

Supporting you...

Support for Carers

In Wroughton and at our Wellbeing Centre



Prospect Hospice

President HRH The Duchess of Cornwall

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Our Support for Carers

At Prospect Hospice, we understand that, when someone is very ill, the whole family can be affected. At these times it is often the case that people may find themselves facing practical, financial and emotional difficulties.

Our experienced staff and volunteers will support families and carers to begin to adjust to the changes they face. The team provides family support, information and advice. This can be as a 1-2-1 appointment at the hospice or in your own home. We can also put you in touch with our Welfare Benefits Advisor, who may be able to provide help and guidance on maximising income for families who are anxious or worried about money and how they are going to make ends meet.

Our Course for Carers

When you become a carer the changes it brings to your day to day life can feel overwhelming. That's why we have developed a course especially with you in mind.

The course includes practical advice and support on basic caring skills, managing medicines, welfare benefits, planning ahead, relaxation techniques and taking care of yourself.

While these are all areas carers have told us would boost their ability to cope, the course is flexible, and can evolve to reflect the needs of the group. It also provides an invaluable opportunity to meet other carers, who may share with you how it feels to live with the uncertainty that often comes with life as a carer.

To find out more about joining our carer's course, please contact us using the details on the opposite page.

Carers' Cafe

Each month, we host two Carers' Cafes – one at the hospice in Wroughton and one at our Wellbeing Centre in Marlborough.

This is an opportunity for you to enjoy some light refreshments with members of our Family Support team. It's a chance for you to unwind, and perhaps to share some of your concerns or worries with someone who understands your situation. Our team are familiar with the many extra roles and responsibilities that being a carer brings. It can also be a time to meet other carers and strengthen your support network through new friendships.

Carers' Wellbeing Days

If you're a carer, you'll probably welcome the chance for a little 'me time'. Every eight weeks we host a carers' wellbeing event, usually at the hospice in Wroughton and, from time to time, at our Wellbeing Centre. These events offer a unique pampering experience for carers, who can enjoy complementary therapies, such as massage and reiki, as well as manicures and other treatments, all available free of charge to enhance your sense of wellbeing.

If you would like to find out more about our wellbeing days, please get in touch using the details below. We will be able to provide the latest information about forthcoming wellbeing days, and tell you more about our dedicated carer services.

Contact the Team

If you would like to discuss anything in this leaflet or if you would like further information, you can contact the team by calling **01793 813355** or email **familysupport@prospect-hospice.net**.