

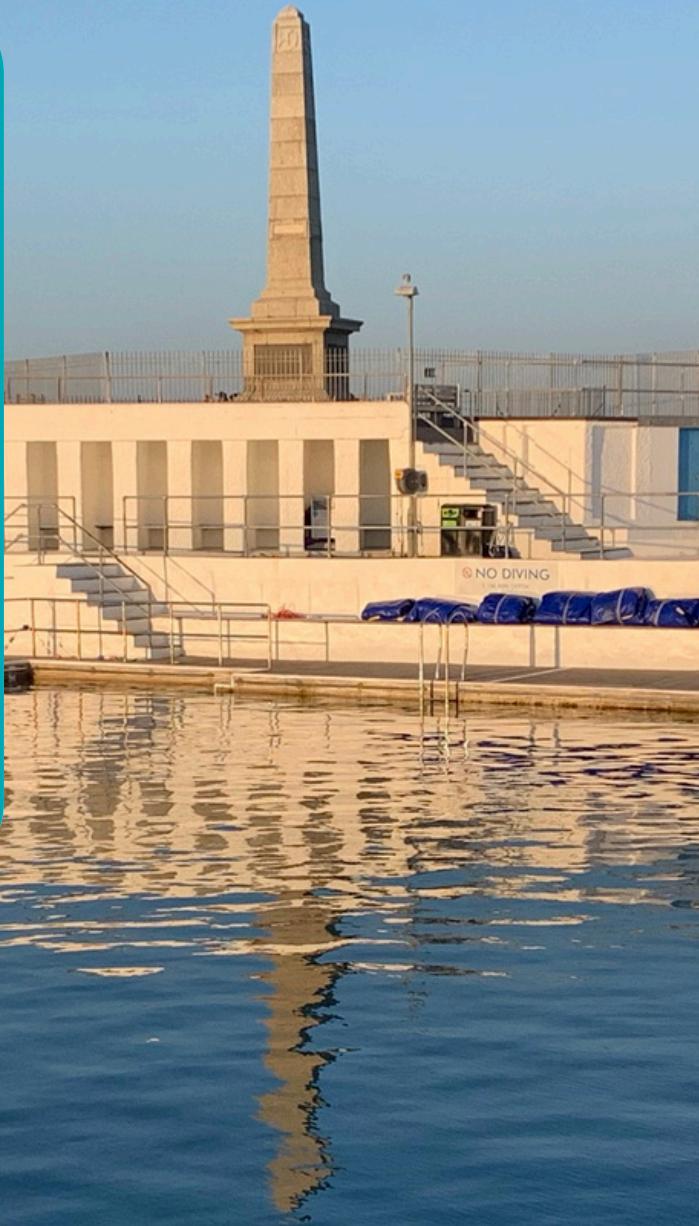
# WHAT MATTERS ?

[@cornwallhospicecare](https://www.cornwallhospicecare.org)

**AN E-NEWSLETTER FOR THOSE IN CORNWALL APPROACHING OR PLANNING FOR END OF LIFE AND THOSE WHO ARE BEREAVED**

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# What is an Lasting Power of Attorney (LPA)?

## Overview

A Lasting Power of Attorney (LPA) is a legal document that lets you (the 'donor') appoint one or more people (known as 'attorneys') to help you make decisions, or to make decisions on your behalf.

This gives you more control over what happens to you if you have an accident or an illness and cannot make your own decisions (you 'lack mental capacity').

You must be 18 or over and have mental capacity (the ability to make your own decisions) when you make your Lasting Power of Attorney.

You do not need to live in the UK or be a British citizen.

There are 2 types of Lasting Power of Attorney:

- health and welfare
- property and financial affairs

You can choose to make one type or both.

## How to make a Lasting Power of Attorney

1. Choose your attorney (you can have more than one).
2. Fill in the forms to appoint them as an attorney.
3. Register your LPA with the Office of the Public Guardian (this can take up to 20 weeks).

**It costs £82 to register an LPA unless you get a reduction or exemption.**

**Watch this explanation from Martin Lewis, Money Saving Expert**

<https://www.tiktok.com/@martinlewismse/video/7306150952258538784>

**Find out all you need to know by searching the Government website or clicking on this hyperlink...**

<https://www.gov.uk/power-of-attorney>



# Useful Links Directory

## What is The Useful Links Directory?

It's our comprehensive database of local and national support available to you, with links and contact information for a range of organisations and charities.



 Bereavement & grief	 End of life planning	 Housing & homelessness	 Older persons
 Cancer & Oncology	 Faith & Spirituality	 Learning disability	 Staying safe
 Carers	 Financial	 LGBTQIA+ community	 Transport & mobility
 Children & young people	 General health	 Mental health	 Useful podcasts & websites
	 General support	 Neurological conditions	 Veterans

**Need urgent help? You can:**

**Call your GP and ask for an emergency appointment**

**Call NHS 111**

**Call the Palliative Care Out of Hours Team 01872 224 050**

**Call Samaritans free on 116 123**

**[www.cornwallhospicecare.co.uk/our-care/useful-links/](http://www.cornwallhospicecare.co.uk/our-care/useful-links/)**

# PERRAN BAY

## Care Home



### Perran Bay Care Home - Compassionate Care by the Coast

At Perran Bay Care Home, we understand how important it is to feel safe, supported, and truly cared for - especially during life's most sensitive times. Nestled near the beautiful Cornish coast, our home provides a warm and welcoming environment for people needing long-term residential care, short stays or even palliative or end-of-life care. Our experienced and dedicated team offers round-the-clock personalised support, ensuring each resident's dignity, comfort, and wishes are at the heart of what we do. Whether you're planning for the future or seeking immediate support for a loved one, we're here to help guide you through your options with kindness and clarity. We work closely with families, GPs, district nurses, and local services to provide seamless care and support, including emotional and practical help for those who are bereaved.

#### Why Choose Perran Bay?

A calm, homely setting with sea views

Compassionate, highly trained staff

A beautiful setting for families and loved ones to visit

Ongoing emotional support

If you would like to know more, arrange a visit, or speak to someone in confidence about your needs, please don't hesitate to reach out.

📞 Call us: 01872 572275

🌐 Visit us: [www.perranbayhome.com](http://www.perranbayhome.com)

✉️ Email: [enquiries@perranbayhome.com](mailto:enquiries@perranbayhome.com)

📍 Location: Perranporth, Cornwall

Perran Bay Care Home – Here for you when it matters most.

**Kerrier Homecare Ltd is a respected Domiciliary Care provider, based in Redruth and covering the majority of the West Cornwall region**



*We offer personalised home care services, ensuring that clients receive compassionate and professional support in the comfort of their own homes.*

*Working with professionals in health care.*



## **CONTACTS**

*The Old Art School*

*6 Clinton Road*

*Redruth*

*TR15 2QE*

*01209 215656*

*hello@kerrierhomecare.com*

*www.kerrierhomecare.com*

Independence Dignity Respect Quality of life



# **Kerrier Homecare**

Home care offers numerous benefits, making it an attractive option for many families. Here are some key advantages:

**Comfort and Familiarity:** Clients can stay in their own homes, surrounded by familiar settings and routines, which can be especially beneficial for those with memory issues

**Personalised Care:** Home care plans are tailored to meet the specific needs of each individual, ensuring they receive the right level of support

**Independence:** Clients can maintain a greater sense of independence by continuing to perform daily tasks with the support of caregivers

**Faster Recovery:** Research shows that patients often recover more quickly at home compared to hospitals, with fewer complications

**Cost-Effective:** Home care can be more affordable than residential care facilities, especially for part-time assistance

**One-on-One Attention:** Clients receive dedicated attention from caregivers, ensuring their needs are promptly and effectively met

**Family Involvement:** Home care allows family members to be more involved in the care process, providing peace of mind and support

**Health and Safety:** Home care can help manage medications, reduce the risk of falls, and provide a safer environment for clients

# Carers Corner

**Are you caring  
for someone?  
Do you recognise  
yourself as a Carer?**

We hold Carers Corner at locations across the County of Cornwall where you can come along for advice, support and signposting to services available to you as a Carer

**No appointment is needed**

Representatives from The Integrated Admiral Nurse Service, Patient Experience, Alzheimer's Society, Memory Matters, Disability Cornwall, Cornwall Carers Service, The Filo Project, Patient Engagement and other services will be present to give you the support, advice and signposting.

**We would love to see you there!**

Royal Cornwall Hospital, Trelawny Wing Reception area every Tuesday at 1pm to 3 pm

St Austell Hospital, Reception area every last Friday of the month at 1 pm to 3 pm

Bodmin Hospital, Reception area every last Thursday of the month at 1 pm to 3 pm

West Cornwall Hospital, Reception area every first Wednesday of the month at 1 pm to 3 pm

Probus Church Hall every second Monday of the month at 10 am to 12 midday

# Your digital life and how to make plans for yourself and your loves one's

In this post James Norris, founder of the [Digital Legacy Association & MyWishes](#) explains why planning for our digital lives is important and how to get started.



## Introduction

The amount of time we are spending online is increasing. Our possessions are increasingly moving to a digital format. The sentimental and monetary value we place on our digital lives is also increasing. Our digital possessions are often referred to as 'digital assets'.

When someone dies it is often hard for loved one's to access, manage and transfer these possessions. This can make the administrative process difficult, exacerbate grief and lead to digital photos, videos and other digital assets being forever lost or inaccessible.



## Making plans for your digital life

If you have a password on your mobile phone or any other electronic device, you may want to think about how best to manage and pass on your passwords.

If you have a social media accounts (like Facebook) you may want to download your photos and videos from services and pass them onto your next of kin. You may also want to provide administrative access to all or some of your social media accounts to someone you trust. **\*Free to access tutorials can help you with this**

If you have online subscriptions or online bank accounts you may want to make suitable plans for each.

If you have photos or videos stored on electronic devices or in the cloud, you may want to make a folder of your favourite photos and share them with a friend or family member. Sharing can occur through various internet services or by using an external memory stick or a hard drive.

Download the **Digital Legacy Association's** 'Social Media Will' template for free. Once downloaded you can log all of your accounts and make plans for each. The document is saved locally and can be updated and shared offline. (Free)

Use **MyWishes** ‘Digital & Social Media Will’ software. Make a log of your accounts and plans made for each. Upon completion download the document, sign and share it offline. This document can be updated and easily shared during the course of your life.

## Social Media Will (Free Template)



The screenshot shows a user interface for creating a digital will. At the top, a navigation bar includes links for 'Dashboard', 'My Profile', 'My Wishes', 'My Wellbeing', 'My Last Will & Testament', 'My Financial Wishes', 'My Healthcare Wishes', 'My End-of-Life Wishes', 'My Goodbye Messages', 'My Online Accounts', and 'My Bucket List'. A 'My Wishes Home' button is highlighted in orange. The main content area features a circular profile picture of a man and the text 'Peter Smith's Digital & Social Media Will'. It includes a note that the full name can be edited in the bio/Title section and a 'Change current photo' button. Below this is a section titled 'Social Media Accounts' with a sub-section 'Social Media Accounts'. It explains how to use a dropdown menu to select services and manage them. A 'Select an Account' dropdown menu lists 'Facebook', 'Twitter', 'Pinterest', 'Foursquare', 'Google Photos', 'Instagram', and 'LinkedIn'. A note below the dropdown states: 'I would like this account to be managed by: \_\_\_\_\_'. At the bottom, there is a 'Download' button and a 'My Wishes Home' button.

Digital & Social Media Will (Free Software)



# MyWishes

# BETTER LIVES – FREE COUNSELLING

Cornwall  
Neighbourhoods  
for Change



Are you aged 16 or over? We're offering free confidential counselling sessions delivered by trainee counsellors from Cornwall College.

Counsellors can help you with:

- ✓ Stress & anxiety
- ✓ Mild to moderate depression
- ✓ Relationship issues
- ✓ Low self-esteem & confidence
- ✓ Life transitions & adjustments
- ✓ Grief & loss



## Referrals:

Call 01209 310610 or email us at [referrals@cn4c.org.uk](mailto:referrals@cn4c.org.uk)

# Hope Support Services

[help@hopesupport.org.uk](mailto:help@hopesupport.org.uk)

## FREE & CONFIDENTIAL ADVICE

All our support is confidential and completely FREE

## ONE TO ONE SUPPORT

Get one to one support when it is needed and for as long as it is needed

## PEER TO PEER SUPPORT

Talk with other young people who have gone through a similar experience

## A FULLY DIGITAL SERVICE

You can access the service using text, audio or video.



**If you're aged 5-25, live in the UK and have a loved one who is seriously ill, we're here for you!**

To find out more call **01989 566317** or visit  
[www.hopesupport.org.uk/support](http://www.hopesupport.org.uk/support)



Reg.Charity: 1135680 | Registered in England No 7164190

Hope Support Services  
Over Ross House  
Ross on Wye  
HR9 7US





• Mount Edgcumbe Hospice • St Julia's Hospice •

Caring for our community

# Neighbourhood Hubs

**A FREE service centred around  
what matters to you**

Are you living with a terminal or palliative illness, a progressive condition that is becoming harder to manage, or a life shortening illness?

Are you caring for a loved one in this situation?

**Make a contact today and have a chat about how we can support you...**



**Community Services - Information - One to One & Group support**

**We're here for you**

**For more information call us on 01726 829874, see  
our website below or scan the QR code**



**[www.cornwallhospicecare.co.uk/our-community-  
services/neighbourhood-hubs/](http://www.cornwallhospicecare.co.uk/our-community-services/neighbourhood-hubs/)**

What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for those who are bereaved.

**Summer - Autumn 2025 | Vol.9**



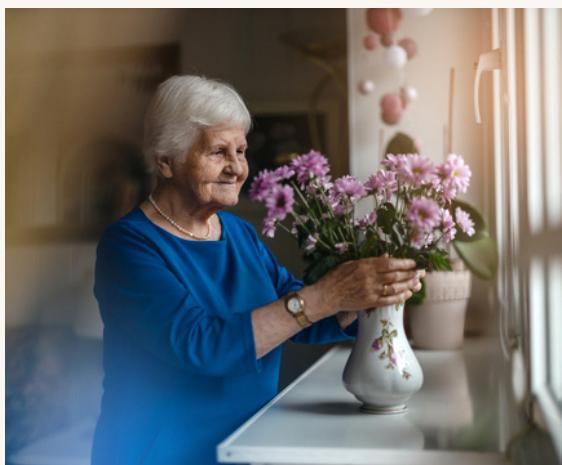
# Bluebird Care Mid & West Cornwall

We opened our doors in 2012. Since then, we have firmly established ourselves in our local community - providing outstanding high quality care and support for our customers across Mid & West Cornwall, which allows people to remain in the comfort of their own homes...that truly put the customer at the centre. We emphasise delivering dignified, respectful care tailored to an individual needs.

*“I have been treated with the utmost compassion and respect” PD*

Everyone has the right to choose where they spend the last days of their life. And for a lot of people, that means staying at home, surrounded by the friends and family who mean so much to them.

You can be sure we'll do everything in our power to give your loved one the best quality of life we can. Which means treating them with dignity. Treating them like family. And helping them make the most of the time they have left with you.



**It's good to be  
home**



Bluebird Care (Mid and West Cornwall)

CQC overall rating

Outstanding

Email: [Cornwallmid@bluebirdcare.co.uk](mailto:Cornwallmid@bluebirdcare.co.uk)  
Office Number: 01872 276006  
Website: [bluebirdcare.co.uk/ mid-and-west-cornwall](http://bluebirdcare.co.uk/mid-and-west-cornwall)

What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for those who are bereaved.

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# Home from hospital?

We can help get you or a loved one home from hospital with ongoing support in place to put your mind at ease.

## Community Gateway

A helpline connecting you to a wide range of local community support, warm spaces and activities.

### What can we help with?

- Wellbeing activities
- Mental health support
- Healthy food and refreshments
- Debt advice
- Hospital to Home service
- Finding local activities and community hubs



**01872 266383**

email: [welcome@kernowgateway.org.uk](mailto:welcome@kernowgateway.org.uk)

**8am - 8pm  
7 days a week  
365 days a year**

## Palliative and End of Life Care website for Cornwall and Isles of Scilly

This is the Palliative and End of Life Care website for Cornwall and Isles of Scilly Integrated Care System. This website brings together new and existing resources, information and guidance suitable for people facing a terminal illness, those caring for someone towards the end of their lives, and for health care professionals delivering care.

The NHS Cornwall and Isles of Scilly and partner organisations would like everyone to receive high quality care, delivered compassionately and with dignity by the right person, with the right skills at the right time. We want to enable choice for local people so that they can choose where they want to receive care and to ensure that they receive the best possible support.

You can find the new webpage by searching:

<https://ciostics.icb.nhs.uk/health/palliative-and-end-of-life-care/> Or scan the QR code:



Figure 1 Sunrise image taken from the Cornwall Advance Care Planning document for End of Life Care



QR code for the Palliative and End of Life Care webpage NHS

# Free Solicitor Appointments



• Mount Edgcumbe Hospice • St Julia's Hospice •

Caring for our community

**When getting in touch, please tell the solicitor that you would like to book a free Will appointment through Cornwall Hospice Care's Make a Will Scheme**



## **Walters and Barbary Camborne: 01209 712 454**

- In Office Appointments
- At Home Appointments \*\*
- Hospice Appointments \*\*

\*\* - depending on location

## **Charles French Truro: 01872 263813 Newquay: 01637 818415 St Austell: 01726 67660**

- In Office Appointments
- Hospice Appointments
- Telephone/Video Appointments

## **Randle Thomas Helston: 01326 572 951**

- In Office Appointments
- At Home Appointments
- Hospice Appointments

## **Ralph & Co Wadebridge: 01208 812 277**

- In Office Appointments

**Cornwall Hospice Care**  
Fundraising Office, Daniels Lane, St Austell, Cornwall, PL25 3HS

**Web:** [www.cornwallhospicecare.co.uk](http://www.cornwallhospicecare.co.uk)  
**Email:** [giftsinwills@cornwallhospice.co.uk](mailto:giftsinwills@cornwallhospice.co.uk)  
**Call:** 01726 668868 (option 2)

CornwallHospiceCare  
 @Cornwallhospice  
 @cornwallhospicecare



# How we can help you plan for the future

## Local Cornish Solicitors

We believe that everyone deserves the right and opportunity to create their Will and get their affairs in order, and we understand that not everyone is able to complete a Will online, which is why we have filled this gap with the support of our wonderful local solicitors.

Appointments vary depending on our solicitor's availability and how many appointments are allocated per year.

If an in-person appointment is more suitable for you, please call the Cornwall Hospice Care Fundraising Office and a member of our team will let you know of available appointments.

Alternatively, please see the reverse of this page to see the current solicitors which are taking part and contact them directly.

**When getting in touch, please tell them you would like to book a free Will appointment through Cornwall Hospice Care's Make a Will Scheme.**

## Make a Will Online

We have partnered with the trusted service and professional platform, Make a Will Online, to give you the opportunity to make your Will online for free, from the comfort of your own home.

It takes as little as 15 minutes to complete your Will and every document is checked by a fully qualified solicitor shortly after you've finalised, for peace of mind.

You will also benefit from free access to Capacity Vault. The best way to protect the wishes in your Will from challenge.

**Click here to start your free online Will or go to [www.makeawillonline.co.uk](http://www.makeawillonline.co.uk)**

Need help? If you have any questions about leaving a gift in your Will to Cornwall Hospice Care, please don't hesitate to get in touch.

**Email [giftsinwills@cornwallhospice.co.uk](mailto:giftsinwills@cornwallhospice.co.uk) or call 01726 66868 (option 2).**

"We are honoured to support a charity that does so much good for our community and those we love. We have all been touched by or have heard positive accounts of how Cornwall Hospice Care has helped those when they are at their most vulnerable and need the peace that the charity provide.

It is so important to ensure that your affairs are in order and that a Will is made, to not only provide yourself with peace of mind, but to also ensure your instructions and wishes are detailed so those you trust and care for are protected. Making a Will is not complicated and when provided with clear, friendly and professional advice, you will be assured that you have done the right thing.

Please feel free to talk to our friendly team at Randle Thomas LLP as we are happy to help you now or when needed in the future. We offer in office appointments as well as home or hospice visits and by doing so you will be helping us and others to support Cornwall Hospice Care."

**Lee Naylor**

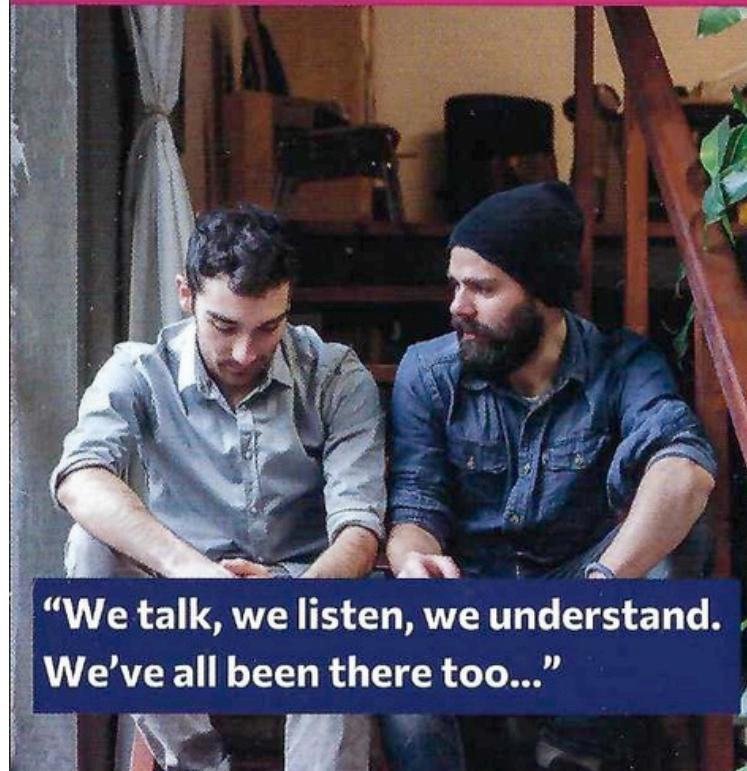
Randle Thomas LLP Helston)



**Surviving life after the loss of your partner**



**Support. Understanding. Friendship.**



**"We talk, we listen, we understand.  
We've all been there too..."**

**"I joined WAY to get help..."**



**I found friends - the best help there is..."**

**[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)**



**@widowedandyoung**

**Registered Charity: 1164988**

## Surviving life after the loss of your partner

In the UK around 23,000 people between the ages of 19 and 50 die every year, leaving thousands of young widowed people

You are not alone ... Come join us

WAY is the only UK charity for men and women aged 50 or under when their partner died. It's a national peer-to-peer support network operating with the help of locally based volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through.

### Why join WAY?

Welcome to the 'club' that none of us wanted to be part of. WAY provides friendship and support to other young widowed men and women – married or not, with or without children, inclusive of sexual orientation, gender, race and religion – as they adjust to life after the death of their partner.



### Join today you will get ....

- Over 4600 new friends who "get it", via our member only hub.
  - Access to over 100 online moderated support groups, ranging from special interests to geographical areas and types of loss.
  - Invitations to in-person "meet ups" all over the UK and online "get togethers" with fellow WAYers.
  - Access a Telephone counselling service and a Legal support line.
- And much more .....

**Join WAY: [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)**



**@widowedandyoung**

**Registered Charity: 1164988**

**Monthly Dates in Penryn @ the Zedshed**  
**Check out the website for dates:**  
**[www.nodac.co.uk](http://www.nodac.co.uk) - [anna@nodac.co.uk](mailto:anna@nodac.co.uk)**



# **TLC; caring for the dying - holistic education course**

**1 x day - with Anna Sadler &  
Christina Murt (Soul Midwives)**

**Reclaim the rich wisdom, familiaity and  
compassionate care of being alongside  
someone at the end of life.**



**This certified course is in association  
with Felicity Warner and The School of  
Soul Midwives and teaches simple &  
heartfelt ways to comfort & reassure  
friends, neighbours, loved ones at the  
end of life. All Welcome.**



**no one dies alone  
cornwall**



**noone\_dies\_alone\_  
cornwall**

**BURSARY'S AVAILABLE**



**What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for  
those who are bereaved.**

**Summer - Autumn 2025 | Vol.9**



# The Coroners' Courts Support Service

Support | Trust | Openness | Integrity | Collaboration

**The Coroners' Courts Support Service (CCSS) is an independent voluntary organisation whose trained volunteers offer emotional support and practical help to bereaved families, witnesses and others attending an Inquest at a Coroner's Court.**

## What does CCSS do?

The circumstances & causes of a loved one's unnatural death can be a most harrowing experience & is frequently described as the third worst day of a bereaved families' life.

The first is the death itself, the second is the final goodbyes of the funeral & the third is attending the inquest and having to relive all of that whilst being potentially confronted with incomprehensible medical, forensic details, reports & photographs.

It is an incredibly sensitive time & frightening experience. CCSS provides vital emotional & practical support to those attending an Inquest. This is done through the skills, expertise & experience of our specially trained volunteers. The volunteers guide the family members through the process, sit with them, answer questions & signpost them to follow up specialist services should they be needed.

The volunteers also work in partnership with the Coroner & their team to support the smooth running of the court & to ensure the bereaved families are at the heart of the service. In addition to the court-based work, CCSS also runs a complimentary Helpline for anyone needing information about the coronial system or support in preparing for attendance at an Inquest.

**Helpline: +44 (0)300 111 2141 Email: [info@ccsupport.org.uk](mailto:info@ccsupport.org.uk)**

**[www.coronercourtssupportservice.org.uk](http://www.coronercourtssupportservice.org.uk)**

**Free**

# Summer 2025 Timetable



• Mount Edgcumbe Hospice • St Julia's Hospice •  
Caring for our community

## Bereavement Support Sessions

**Our bereavement services for adults in Cornwall are FREE to access**

### **Bereavement Help Points**

A monthly drop-in space for anyone who has been bereaved. We offer a relaxed and supportive group environment for conversations, peer support, signposting and refreshments. These are held on:

- The first Wednesday of the month at St Julia's Hospice, Hayle, TR27 4HW 1.30pm - 3.30pm
- The second Monday of the month at Ladock Community Hall, Ladock, TR2 4PG 10.00am - 12.00pm
- The third Thursday of the month at Neighbourhood Hub, Chapel Street, Redruth, TR15 2BY (beside Cornwall Hospice Care shop) 1.30pm - 3.30pm
- The third Friday of the month at Bridge 49 at Mount Charles Church, Victoria Road, St Austell, PL25 4QF 10.30am - 12.30pm

### **Walk Talk Kernow**

Our monthly bereavement support walking groups are held in Penzance, Truro, Hayle and St Austell. All walks start at 10.00am until 12.00pm. Please see over for locations and forthcoming dates:

**For more information see our website or call us on 01726 829874**



**Please contact us if you would like to be added to our mailing list to receive future timetables**

**[www.cornwallhospicecare.co.uk/our-community-  
services/workshops-groups/](http://www.cornwallhospicecare.co.uk/our-community-services/workshops-groups/)**

Friday 6th June	The Lost Gardens of Heligan, St Austell Meet outside Heligan Kitchen Cafe
Friday 13th June	Penzance Prom, Penzance Meet outside Jubilee Cafe
Thursday 19th June	King George V Memorial Walk, Hayle Meet outside Cafe Riviere
Friday 27th June	Boscawen Park, Truro Meet in the main car park by the Scout Hut
Friday 4th July	Par Track, Par Meet outside the cafe
Friday 11th July	Cape Cornwall, Penzance Meet outside Cape Cornwall Golf Club
Thursday 17th July	Godrevy Lighthouse, Hayle Meet outside Godrevy Cafe
Friday 25th July	Trelissick Garden, Truro Meet by the info shed in the car park
Friday 1st August	Pentewan Trail, St Austell Meet outside Trevithick & Trays Cafe
Friday 8th August	Jordan's Cafe to Longrock, Penzance Meet outside Jordan's Cafe
Thursday 21st August	Godrevy to Gwithian, Hayle Meet outside Godrevy Cafe
Friday 22nd August	Boscawen Park, Truro Meet in the main car park by the Scout Hut



**Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.**

**Call our Helpline    0800 0288 840**

**[childbereavementuk.org](http://childbereavementuk.org)**



Registered charity: 1040419 / SCO42910



# Walk Talk Kernow

**Are you bereaved and enjoy  
walking with others?**

'Walk Talk Kernow' is a FREE adult bereavement support group run by Cornwall Hospice Care. Whilst walking in nature, each group provides a space for those who are bereaved and seeking social connections with others who are also experiencing grief.

Join us and allow nature to help guide you through the grieving process, step by step.



**Step by step together... along the pathway of grief**

**For more information see our  
website or call us on 01726 829874**



**[www.cornwallhospicecare.co.uk/our-community-  
services/bereavement-support/](http://www.cornwallhospicecare.co.uk/our-community-services/bereavement-support/)**

# Cornwall Hospice Care Stories

## Our Patient & Family Support Team Leads talk to Community Engagement Officer Clare Bray



The teams at both Mount Edgcumbe and St Julia's hospices have recently merged to become a Patient and Family Support Team, encompassing all our inpatient therapists including Occupational Therapists, Physiotherapists, Therapy Assistants, Counsellors and Complementary Therapists. The team offer a wide variety of interventions and specialist skills to best support patients and their families who are accessing our services.

### Across the team we offer:

Complementary Therapies which can be used alongside prescribed medications and treatments as a supportive therapy. The trained team offer hand and foot massage, and the use of aromatherapy. Our complementary therapists are qualified to give Aromatherapy, massage, Reflexology, Indian head massage, Reiki and relaxation techniques. Complementary therapy may help with wellbeing, feelings of anxiety and fearfulness, improved sleep, nausea and feeling comforted.

Occupational Therapists focus on all activities of a person's life, and work in partnership with individuals to enable them to achieve their goals. The Occupational Therapist will be on hand to support with discharge planning, equipment or adaptation provision, rehabilitation, anxiety management, fatigue management, goal setting, problem solving, practical advice and advance care planning.

Physiotherapists concentrate on function which might be compromised by symptoms such as; breathlessness, fatigue, anxiety or pain. They will assess function and offer appropriate mobility aids, support with breathlessness or fatigue management, help with pain management, balance and falls prevention, alongside assessing neurological symptoms.



Dani Cavell  
Occupational Therapist & Patient  
and Family Support Team Lead

Counsellors provide invaluable support both pre and post-bereavement. They will support both the patient and their family whilst they are in the hospice and offer individual sessions with family members for bereavement support once their loved one has died. Our counsellors can help individuals to think about their funeral plans, or what is most important to them at the end of their lives. They will often help with writing letters to loved ones or putting together memory boxes.

The service also offers specialist Lymphoedema interventions to outpatients and may provide compression garments or bandaging, lymphatic massage, Kinesiology taping, intermittent pneumatic compression and skincare or exercise advice.

We would be lost without our Therapy Assistants who work alongside all the disciplines above to provide continuity to patients and families and ensure that the most appropriate interventions can be continued to help individuals meet their goals. No day is the same for a therapist at our hospices, and we feel very proud of the services we can offer to people when they need it most.



Michelle Fenton - Senior  
Therapy Assistant  
& Jamie Best Physiotherapist

**Written by: Occupational Therapists**  
**Dani Cavell & Nicola Murphy**

What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for those who are bereaved.

**Cornwall Hospice Care**  
Porthpean Road  
St Austell  
PL26 6AB

Cornwall Hospice Care has two hospices; St Julia's Hospice in Hayle and Mount Edgcumbe Hospice in St Austell.

You can support our Cornish charity by shopping in our stores from Bude to Penzance, taking part in one of our fundraising events from Cream Teas to Marathons, playing our weekly Lottery or by giving your gift of time to volunteer with us.

Telephone: 01726 65711

Email: [communications@cornwallhospice.co.uk](mailto:communications@cornwallhospice.co.uk)

**[www.cornwallhospicecare.co.uk](http://www.cornwallhospicecare.co.uk)**

## **Legacies**

**Thank you**

You can help those people with terminal illness and their families when they need it most, by leaving Cornwall Hospice Care a gift in your Will.

You help fund our vital work. Your gift, large or small, can make a big difference as it will ensure we can care for adults in Cornwall.

If you would like to find out more about leaving a gift to Cornwall Hospice Care in your Will, please contact our Gifts in Wills team on **01726 66868 and choose option 2**.

## **Cornwall Hospice Care Community Services Team**



Tracey Taylor  
Support Worker



Helen Treleaven  
Manager



Tracey Davey  
Officer



Clare Bray  
Engagement Officer



Laura Sanders  
Support Worker



Lollie Brewer  
Engagement Nurse