

## The Bureau

THE  
**BUREAU**

**Glossop's Voluntary and Community Network  
Helping you get on the right track**

- Do you want to find out about local services?
- Do you have a long-term health condition?
- Are you feeling anxious or lonely?
- Do you have money or housing worries?

### Come and talk to The Bureau!

Having the right support through life's ups and downs can really help. Our community navigators offer a listening ear and practical assistance to get you on the right track. We can connect you to a range of local services that can offer you the support you need.

### Some examples include

- Help to manage health conditions
- Help with Shopping
- Social activities
- Transport
- Home Maintenance
- Hobbies and interests
- Employment support

**What are you waiting for, Get in touch!**  
**For Glossop contact The Bureau:**

**Telephone:** 01457 865722

**E-mail:** [sophie@the-bureau.org.uk](mailto:sophie@the-bureau.org.uk)

**Web:** [www.the-bureau.org.uk](http://www.the-bureau.org.uk)

**The Bureau**  
High Street East  
Glossop  
SK13 2BJ

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# Ticket Home

**NHS**  
**Tameside and Glossop  
Integrated Care**  
NHS Foundation Trust



TAMESIDE AND GLOSSOP  
INTEGRATED CARE  
NHS FOUNDATION TRUST

FIRST CLASS  
TICKET HOME

FIRST CLASS  
TICKET HOME

NAME

WARD

WHY I AM HERE:

CONSULTANT:

EXPECTED DATE OF DISCHARGE:

ACTUAL DATE OF DISCHARGE:



DISCHARGE  
DESTINATION:

ESTIMATED TIME  
OF ARRIVAL:

FLIGHT: 95678A FROM: HOSPITAL  
SEAT: 31L TO: HOME  
GATE: 02  
TIME: 10:30  
SEAT: 31L



No: 12345678900000000000

Please note that if your condition changes, your Expected Date of Discharge may change.



## My Checklist ☒

Clothes

☐

Shoes

☐

Nightwear / Dressing gown

☐

Toiletries (toothbrush etc)

☐

Aids that I use (walking stick, hearing aid, glasses etc)

☐

Tablets or medicines that I take

☐

Contact details for my next of kin

☐

Any other thoughts or questions...

Remember: "You come to hospital for acute treatment, you go home to get better."

### Healthwatch Tameside

Healthwatch Tameside is your local consumer champion for health and care.

At the heart of our work is influencing local health and care services. We want to help the people who provide the services, to understand what local people think about those services.

We need to hear from you if you have a story to tell about health or care services you (or a relative) have used in the last 12 months. You can tell us about positive experiences as well as raise concerns.

We provide an information (signposting) service to help you to make informed choices about the services you can access.

We also help people to understand how the NHS complaints process works, if something has gone wrong.

Any information we are given will remain anonymous.

We are careful to share ideas in a way which will not identify any individuals.

If you want to speak to someone about your experiences please contact:

To contact Healthwatch Tameside call: **0161 667 2526**

E-mail : [info@healthwatchtameside.co.uk](mailto:info@healthwatchtameside.co.uk)

Or go to the website: [www.healthwatchtameside.co.uk](http://www.healthwatchtameside.co.uk)

## Useful Contacts

Ward Telephone Number:

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Once you have left the hospital, if you feel you require further support please contact the Integrated Urgent Care Team on 0161 342 4299

## Action Together



When you are discharged from hospital, you may be leaving with a condition or illness and you may want some advice or support about this.

Action Together can put you in touch with charities and support groups who can help you with your particular issue.

Or you may want to be more involved with your local community, join a club, meet up and have a brew with some likeminded people, or get more active.

Action Together can put you in touch with local charities, faith organisations, sports clubs, projects and groups who can provide opportunities to meet people, learn new skills and have fun!

If you are interested in finding out what is happening in your area, please contact us on 0161 339 2345 or e-mail [info@actiontogether.org.uk](mailto:info@actiontogether.org.uk)

[www.actiontogether.org.uk](http://www.actiontogether.org.uk)

## During my stay



### Things to think about...

How am I feeling?

Am I clear about what is happening next?

Am I worried about anything?

When am I going home?

Have I got dressed and am I moving around?





**What did my doctor say / questions for my doctor** [for you to fill in]

**Days my Consultant visits the ward:**

**What is needed to get home? Clinical criteria for discharge:**

**What did my therapy team say / questions for my therapy team**  
[for you to fill in]

**What did my social team say / questions for my social team**  
[for you to fill in]

## ■ **Equipment:**

If you require equipment, you will either be given equipment to take home with you (e.g. a walking stick) or equipment may need to be delivered and fitted when you have been discharged. You will be shown how to use your equipment. If your equipment is on loan to you whilst you regain your independence, you will be informed how to return it.

## ■ **Medications:**

If you brought medications into hospital with you, these will be returned to you when you are ready to go home, unless you no longer need them. On discharge you may be given more or less medication and the Pharmacist or Nurse on the ward will explain this to you, including any instructions you need to follow before you leave. Any further prescriptions need to be obtained from your GP.

If you are receiving nutritional support, you will be given a 7 day supply and further supplies will be delivered to your home.

## ■ **Discharge Summary:**

This is a letter giving details of your hospital treatment and discharge medications. A copy will be sent to your GP and you will also be given a copy. Please keep this to show anybody involved in your care.

## On the day of discharge

## Daily Diary



**You are expected to arrange your own transport home to arrive by 10am. If you need any support arranging this, please ask your nurse.**

If your transport cannot arrive by 10am, you may be asked to wait in the day room or discharge lounge.

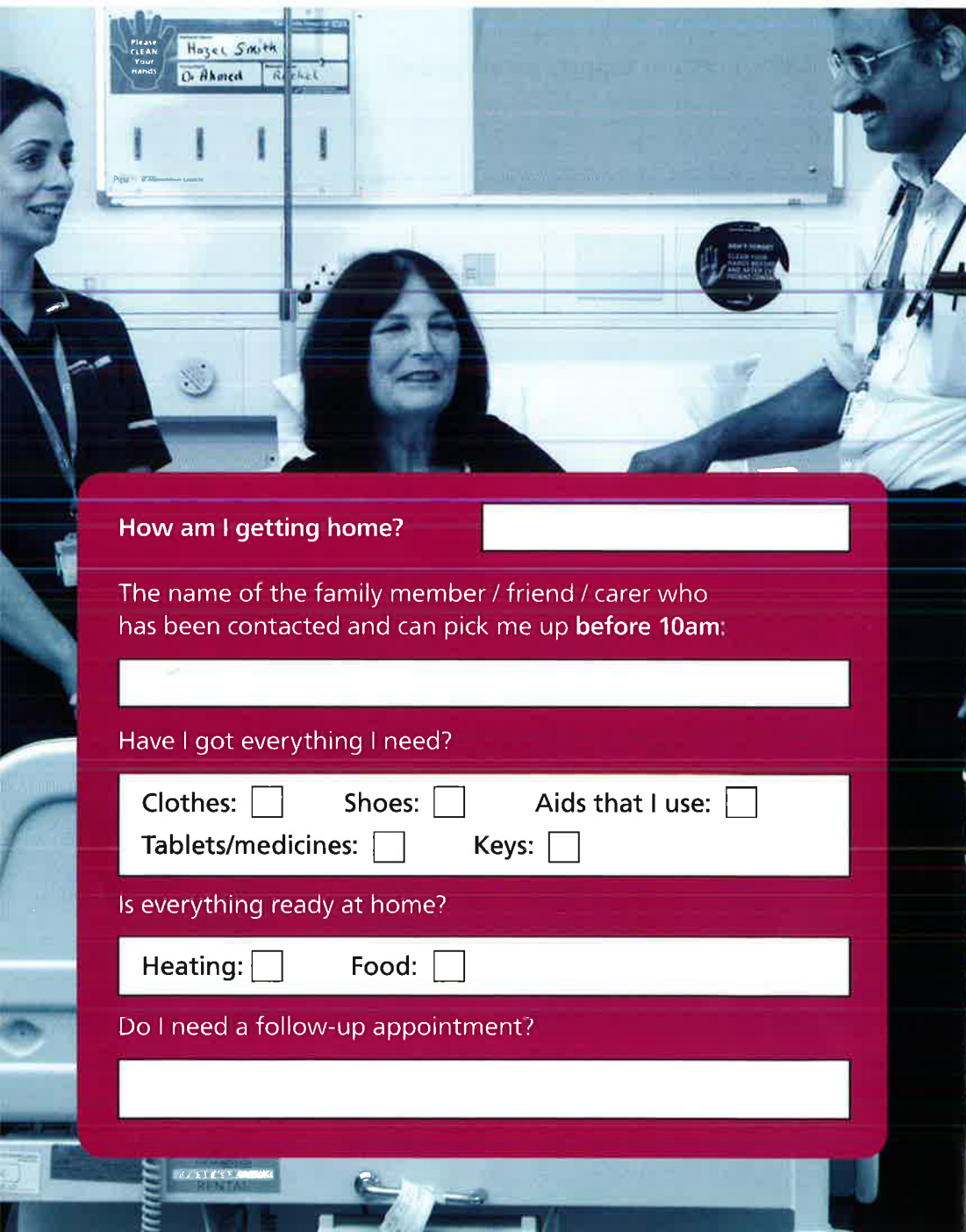
**If you need contact numbers of local taxi firms, please ask your nurse or case manager.**



## What is going to happen for me today?

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The paper is otherwise blank, with no margins or additional markings.

# Preparing to leave & Next steps



How am I getting home?

The name of the family member / friend / carer who has been contacted and can pick me up **before 10am**:

Have I got everything I need?

Clothes: ☐ Shoes: ☐ Aids that I use: ☐  
Tablets/medicines: ☐ Keys: ☐

Is everything ready at home?

Heating: ☐ Food: ☐

Do I need a follow-up appointment?

Where am I being discharged to?

Who will be involved in my care?

District nurses

☐

Physiotherapists

☐

Occupational therapists

☐

Social care team

☐

Voluntary sector

☐

Do I understand my medication?

Do I have everything I need?