**Discharge Team**

**Providing practical support to aid your recovery**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj2t5mV_eDVAhUIUhQKHcWMDr0QjRwIBw&url=http://flamescreen.com/news/we-are-here-to-help-you&psig=AFQjCNEpF3PbHO1Mv3Kgr6M9puu9scO1KA&ust=1503152359886844)

**The Discharge Team can support with:**

**Benefits**

**Debts**

**Accommodation**

**Preparing your home for Discharge**

**Discharge**

**Supporting family members**

**We aim to promote all aspects of your wellbeing…**

**Physical Health:**

**We can help you attend the following appointments;**

* Health screening
* Diabetic clinics
* Chiropody appointments
* Emergency dental appointments
* Opticians

**Spiritual Wellbeing:**

* We can support you to attend religious services
* If you have specific diary requirements we can support you to purchase appropriate food

**Emotional Wellbeing:**

* If you have been engaging in therapy in the community and it is appropriate for you to attend we can escort you to your session
* We will provide a listening ear and support you with your concerns

**Social Wellbeing:**

* We promote social inclusion and can support you to engage with your community.

**The values and skills which underpin our team:**

* Putting people at the centre of their care
* Being empathetic and compassionate
* Being non - judgemental
* Acknowledging diversity
* Providing advice and information on other services

**The Patient Hub**

The Discharge Team facilitates the Patient Hub. This is designated area where we can support you to make telephone calls regarding benefits, debts, bills and practical issues**.**

We also use this space to make referrals to supported accommodation, apply for Housing Support Workers and complete assessments.

Computer access is due to be installed in the near future. If you need access to a computer we can escort you to the local library.

The entrance of the Patient Hub is located in the Glenbourne Coffee Shop.

**Discharge Team Working hours**

Our team works Monday - Friday between 7:00am and 5:00pm.

**Please inform your ward if you need support from our team and they will make contact with us.**

**Discharge Team**

**The Glenbourne Unit**

**Morlaix Drive Derriford Plymouth**

**PL6 5AF**

**01752 434603**