



**Martlets**  
life-changing hospice care

# Understanding hospice care



[martlets.org.uk](http://martlets.org.uk)

# Understanding the importance of hospice care

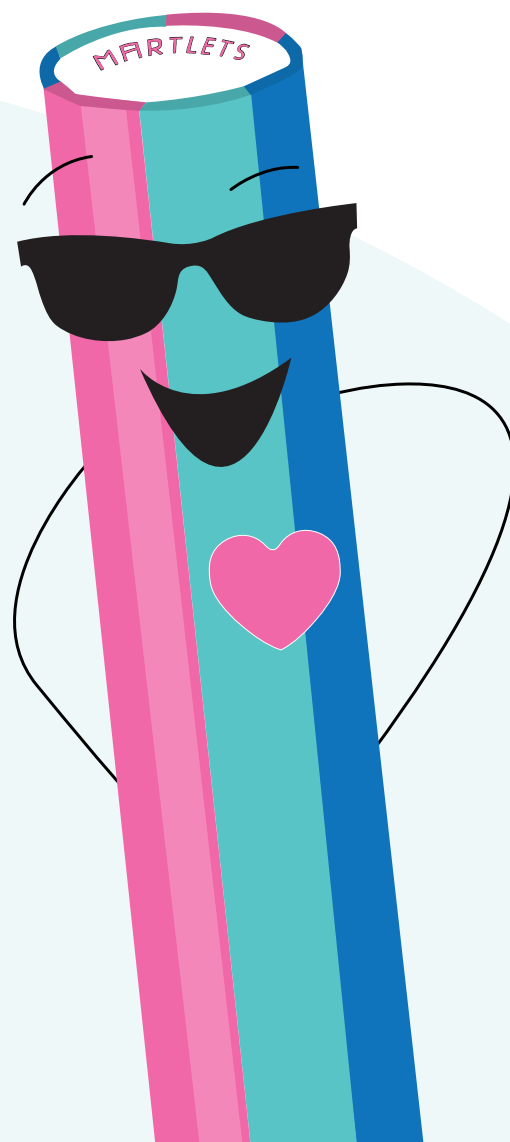
Every year Martlets supports 3,000 people affected by terminal illness in and around Brighton & Hove. Our expert teams help people do the things they love with the time that they have. We're available 24 hours a day, 7 days a week to provide specialist support and advice, and we're here to help family and loved ones too. We can only do what we do with the help and support of our community. People just like you, that take part in activities to fundraise for Martlets.

At Martlets, we want to help families create positive memories and enjoy quality time together. Our specialist teams across the hospice provide a range of support to patients and their loved ones including; medical and clinical support, rehabilitation and respite, counselling and spiritual support as well social care and bereavement support.

## How your fundraising is helping Martlets

The money you raise is helping to provide some really important services to people in your community.

Every penny your supporters put towards your target will have a huge impact on the amazing services our medical teams deliver every day of the year.





## What Martlets does

Below are details of some of the services Martlets teams deliver, we hope this will help you to talk to your students and group members about how being part of Shaun by the Sea is helping to support local people receiving hospice care in our community.

There are links to some stories from our nurses, patients and families that you can view as well.

We've also included a few ideas for how you can use Martlets stories to help activities in your schools and community groups to help with your fundraising.





## Inpatient unit

The inpatient unit has a dedicated team of specialist doctors and nurses supported by health care assistants. We also have a team of volunteers are involved in everything from serving tea and arranging flowers to hairdressing. As well as providing expert medical care, we also think about the things that are important to patients. That could mean having a pet visit or celebrating Christmas in July. Or simply hanging a poster of a favourite football team above a patient's bed.

[martlets.org.uk/blog/caring-for-christine](https://martlets.org.uk/blog/caring-for-christine)

## Community Team

At Martlets, our community services team provide specialist end-of-life care in people's homes. We aim to make sure patients receive the right support at the right time whether that's medical, nursing, physio, occupational therapy, social work, wellbeing and spiritual support.

[martlets.org.uk/blog/a-day-in-the-life-of-our-martlets-chaplain](https://martlets.org.uk/blog/a-day-in-the-life-of-our-martlets-chaplain)

## Rehab and Occupational Therapy

Our rehabilitation team provides occupational therapy and physiotherapy to those receiving hospice care at home or staying on our inpatient unit. We help patients to manage their symptoms in their day-to-day lives, giving them the power to be more independent.

[martlets.org.uk/blog/exercise-programmes-and-much-more-our-rehabilitation-team](https://martlets.org.uk/blog/exercise-programmes-and-much-more-our-rehabilitation-team)

Christine was a patient on our inpatient unit, you can read her story here



You can read about how Martlets Chaplain Vlada provides spiritual support here



Meet our rehab team and find out how they help people stay safe and well at home



# Hospice at Home

For patients that choose to be cared for at home, Martlets provides exceptional care and support. Our experienced team will make visits and assist with pain management and symptom control. They will also provide emotional support for patients and their loved ones. Our hospice at home team of nurses and health care assistants, work closely with GPs, community nurses and the specialist doctors at Martlets. Together, they will do all they can to keep patients comfortable in the familiar surroundings of their own home.

[martlets.org.uk/blog/a-day-in-the-life-of-a-hospice-at-home-nurse/](https://martlets.org.uk/blog/a-day-in-the-life-of-a-hospice-at-home-nurse/)

Julie is a nursing sister on our Hospice at Home team. You can read about the support she provides here



# Social groups

We offer a variety of social groups for patients, families and carers. This includes our popular coffee mornings, Life Writing, Creative Art groups, and our choir. These social groups are a great way to have fun, meet people and stay connected.

[martlets.org.uk/blog/zooming-in-and-life-writing/](https://martlets.org.uk/blog/zooming-in-and-life-writing/)

Ann-Marie talks to us about how Life writing has helped her to find purpose



# Wellbeing activities

At Martlets, as well as providing expert clinical care, we understand that overall wellbeing is vitally important. That's why we offer wellbeing therapies to both our patients and their loved ones too. Therapies can help control to symptoms and medication side effects. As well as this, they also help enhance overall wellbeing.

[martlets.org.uk/blog/meet-ginny-and-her-pet-therapy-dog-bobby/](https://martlets.org.uk/blog/meet-ginny-and-her-pet-therapy-dog-bobby/)

Meet Martlets pet therapy dog, Bobby





## Bereavement Services

Bereavement and preparing for a bereavement, is something Martlets staff and volunteers specialise in, working to ensure that everyone who uses our service – patients and their families and friends – are as prepared and supported as possible for when the time comes to say goodbye.

[martlets.org.uk/blog/national-grief-awareness-week/](https://martlets.org.uk/blog/national-grief-awareness-week/)

For national grief awareness week Martlets counsellor, Sally, talks about supporting young people through a bereavement her



## Compassionate Neighbours

Martlets is part of the nationwide Compassionate Neighbours project. The project offers friendship and a listening ear to anyone living in our community who is lonely, at risk of isolation and has been touched by end-of-life issues.

[martlets.org.uk/blog/emer-compassionate-neighbour/](https://martlets.org.uk/blog/emer-compassionate-neighbour/)

Emer talks about how rewarding it has been to be a Compassionate Neighbour



## Earthworks

Martlets recognises that there are limited opportunities for bereaved men to get together in Brighton & Hove. We developed Earthworks as an alternative way to provide support. Earthworks is open to every man in our local community who has lost a loved one, not just those who have been involved with Martlets. It's an opportunity to meet up at the Martlets allotment, do some gardening, drink a cup of tea around the wood burner and talk about their grief in a safe space.

Find out how Earthworks helped Rick to talk through his grief - [martlets.org.uk/blog/how-earthworks-helped-me-heal/](https://martlets.org.uk/blog/how-earthworks-helped-me-heal/)

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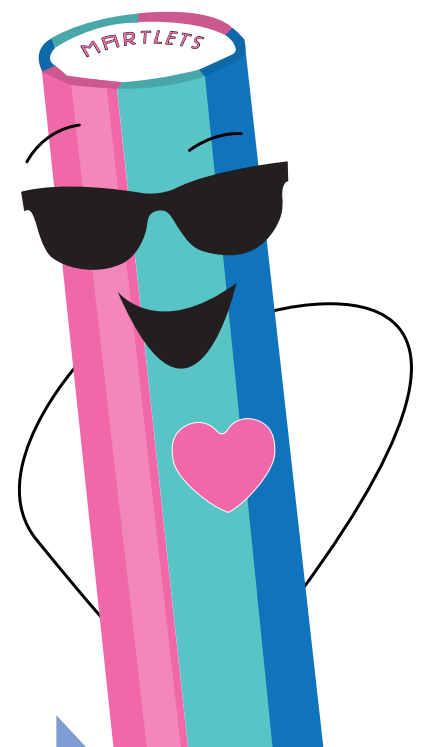
# Top fundraising ideas

Read through the patient and family members stories included in this guide and have a discussion about which service you feel is most important and why. You can do a bake sale or other fundraising activity and base it around the service, knowing every penny you raise is making a difference.

Have a fundraising day at your school or work place, someone could be a barrister for the morning making your colleagues tea and coffee for a donation, you could have an ugly jumper day for a £2 donation. You could have an auction of promises. The options are endless.

You could offer your time and services to people. Maybe you are good at putting up flat-pack, or are handy with cars, maybe you are a keen gardener or florist, you could offer to help with these things in exchange for a donation to Martlets.

**However you choose to support Martlets; we'll be with you all the way. If you want to explore other ways that Martlets can help with your fundraising please send us an email at [fundraising@martlets.org.uk](mailto:fundraising@martlets.org.uk) or give our team a call on 01273 747455**



Check out our Fundraising guide for some more fundraising inspiration.



# #TeamMartlets



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If you would like to discuss the project in more detail,  
please email: [fundraising@martlets.org.uk](mailto:fundraising@martlets.org.uk)

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270 Old Shoreham Road, Hove, BN3 7DX.

Registered charity number: 802145

