



Namaste Care

in East London

A sensory programme for people living with dementia
- delivered at home by volunteers

A FREE service: to refer - call 0300 30 30 400

What is Namaste Care?

Namaste Care is a support programme designed to improve the quality of life for people living with advanced dementia and their families. It offers person-centred care, social and emotional support through meaningful activities and sensory stimulation.

The word 'Namaste' means to 'honour the spirit within', and expresses this special way of providing comfort, connectedness and wellbeing.

How can Namaste Care help?

Our Namaste Care Team will assess an individual's needs and identify how the person and their family might benefit from this programme.

Trained and supervised volunteers will visit people regularly to provide Namaste care in their own homes; in nursing and care homes; in hospitals; and in hospices.

Volunteers carry out activities such as:

- giving hand massage
- making a memory box
- playing favourite music
- reading favourite books/poems
- encouraging gentle movement

How to access the service

St Joseph's Hospice offers Namaste Care in the East London boroughs of City of London, Hackney, Newham and Tower Hamlets.

It is a FREE service.

If you know or provide care for someone living with dementia in these boroughs, you can access this service on their behalf.

Find out more

Please contact our Namaste Care team on

Tel: 020 8525 3165

Email: namaste@stjh.org.uk

To make a referral, call the First Contact Team:

Tel: 0300 30 30 400

Email: stjosephs.firstcontact@nhs.net

St Joseph's Hospice, Mare Street, Hackney, London E8 4SA

T: 020 8525 6000 **E:** info@stjh.org.uk **www.stjh.org.uk**



**St Joseph's
Hospice**

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Founded in 1905 under the care of the Religious Sisters of Charity. Charity No. 1113125