



SHALOM STAFF

Medical Director: Dr Rob Jones
Manager & Palliative Care
Nurse: Helen Price
Palliative Care Nurse: Allyson
Burrows
Occupational Therapist:
Jenny Mathieson

The professional team are supported by a team of registered nurses and care assistants.

Many of the staff and volunteers hold qualifications and are skilled in complementary therapies.



How to find us

We are on the left hand side of Nun Street on the way out of St Davids towards Fishguard
Car Parking is available outside Shalom for patients and visitors. If full, please use the St David's Rugby Club Car Park at the junction to Whitesands. There are no charges.



Palliative Care Unit

SHORT STAY GUIDE FOR PATIENTS AND CARERS



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Charity number 1117564
Company number 5437976



If you are coming to Shalom House to stay for the first time, this leaflet gives some useful information about what to expect and what to bring with you. If you have any further questions please don't hesitate to contact us directly. Our contact details are on the front of this leaflet.

What to expect:

You will have your own room with en suite toilet and washbasin. Two rooms have walk in wet room shower facilities and these are allocated according to need. Each bedroom has a multi-positional bed, wardrobe, locker with drug drawer, TV, and radio .

Our visiting times are open and we welcome children and pets on site. Friends and family are welcome to visit at anytime.

Once settled in, the Doctor and nurses will discuss needs and care requirements. As part of this we will look at your current medication so please bring with you all the medication you are taking.



Preparing and serving fresh tasty nutritious meals for you during your stay is important to us. To do this well, we like to hear from you about what you like and what you don't; what you can and what you can't eat. Julie, our catering manager or any other member of staff will be happy to discuss this with you.

What to bring with you:-

- Personal toiletries — soap/flannel, shampoo, towels, toothbrush/toothpaste, skin care/body lotions, if used.
- Nightwear & dressing gown and slippers
- Day wear, if up and about
- All medications you are currently taking, in original package or dossit box if possible
- Any dressings, pads etc. you or the nurses are using
- Your current prescription if possible
- Telephone numbers of your next of kin or family member.
- Laptop computer
- Useful aids e.g. favourite pillow, bed cradle. (Shalom has a hoist etc)
- Your preferred specialty tea/coffee

What is available at Shalom House:-

- We have a small collection of books and magazines to read and you can order a daily paper during your stay.
- Televisions are in all rooms.
- You are welcome to bring your mobile phone.
- Free Wi-Fi is available.
- Please note we have a no smoking zone inside the building

Arriving & Departing:

It can be daunting and it's common to feel apprehensive before coming to stay if you haven't visited us before. We try to alleviate this by offering visits to Shalom to have a look round. Just give us a ring to arrange this.

Once you have decided you would like to come and stay please confirm your arrival date and time with the Shalom Team. Similarly it is helpful to confirm the length of your stay and departure time with one of the staff.

