

Helping our patients through their hardest moments

We understand that facing a life-limiting illness can be an overwhelming experience for patients and their loved ones. Hayward House offers a hospice style, holistic and caring atmosphere, where our compassionate team help to enhance the quality of life for our patients and their loved ones. Sometimes, this means supporting them at the most difficult times of their lives.

Hayward House is a unique environment offering patients a home-from-home, to help cope with advanced, progressive and terminal illness, or to support patients at the end of their life. The caring team at Hayward House focus on physical, social, emotional and spiritual needs to enrich and improve life for patients and their families during challenging times.



Help us continue to provide the care and support our patients and their families need, when they need us most.

As a result of generous support in the past we've been able to provide:

- complementary therapies, including massage, hypnotherapy and aromatherapy, to help patients and their loved ones with a sense of wellbeing
- art activities, which provides relaxation and a way to express thoughts and emotions, while the finished artwork can often be a precious gift to a loved one
- a new Quiet Room, which is a dedicated space for grieving and reflection, for people of all faiths
- a new consultation suite, which provides a much improved environment for day patients to have consultations with their doctor
- a private family room, new counselling rooms and improvements to the inpatient unit to make it more comfortable

Your money directly helps those who need it, when they need it most.

Every donation to Nottingham Hospitals Charity's Hayward House appeal goes directly to support patients at Hayward House.

We know how much Hayward House is valued by all who come through the doors, both patients and their loved ones.

Marie's mum, Beryl, goes to Hayward House every Wednesday: "Mum lives with me, but I work full-time, so she is on her own a lot. Mum's GP thought she would benefit from some like-minded company; she wasn't sure at first, but now she loves going.

On Wednesdays she always gets up with a sense of purpose and it's the one day of the week when I can go to work and not worry about her.

Afterwards she always chats about her day and her friends there, it's like having my old mum back again.

She's brought home some lovely craft objects she's made at the activity sessions, I didn't realise she could be so creative! And they've helped me too. I've enjoyed aromatherapy massage; I came out feeling so relaxed, it was brilliant. Also I know if I ever need to talk, there'll be

someone who'll really understand.

You don't realise until you need something like this, what a good job they do."



How you can help patients at Hayward House

There are many ways you can make a difference. We really need your help, so please support us however you can.

Please help by...

- Making a donation to support Hayward House using the **donation form** overleaf
- Donating online at www.nottinghamhospitalscharity.org.uk
- Text **NUHC15 £5 to 70070** to donate **£5** from your mobile
- Find out about leaving a gift in your Will by calling **0115 962 7905**
- **Organise your own fundraising event** – call us for advice
- **Take part in one of our exciting fundraising events** – call, or email charity@nuh.nhs.uk for more information

Thank you for your support