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# media release

*For immediate use*

**Northern Beaches Palliative Service – Palliative Care Day Hospital –  
serving the local community**

**National Palliative Care Week - 24 to 30 May 2009**

***Raising awareness of palliative care***

For North Manly resident Phyllis Norris, some 11 months on from being referred to the Northern Beaches Palliative Care Service's Palliative Care Day Hospital she no longer sees the involvement in something 'palliative' as being morbid.

She really looks forward to the social aspects of her visits to the Day Hospital, typically once a week "It's a wonderful place, full of fun, where people talk and tell stories. I get taken there by a volunteer and driven home too. It's not like going to a hospital, it a lovely space, light bright and airy with a lovely outlook.

The staff and volunteers are kind and caring and attentive and try to do anything that is needed. We get lovely food and socialise", she said.

Phyllis, who has lived in the area for 50 years, was treated for colon cancer in May 2008 before being referred to 'the Beaches'. She is under the care of medical and nursing specialists who are part of a multi-disciplinary team.

The Northern Beaches Palliative Care Service is in the grounds of Mona Vale Hospital and provides a comprehensive service to support patients. The Palliative Care Day Hospital aims to give social, spiritual, emotional and physical support to our patients and their carers. Patients have available a palliative care doctor and full nursing care to help with pain and symptom control, physiotherapy, occupational therapy, individual supportive counselling and spiritual care as well as a range diversional therapy activities including art and music.

*This years theme for National Palliative Care Week is: "If Only I Knew" - focussing on raising awareness of Palliative Care and the issues that surround it.*

**Sydney 18 May 2009**

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