's needed.
- **Raise money your way doing whatever you enjoy!** From bake sales and coffee mornings with friends to dress down days in your workplace.
- **Choose us as Charity of the Year** Why not speak to your employer, local WI, Rotary Club, or other community group and ask them to fundraise for us?
- **Sign up to one of our sponsored challenges** We've got you covered whether you enjoy endurance activities like hiking or running or adrenalin-pumping experiences like skydiving or wing walking!
- **Take part in one of our events** Whether you enjoy glamorous dinners, days out with the family, or relaxing lunches, there's something for everyone.
- **Join a virtual event** Follow us on social media and take on a virtual challenge or Facebook fundraiser whenever and wherever suits you.
- **Leave a gift in your Will** No matter how big or small, your gift will help us care for future generations, and it won't cost a penny in your lifetime.
- **Give a gift in memory** Remember someone special with a donation on significant occasions and meaningful dates. You could create an online tribute page too so it's easy for others to donate in memory.

However you'd like to support us, the fundraising team would love to hear from you. We're ready to answer your questions and be on hand with advice, hints, and tips to make your fundraising a success. So please get in touch.



Volunteer with us

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Volunteers are vital to the support we give families.

Without them, we simply wouldn't be able to provide it. They give their time freely in our Wellbeing Centre, behind the scenes at the hospice, in our shops, and the community, helping us make a difference to the lives of local people. And you could too.

Our volunteering opportunities are varied and flexible.

You can choose how you'd like to help and fit it around your other commitments. From driving people to our Wellbeing Centre, keeping our gardens tidy, and helping in one of our shops, to admin work or supporting our fundraising events, there's likely to be something for you. However you volunteer, you'll always get a warm welcome. You could choose a role that suits your skills, helps you develop new ones or simply pick an opportunity that sounds like fun.

You'll find all our volunteering opportunities on our website, or you can call our friendly volunteering team for a chat.

“Volunteering for Longfield has that feel-good factor about it.”

John





Shop with us

In-store and online

With shops across the county, it's easy to support us and treat yourself too! They're bursting with adult and children's clothing, shoes, and accessories. You'll find household essentials such as bed linen and curtains, as well as crockery, toys and games, and small electricals all Portable Appliance Tested (PAT) for safety. You might find your next favourite book, vinyl, or CD too, or that one-of-a-kind piece of furniture in one of our larger shops.

Our eBay shop is where you'll find those extra special items perfect for gifts or an indulgent treat. And the best bit is you can browse and buy 24/7.

[ebay.co.uk/str/longfieldhospicecare](https://www.ebay.co.uk/str/longfieldhospicecare)

Donate your pre-loved items

If you have unwanted gifts or things you don't use anymore, why not take them to your local Longfield shop or drop them off at our warehouse. Please be sure to check our website for openings hours and drop off times. Some large items and furniture can be collected. Simply get in touch with our warehouse team.

*You can make
a real difference*

We rely on pre-loved items to stock our shops and help fund our vital care.



LONGFIELD

Community Hospice


Did you Know?

Longfield Community Hospice is here for the people of Gloucestershire.

We rely on public support for over

85%


of our income every year.

 www.longfield.org.uk


 01453 886868


Access our Wellbeing Centre services

 01453 886868

 wellbeing@longfield.org.uk


Make a referral to Hospice at Home

 01453 886868

 careservices@longfield.org.uk


Donate or fundraise for us

 01453 886868

 fundraising@longfield.org.uk

Volunteer with us

 01453 886868

 volunteering@longfield.org.uk




Registered Charity No. 298627

Registered Company No. 02213662


Speak to our shops team

 01453 886868

 shops@longfield.org.uk

Speak to our warehouse team

 01453 836715

 logistics@longfield.org.uk

Find us

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What three words: usage.soccer.unframed

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