

HAFAN DEWI SANT

What is Hafan Dewi Sant?

Hafan Dewi Sant is known as our Day Therapy Centres. We have two day therapy centres located in Llandudno and Bangor that offer support to patients and their families across Anglesey, Conwy and Gwynedd. -

Llandudno - St David's Hospice, Abbey Road, Llandudno, LL30 2EN

Bangor - Hafan Dewi Sant, Ysbyty Gwynedd, Bangor, Gwynedd LL57 2DH

Who can attend Day Therapy?

Any person with a life limiting diagnosis, at any stage of their illness.

Why do people attend?

People attend the Therapy Centre for a variety of reasons, such as specialised symptom management from the clinical team, respite for themselves and the family, peer support, and physical, emotional, spiritual and psychological support.

How do I access the Hospice Therapy Centre?

You can be referred to the Therapy Centre by any health care professional, such as your GP, District Nurse, Macmillan/Specialist Nurse, Social Worker, Occupational Therapist or Physiotherapist.

Once a referral has been received, the Sister-in-Charge of the unit will contact you for an initial assessment.

What will the initial assessment involve?

You will be invited to come to the Therapy Centre to see the Advanced Nurse Practitioner (ANP) or the Clinical Nurse Specialist (CNS) to discuss how the Centre can best support your needs. A medical history and on occasions, a basic clinical examination may be required (e.g. blood pressure, pulse, heart and chest examination).

An initial plan will be outlined and a taster day/session booked. This process will take approximately an hour and a half.

What should I bring to the initial assessment?

- You will be asked to bring your most recent medication list.
- Your medical history can be obtained via the referrer and/or GP.
- You may bring a relative or a friend with you for the initial assessment.

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When can I attend?

This will be decided on your initial assessment to ensure you have the best programme to suit your requirements.

How long will I attend?

The programme will be on average 8 weeks.

The length of the programme is personalised to your needs.

Following discharge you will be referred back to your Macmillan Nurse or lead professional.

If you require any further information about the Hafan Dewi Sant please contact us on 01492 879058 Ext 5.