

# St Christopher's

## The Anniversary Centre

Open seven days a week  
between 8am and 9pm  
for drop in, appointments,  
groups and information

**INFORMATION FOR PATIENTS,  
CARERS AND FAMILIES**

## 1 About the Anniversary Centre

The Anniversary Centre is open to St Christopher's patients, their families, carers, friends and the general public seven days a week between 8am and 9pm.

You are welcome to drop in at any time during these hours, eat in the café, use our information centre or take part in the Social Programme.

The atmosphere is friendly and informal and we have a number of trained volunteers who will be able to tell you what's on offer each day and answer your questions about the Centre.

## 2 What we offer

The Centre offers nursing, social and support services to patients living with life-threatening illness, and their families. Referrals and appointments are arranged through a member of staff.

We offer various levels of support flexibly according to your needs and our resources. We take account of your preferences when planning your care which we will regularly review with you and your family or carer.

## 3 Group work programme

We have a varied group work programme that changes from time to time. For some group activities a member of staff will need to refer you; you can drop into others without booking.

Examples of group work include:

- circuit training in the gym
- arts groups and
- wellbeing and relaxation groups.

**Our aim at the Anniversary Centre is to help you live life to the full. Some of the services available include:**

- Bathing services
- Café
- Complementary therapies
- Computer and internet access
- Creative arts groups
- Dietician
- Garden
- Information
- Managing fatigue and breathlessness
- Nursing
- Occupational therapy
- Physiotherapy
- Rehabilitation gym
- Relaxation
- Social work
- Socialising
- Speech and language therapy
- Spiritual care
- Welfare advice
- Wellbeing groups
- Young adults groups.

## 4 The Social Programme

We hold a wide range of evening and weekend social events in the Anniversary Centre to which all are welcome. Examples of events include:

- community choir and pizza night
- curry night
- Sunday lunches with live music
- Death Chat group
- The Dame Cicely Saunders concert series featuring professional musicians.

See our website or our Social Programme leaflet for further information.

## 5 What you can expect on your first visit to the Centre

When you arrive for your first appointment at the Centre the person you are coming to see will show you round and tell you about what is on offer and how the various services fit together. Feel free to come early or stay after your appointment, to meet other people, eat in the café, access information or just to relax. Family members and friends are very welcome to come along with you.

## 6 Getting to and from the Anniversary Centre

We are well served by public transport. Please see the map on the back page of this leaflet. If you are not able to use public transport and can make your own arrangements to get here, there are drop off facilities immediately in front of the main entrance. We keep wheelchairs

at reception and staff can help you into the building. There is free parking on site and unrestricted parking in the roads around St Christopher's. If someone brings you to your appointment, they are welcome to stay and enjoy our café and the rest of the Centre.

## 7 Taxi Card

Most of our patients are entitled to a Taxi Card as part of the London Taxi Card scheme. This offers subsidised travel via the black taxi service. The scheme will give you a greatly reduced fare for regular planned journeys to St Christopher's. Your St Christopher's nurse can give you more information about the scheme that operates in your borough.

## 8 St Christopher's Transport Service

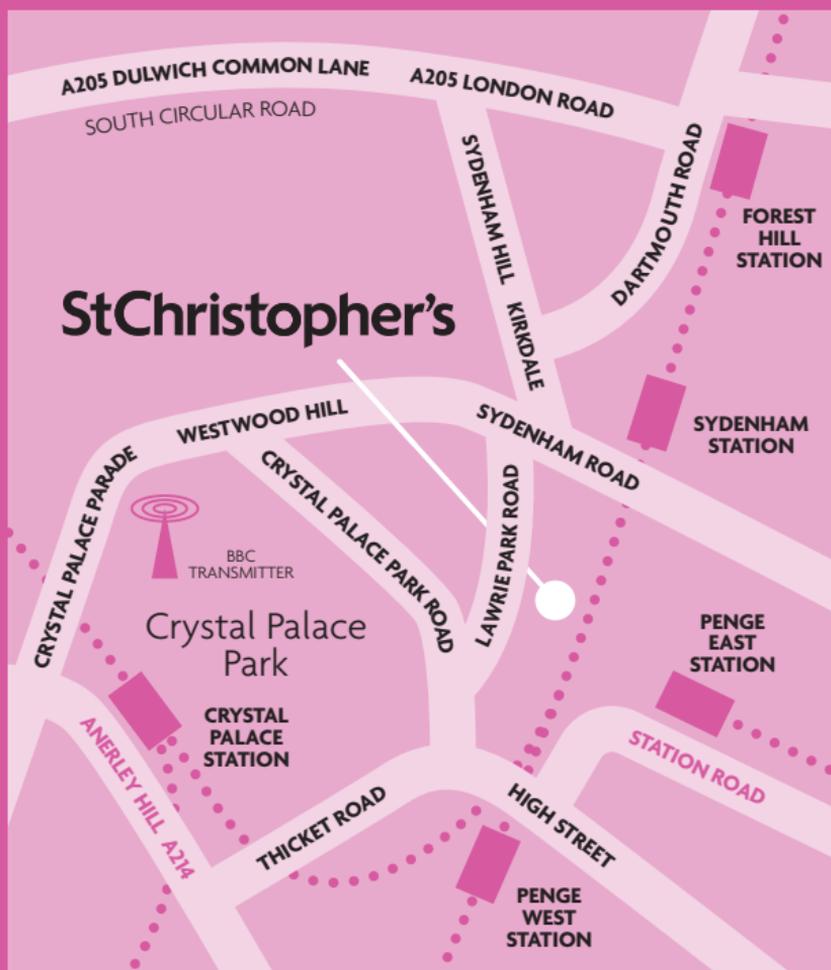
If you are not able to make your own way to St Christopher's we have a limited transport service. Our buses collect and drop people off throughout the day and other patients will be collected during the journey. This means that we are not able to give you an exact pickup time.

## 9 About St Christopher's

St Christopher's is a charity. Our specialist services cost £17.9 million each year but just 33% of our funding comes from the NHS.

We are very grateful to our local communities and the trusts, foundations and companies that support us and enable us to continue to provide our specialist palliative care and family care services free of charge.

Every donation, large or small, helps us to make a difference. If you'd like to support us, please get in touch.



Buses **197** and **176** pass by the hospice.  
Bus **227** stops at the end of Lawrie Park Road.

It is really important for your care that the information you give us is as full and accurate as possible.

### **St Christopher's Hospice**

51-59 Lawrie Park Road, Sydenham, London SE26 6DZ  
Telephone 020 8768 4500 Fax 020 8659 8680

### **St Christopher's Bromley**

Caritas House, Tregony Road, Orpington BR6 9XA  
Telephone 01689 825755 Fax 01689 892999

[info@stchristophers.org.uk](mailto:info@stchristophers.org.uk)

[www.stchristophers.org.uk](http://www.stchristophers.org.uk)

St Christopher's is registered charity 210667  
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