

**St Michael's Hospice Neighbours scheme is there to provide practical support to people with life limiting illnesses in their own homes.**

When you have a life limiting illness, the world doesn't stop and there are still everyday tasks that have to be done. It can be even more depressing to see your garden become overgrown, or not to have the energy to walk your dog. Hospice Neighbours are there to provide practical help in the home or just to visit and have a chat.



**If you are interested in becoming a volunteer or would like to use the service, please contact the Hospice Neighbours team**

St Michael's Hospice, 25 Upper Maze Hill, St Leonards on Sea, Hastings TN38 0LB.

Phone 01424 445177 or email neighbours@stmichaelshospice.com

**st michael's hospice**



# hospice neighbours

When you are living with a life limiting illness, the world doesn't stop. **Hospice Neighbours services provides company and help at home with the small practical things that can make all the difference.**

**st michael's hospice**

Registered Charity Number 289462



# about us

St Michael's Hospice is a local charity providing high quality palliative care to people with life limiting illnesses across the Hastings and Rother area. Patients and families are at the centre of everything we do. We believe that, as well as expert medical care, it's just as important to care for someone's practical, social, spiritual and emotional needs too. Our services in the community and the hospice are provided free of charge and with equal access to all in need.



# clients

We understand that, when you have a life limiting illness, it is difficult to deal with the everyday tasks that still need to be done.

People often become even more distressed by not being able to care for their pets or by seeing their garden getting overgrown and may feel reluctant to ask family or friends for help. Hospice Neighbours are local volunteers trained and supported by St Michael's Hospice. They can help by providing practical support in your own home with tasks such as mowing the lawn, dog walking, preparing light meals, hanging out washing or simply being there if you need a visit or a chat.



# volunteers

The scheme provides a great opportunity to make a real difference to the quality of life of others within your own community. No specific skills are needed – just the ability to get on with people and the desire to help. St Michael's Hospice will provide the training that you need and will be there to support you whenever you need it. You will only be asked to help someone who lives in your own community so there isn't too far to travel and you won't be asked to do anything medical or related to personal hygiene.

Hospice Neighbours are able to claim travel and other small expenses if they so wish, as we would never expect you to be out of pocket from offering your time and help. A Hospice Neighbour can be anyone over the age of 18, living in Hastings and Rother.



To find out more about Hospice Neighbours services or how to become a Hospice Neighbours volunteer, please contact us  
tel. 01424 445177 email [neighbours@stmichaelshospice.com](mailto:neighbours@stmichaelshospice.com) website [www.stmichaelshospice.com](http://www.stmichaelshospice.com)