

Willow Burn Day Services



Helping you to live well

Who we are and what we do

The Willow Burn Day Service focuses on self-care, wellbeing and condition management in a friendly group setting, to enable people living with a life-limiting condition to live well at home. The service is operated from the Sir Tom Cowie Health and Wellbeing Centre, purpose-built to provide a warm friendly environment for social interaction, designated rooms for treatments and therapies, and access to beautiful gardens with views across Derwentside.



Dementia Support Monthly Drop-In

First Tuesday of Every Month

1pm - 3.30pm

Do you care for someone with dementia ?
Would you like to come along as a carer, with or without the person with dementia you care for to meet other people. Our day centre team can provide care, interaction and activities for your loved one while you have a coffee in our café, chat with other carers, professionals or have a complementary therapy.

There will be a member of the team available from the Alzheimer's Society who can provide information, advice, support and signposting to other groups and resources available to you.

You will be on hand should you or your cared for person need support or reassurance.

Carer Support Service

Last Tuesday of Every Month

1pm - 3.30pm

On the last Tuesday of each month, between 1pm and 3.30pm, we also offer a monthly drop-in service where carers can meet in our café and access complementary therapies and their loved one(s), if needed, can be cared for within Day Care. No referral or booking needed.

Dementia Support & Carer Support Enquiries

Both the Dementia Support and Carer Support services are drop-in sessions and no referral is needed.

For further information, please ring: **01207 529 224** on Tuesday, Thursday or Friday between 9am - 10.30am and 3pm - 4pm and ask for the Day Centre

www.willowburnhospice.org.uk/support-for-carers

Living Well Groups

Thursday & Friday

Friendly social groups offering sessions including: advice and support, crafts, complementary therapies, Tai Chi, planting, Frankie the dog from our friends at Wag & Co and so much more.

Lunch and refreshments are included.

www.willowburnhospice.org.uk/day-services

Complementary Therapy

As part of our Day Services we have a Complementary Therapy Service to deliver therapies to patients and their carers to enhance and develop the treatment experience for patients. Complementary therapies help to ease depression, anxiety and stress, all conditions which are associated with living with a life limiting illness, as well as improving quality of life and increasing feelings of wellbeing.

How do I get a referral for Day Services at Willow Burn?

It is very easy to refer to us. You can access the Willow Burn day services through a referral from any healthcare professional. No referral is needed for Tuesdays but you will need a referral for the Thursday and Friday groups, where you will be assessed to agree which is the best group to meet your needs.

If you are a healthcare professional and would like to make a referral, you can find the form online:

www.willowburnhospice.org.uk/healthcare-professionals



Is there a cost?

Our Day Services are free of charge as they are paid for by a combination of ICB and grant funding, as well as charitable donations from the community.

Are refreshments available?

Refreshments will be served free of charge during half-day and full-day sessions. There is a suggested donation of £3 towards the lunches served on full-day sessions. The Willows Café is also onsite at Willow Burn and at each session there is the opportunity to order light snacks to take home with you.

Is there any transport?

You will need to arrange your own transport to get to Willow Burn. We have a large car park and accessible parking for drop-offs and pick-ups.

“The care here is first class, I love the friendliness of the staff and everyone else, and I look forward to Thursdays more than anything.”

Our Location

Willow Burn is located just outside of Lanchester, County Durham, in Maiden View estate on Howden Bank. Turn into the housing estate when you see the signage for Willow Burn and take the second left for our car park.

Contact Us

If you have any questions or would like an informal chat, please call the Day Services Team:

01207 523 290



Willow Burn Hospice
Howden Bank
Lanchester
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www.willowburnhospice.org.uk

Willow Burn is a registered charity, number 519659 and registered as a company limited by guarantee in the name of Derwentside Hospice Care Foundation, number 2263960