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NHS

St George's University Hospitals
NHS Foundation Trust

Preparing for Your Discharge from Mary Seacole ward

This leaflet explains more about being on Mary Seacole ward and preparing for your discharge.

If you have any further questions, please speak to a doctor or nurse caring for you.

Why am I here?

You have been admitted to Mary Seacole ward to treat and manage a significant health problem.

During your time here, you may work with:

- physiotherapists
- dieticians
- nurses
- social workers
- doctors
- specialist nurses
- speech and language therapists
- occupational therapists.

You will be discharged from Mary Seacole ward when you are assessed as being well enough to return to the community, although you may not be back to full health.

Sometimes you might need extra support or changes to your home.

You may find it hard to see past being in hospital to being discharged. The information below may help prepare you for leaving the ward and support you when back in your community.

Common concerns

When you start to plan returning home after being in hospital, you may be worried about:

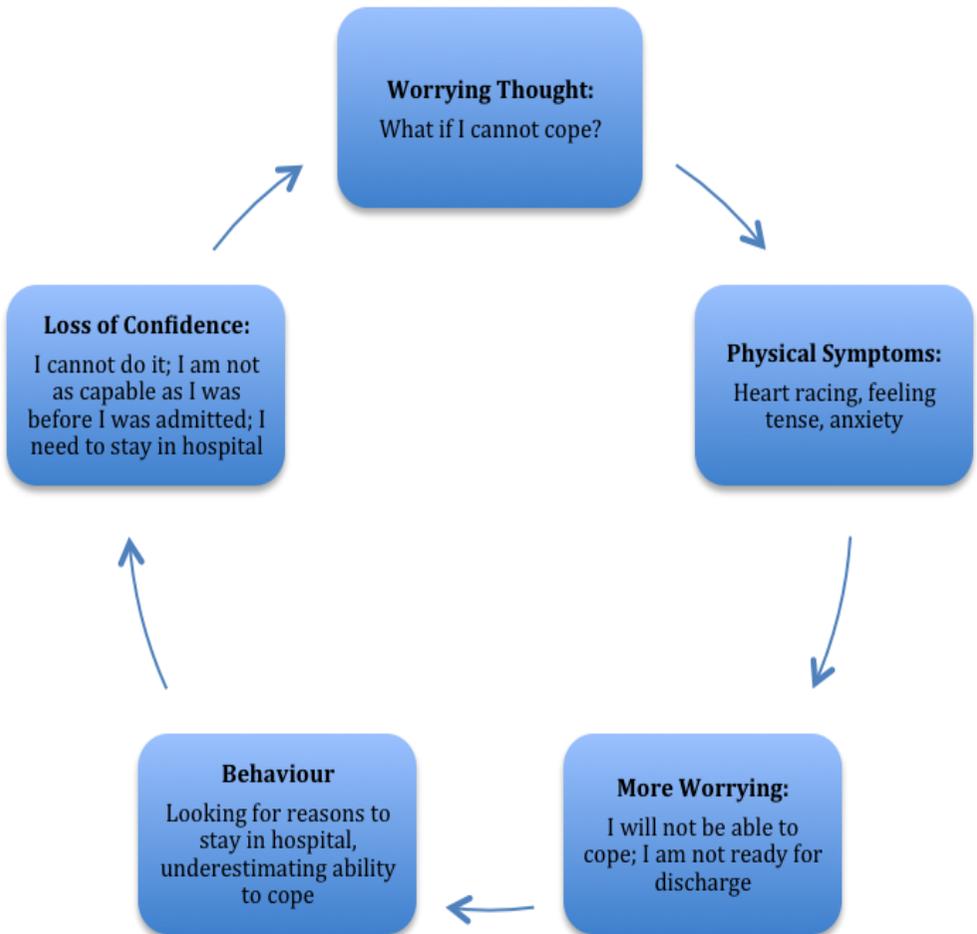
- What happens after hospital?
- Being on my own or being lonely
- How will I cope - who can I turn to for help?
- I don't think I am ready for discharge
- I don't want strangers coming into my house, such as carers
- I don't want to be a burden to my family
- What if I need to go back into hospital?

Lots of people worry about being discharged after being in hospital, but most people manage the transition well, with the support of other services, of family and friends if needed.

The worry cycle

You may find yourself getting caught up in a 'worry cycle', which can have a negative impact on your quality of life and may make it harder for you to leave hospital.

Your worry cycle may be something like this:



Top tips for managing your worries

Connect with the people who are most meaningful to you

Stay in contact with significant people in your life while you are in hospital. Keep them updated on when you will be leaving hospital and try to think with them about how they can support you.

Stay focused on positive things

Try not to say negative things to yourself like “I can’t do that” or “I’m too old”. Saying negative things to yourself (negative self-talk) makes you feel more stressed and overwhelmed. Instead of thinking about what you cannot do, or feel you cannot do, remember what you **can** do.

Remember stressful events that you have coped with in the past

You have overcome difficult events in your life and have the skills to manage obstacles in your way. Repeat what has worked for you before and focus on your previous successes.

Learn to use relaxation techniques

Relaxation can help calm your mind and reduce any muscle tension caused by anxiety. Ask a member of staff for more information.

Additional support

You may already have the support you need in place for when you are discharged or you might need help accessing support services. It can sometimes take a while for any services for which you apply to be put in place, so try to start thinking about the support you may want or need at home **before** you are discharged. The support available depends on where you live.

The following support is available in Wandsworth and Richmond.

Wandsworth day centres

50+ Restart **020 8677 4283**

An advice, activities and support group that meets on Mondays

91-93 Moyser Road, SW16 6SJ

Asian Elders Support Scheme **020 8767 5455**

Provides home care, a day centre and lunch club services

5 Beechcroft Road, SW17 7BU

Balham Autumn Rose Club **020 8673 8038**

An over 60s lunch club that takes place every Tuesday

83 Elmfield Road, SW17 8AD

Hollybourne day centre **020 3944 8548**

A specialist day centre for people with dementia or memory difficulties

Hollybourne Avenue, SW15 4JD

Wandsworth Wellbeing **020 3880 0366**

Free service supporting over-55s to manage their health and wellbeing and to live independently

120 The Broadway, SW19 1RH

Wandsworth befrienders

Battersea Befriending Network 020 8947 5788

Age UK Wandsworth 020 8877 8957

Service for older people living on their own who find it difficult to get out

549 Old York Road, SW18 1TQ

Richmond day centres

Barnes Green day centre 020 8876 2377

A community resource that offers a wide range of activities

Church Road, Barnes, SW13 9HE

Sheen Lane day centre 020 8876 1706

For individuals aged 60 plus with a physical disability/frailty and or sensory loss or impairment

74 Sheen Lane, Richmond, SW14 8LP

Richmond befrienders

Age UK Richmond upon Thames 020 8878 3625

Service for older people who live on their own who find it difficult to get out

Suite 301, Parkway House, SW14 8LS

FiSH neighbourhood care 020 8878 8100

Befriending service for older people covering Barnes, Mortlake and East Sheen

Barnes Green Centre, Church Road, SW13 9HE

(HANDS) care group 020 8891 3346

HANDS stands for the Help A Neighbour in Distress Scheme, a befriending service covering Twickenham and St Margaret's

Other useful sources of information

Dial-a-Ride

0343 222 7777

If you are disabled and can't use public transport, you may be able to use this free door-to-door service

National helplines

Silverline

080 0470 8090

24 hours a day, 7 days a week telephone support for older people

Age UK

080 06781 174

Advice and support for older age

Samaritans

116 123

24 hours, 7 days a week telephone support for whatever you may be going through

National Careline

0800 0699 784

Information about care and support for older people and their families

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings at St George's Hospital (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk).

The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



Reference: QMH_MSW_02 **Published:** October 2019 **Review date:** October 2021