

Support us

The services Marie Curie Cancer Care provides are always free to patients and families, but we can only continue to do this through the generosity of our supporters.

There are so many ways in which you could help us. From making a donation, to taking part in an event or leaving a legacy in your will.

To find out how you can make a difference, talk to the hospice fundraiser. Phone: 029 2042 6068.

Or, visit our website:

Donate

www.mariecurie.org.uk/donate

Leave a legacy

www.mariecurie.org.uk/wills

Take part in an event

www.mariecurie.org.uk/events

Volunteer with us

Volunteers are involved in all aspects of the hospice service. To find out more about volunteering please contact our volunteer services manager.

Phone: 029 2042 6000.

The Marie Curie Hospice, Penarth

Bridgeman Road
Penarth
Vale of Glamorgan
CF64 3YR

penarth.hospice@mariecurie.org.uk
www.mariecurie.org.uk/penarth

For general enquiries or transport information phone reception:
029 2042 6000.

There is free parking available in and around the hospice grounds.

For links to websites about cancer care, information and support, visit our website:
www.mariecurie.org.uk/patientsandcarers

We welcome your feedback

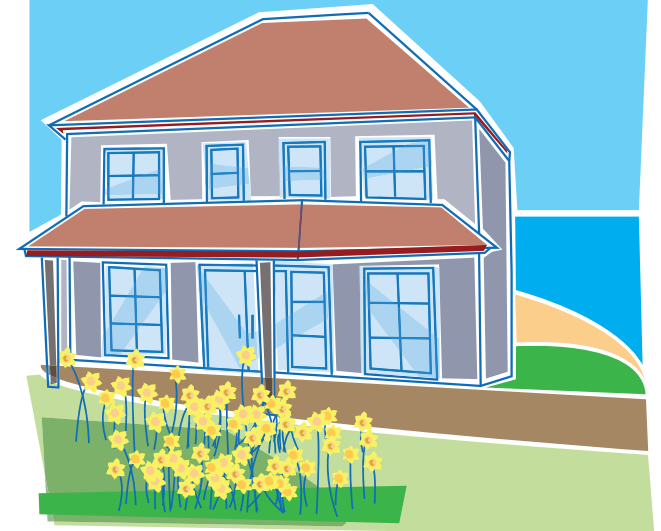
We hope you are happy with your care. Please tell us how you feel. Pick up a feedback sheet or complaints leaflet from the hospice reception or phone: 029 2042 6000 and ask us to send you one.



Your local Marie Curie Hospice actively promotes quality of life for people with cancer and other illnesses and provides support for their families, completely free.

Marie Curie Hospice, Penarth

Caring for
you and the
people close
to you



Charity reg no. 207994 (England & Wales), SC038731 (Scotland) L402

www.mariecurie.org.uk



The Marie Curie Hospice, Penarth promotes quality of life for people with cancer and other illnesses and provides support for their families, completely free.

Choose the Marie Curie Hospice, Penarth for:

- expert control of pain and other symptoms
- more choice and flexible services
- highly experienced and caring staff
- sensitive support for you and the people close to you
- a beautiful landscaped setting overlooking Penarth seafront

“ They look after you so well here, they’re absolutely wonderful. ”

Well-being programme

Regain control over your life and develop coping skills to help maintain your independence and quality of life. Learn how to manage your symptoms and live with your illness in the comfortable surroundings of our day services area.

What you can expect:

- care tailored to your individual needs and those of your family and carer
- mutual support and friendship of others
- advice on practical and emotional matters
- a rehabilitation approach to care aimed at helping you live with your illness

Choose from a range of services:

- complementary therapies including reflexology, massage and reiki to help you relax and unwind.
- information and advice on ways to help you cope with tiredness, breathlessness and anxiety resulting from illness or treatment
- emotional support to help you cope with your illness on a day-to-day basis
- advice and information on methods to help you control some of the pain you may be experiencing.
- relaxation and yoga techniques – practical ways to help you gently unwind and relax
- beauty therapy - different ways to care for and enhance your hair and skin

In-patient care

If you have problems such as persistent pain, tiredness or difficulty breathing, a short stay with us may help you feel more comfortable. Our doctors, nurses and therapists will make sure any immediate difficulties you may be having are taken care of as soon as possible.

We also support families, from practical advice to free complementary therapies. Our visitor accommodation offers a place where your family and friends can relax.

Care at home

If you prefer to stay at home, one of our team of clinical nurse specialists (CNS) can visit you or you can come and visit your own CNS at the Hospice.

To find out more talk to your doctor or nurse or phone 029 2042 6000.

The following may also help:

- working in groups - meeting others and sharing experiences
- advocacy – we work on your behalf to help you access helpful services or equipment
- family work – addressing some of the issues that may be affecting you and your family
- social support – advice on social welfare and benefits related to your individual circumstances
- physiotherapy and occupational therapy – finding the best exercises and equipment to maintain your independence, mobility and quality of life

To find out more about our well-being programme speak to your doctor or nurse or contact 029 2042 6000 and ask to speak to a member of the well-being team.

