

# How to Refer

It's easy just ring your local Choices team member

If you want to discuss a potential referral, please also ring our Choices team and they will be happy to discuss how Choices can support your client and their loved ones.

If for any reason you can't get through, please drop our Choices member of staff an email.

(CP4) - Contact the Gillington Centre on : 01274 547118  
and ask for a member of the Choices team

(CP5) - Shahida Noor – tel 07553 554339  
or email [snoor@thornburycentre.com](mailto:snoor@thornburycentre.com)

(CP6) - Melanie O'Hanlon – tel 07376 658145  
or email [melanie@bradfordtrident.co.uk](mailto:melanie@bradfordtrident.co.uk)

## Contact Us

Our staff are happy to answer any questions you may have and always welcome suggestions about ways to improve or enhance our service.

### Address

Thornbury Centre, Bradford BD3 8JX

### Email

[hspeight@thornburycentre.com](mailto:hspeight@thornburycentre.com)

### Phone

07932 679689



**choices**  
end of life care

# Care Homes

A new service for people in the last year of life

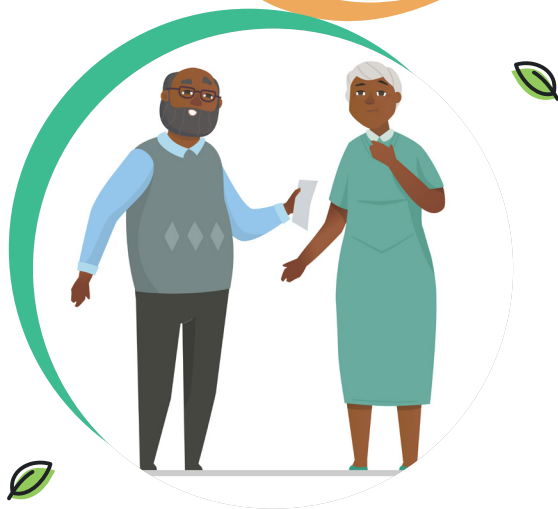
Free for people living in CP4/5/6



# What is Choices

Choices is funded by the NHS and delivered free at the point of use by well-known and long established local Voluntary and Community Service providers within central Bradford (CP(PCN)4/5/6). The trained and professional staff teams can provide essential, non clinical support to your clients, their carers, family and loved ones.

The service will help you to ensure that people at the end of their lives, and those who are important to them, can get the most out of the time they have together, and we can provide help to navigate through the things that may be concerning them.



**We have a range of services that can be tailored to meet the needs of the person and/or their carers/family/loved ones.**

**Our service provides:**

**Befriending to provide someone:**

- to listen
- to share stories with
- who is there for them when others can't be



**1-2-1 Support and advice** to ensure that your client and/or their carers/family/loved ones are aware of the services that are available to help them, and that they know about things they need to have in place. For example, that they:

- Have an Advanced Care Plan and ReSPECT documentation
- Know about and can access any available financial support and/or housing adaptations
- Know about wills and lasting power of attorney and can access support with this
- Can deal with basic issues of life e.g. finding someone to take care of their pet when they die or need to have medical treatment
- Still have fun times and laughter in their lives

**Peer support group**

Peer support groups enable carers/family/loved ones to find solace, share their stories, experiences and worries with others in a safe and understanding space. We recognise how difficult it can be for carers and loved ones during this time and beyond. We understand the need to support people recovering and rebuilding lives.

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**One good conversation can shift the direction of change forever**

