Support Available for You at the Heart of Kent Hospice

I wanted to take a moment to tell you about the support available through Heart of Kent Hospice, both for people living with a terminal illness and for those closest to them.

Many people think hospices only provide care at the very end of life, but in reality we offer a wide range of services designed to help people live as well as possible, for as long as possible.

Heart of Kent Hospice supports people living with a terminal illness at any stage of their condition. In fact, many people benefit most when they are referred earlier, as this gives them access to expert advice, symptom management, emotional support, welfare guidance and practical help for both themselves and their families. The earlier you engage with hospice services, the more opportunity there is for us to help you live well and maintain your quality of life

The Hospice Hub

Our Hospice Hub is a welcoming, friendly space where patients, family members and carers can access specialist support, advice and companionship.

You do not need a referral to attend most Hub sessions and there is usually no need to book. Simply come along and meet our team.
The Hub offers:

- Advice from specialist palliative care nurses
- Support with symptom management
- Welfare and benefits advice
- Emotional support, counselling and social work support
- Physiotherapy and occupational therapy guidance
- Complementary therapies and relaxation sessions
- Spiritual care support
- Opportunities to meet others facing similar experiences

Many people tell us that one of the greatest benefits is meeting others who understand what they are going through.

Weekly Hub drop-in sessions
Every Monday and Thursday 10.00am – 1.00pm
These informal sessions provide an opportunity to:

- Ask questions about your condition or treatment
- Discuss concerns about the future
- Learn ways to manage symptoms such as fatigue or breathlessness

- Access practical advice and support
- Enjoy a cup of tea and a chat with others

Sessions are held at:
Heart of Kent Hospice Preston Hall Aylesford ME20 7PU

How to access hospice care

If you would like to access the wider range of hospice services, a referral can be made by:

- Your GP
- Hospital consultant
- Specialist nurse
- Other healthcare professional involved in your care

If you're unsure whether hospice services are right for you, our team will be happy to discuss your situation and explain what support may be available.

Getting in touch

If you would like more information about the Hospice Hub or any of our services, please contact us:

01622 792200
www.hokh.org/hospice-hub/

With best wishes,

Michelle Winstone
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