

Specialist Hospital and Community Palliative Care Team

Welcome to the Selby & York Locality of the North Yorkshire and York Primary Care Trust (NYYPCT). Below you will find information about the Specialist Palliative Care Services provided in this locality.

What is the Specialist Palliative Care Team?

The Specialist Palliative Care Team specialises in caring for patients living with cancer or with a life-threatening illness. We support both patients and their family or carers.

Our aim is to improve quality of life by relieving symptoms. The symptoms may be physical or emotional: e.g. pain, nausea and anxiety.

We work in the hospitals and with the community services in the Selby and York area. We also have strong links with St Leonard's Hospice (Tel: 01904 708553)

We work alongside the teams who are supporting you either within the hospital setting or when you are at home.

Patients and carers can access advice Out of Hours by calling **08450568060**

If healthcare professionals require more detailed info about where to access palliative care drugs in Selby & York locality Out of Hours, contact **08450568060** and ask to be directed to the palliative care folder, which will contain relevant numbers for accessing palliative care drugs and on-call advice line.

How can we help you?

You may need us for any of the following reasons:

- Specialist assessment of your individual needs
- Advice on management of pain and other symptoms
- Emotional and psychological support for you and your family/carers
- Advice about how to access information about benefits/employment etc.
- Referral to the Community Palliative Care Team or to the Hospital Palliative Care Team
- Liaising with other teams involved in your care
- Practical solutions to commonly experienced problems
- Future care arrangements, possibly involving hospice care or nursing home as appropriate

Who are we?

The multi-disciplinary team consists of:

- Clinical Nurse Specialists (also known as Macmillan Nurses) – based in hospital or community
- Medical Consultant in Palliative Medicine
- Specialist Team Manager
- Specialist Registrar
- Specialist Social Worker
- Specialist Physiotherapist
- Specialist Occupational Therapist
- Secretaries

We can also help you access additional members of the multi-disciplinary team:

- psychological care (psycho-oncology)

- spiritual and cultural support
- complementary therapies
- dietician
- chronic pain team

When are we available?

If you wish to speak with, or gain information from any member of the multi-disciplinary team, please use the telephone numbers shown below.

The Hospital Specialist Palliative Care Team can be contacted via the team Secretary on: **01904 725835**

Monday – Friday 8.00am – 4.00pm, excluding Bank Holidays

The Community Specialist Palliative Care Team can be contacted via the team Secretary on: **01904 724476**

Monday – Friday 8.30am - 4.30pm, excluding Bank Holidays

Messages can be left on the answer phones which are checked regularly throughout working hours.

We work closely as a team and you may see more than one of us at any one time

Where can I get further information?

For information about cancer, self-help and support groups in your area, please contact the **Cancer Information Service** on: **01904 726931/726505**

For information about **The Macmillan Carer Support Scheme**, please call the Team Co-ordinator on: **01904 724474**