



ABOUT US

SKANDA VALE HOSPICE offers care and support for adults with life limiting illnesses. We're here to help families find strength, dignity and peace of mind during some of lifes greatest challenges. Here are some of the things we can offer:

- ◆ Respite – overnight or just for the day.
- ◆ Symptom management and palliative nursing.
- ◆ An easily accessible bath and shower, with ceiling hoist for help with bathing.
- ◆ Relaxing therapies such as massage, aromatherapy and reflexology.
- ◆ Free patient transport.
- ◆ Equipment to assist with personal hygiene and comfort.
- ◆ Accommodation for families (and pets).
- ◆ The chance to meet new people and enjoy new experiences and challenges. The chance to live fully.
- ◆ Help to access other relevant services.
- ◆ Support to make informed choices about your future care.
- ◆ Meditation, relaxation and spiritual care, specific to your needs.
- ◆ Fun, friendship and good food.
- ◆ Arts and crafts.
- ◆ Beautiful gardens.

FIND OUT MORE

WE ARE AN INDEPENDENT HOSPICE founded in 1993 by monks and nuns from Skanda Vale multi-faith monastery. We have no government funding; most of our income is from donations. One unique feature of the hospice is that we have very few paid staff. Our team is made up, almost entirely, of highly skilled volunteers. Everyone is welcome to be a part of this exciting project, whatever your ability, commitments, background or beliefs. Just drop us a line!

Making a referral

- ◆ We care for anybody over the age of 18 who has been diagnosed with a life limiting illness with personal care needs.
- ◆ We mainly serve Carmarthenshire, Ceredigion and Pembrokeshire, but can accept referrals from further afield.
- ◆ All our services are offered completely free of charge.
- ◆ If you'd like to use our services please just get in touch.

Skanda Vale Hospice

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