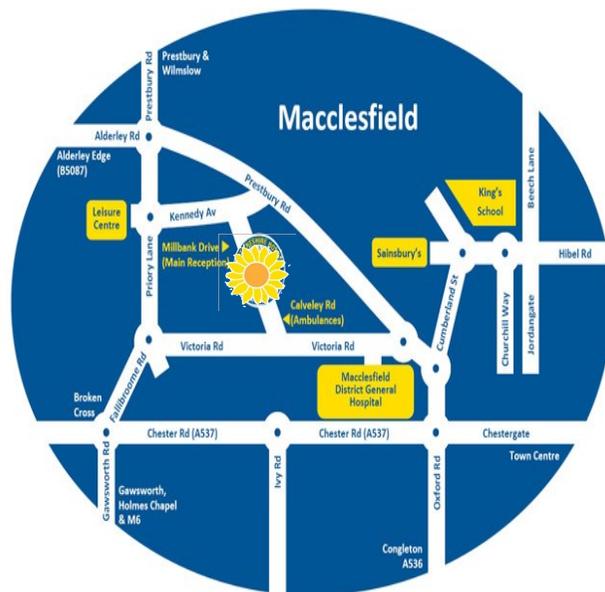


Many people associate the word 'Hospice' with death and dying. As a result they can be anxious about attending our Sunflower Centre.

However, that is not the case. The Hospice has much to offer to different groups of people living with different life limiting illnesses and conditions. This includes those affected by dementia and their carers who are living and coping with the effects of this condition.

Please contact the Sunflower Centre Manager if you are interested in this service for yourself or someone else

Working in partnership to improve local services for people with dementia and their carers



East Cheshire Hospice Sunflower Centre

Millbank Drive, Macclesfield
Cheshire, SK10 3DR

Main Reception.....01625 610364
Sunflower Centre Direct.....01625 665685
Fax.....01625 666995
www.eastcheshirehospice.org.uk



Dementia Carer Well-Being Service

***Supporting Carers of
People with Dementia***

at the Sunflower Centre



Who is the Dementia Carer Well-Being Service for?

This new service is designed to support the people who are supporting a person with dementia in their own home.

To access the service you need to be:

- Caring for a person with dementia
- Living in East Cheshire
- Living in a private residence, not in a care home or hospital
- Must be able to transport themselves to the Sunflower Centre at East Cheshire Hospice

Sunflower Centre

A warm welcome awaits

Our Sunflower Centre, complete with its own entrance and reception is a self-contained wing of the Hospice, purpose built for outpatients, carers and families.

The Centre provides a range of services to those whose life has been affected by the diagnosis of a life-limiting illness including dementia.

The diagnosis of dementia can come as an enormous shock to the person, their families and carers, people may feel fearful, anxious and isolated. The Sunflower Centre aims to provide a service to support carers and families of people with dementia enhancing their own coping strategies.

What we offer?

We offer an eight-week structured support programme for carers of people with dementia.

The programme runs for eight consecutive Wednesday afternoons from 2.30-5pm on specific dates three times per year. You can bring the person with dementia with you. Our dementia buddies will take care of them whilst you attend the programme and relax in the knowledge they are safe and being supported.

Each session starts with a 'meet and greet' and buddying up of volunteers to people with dementia. This is followed by a group session for carers which includes information, advice, guidance and peer support. Buddies will care for the person with dementia and support them in chosen activities during this time.

The group aims to provide a safe, relaxed environment whereby you can share problems, concerns or experiences with others who have had similar experiences. Helping you to develop your own coping strategies; enhancing your self esteem, resilience and confidence.

The group sessions are facilitated by a team of qualified and experienced professionals from different backgrounds.

What can I expect?

A typical eight-week programme may include a range of topics such as:

- Who's who, what to expect and meeting the buddies
- What does having dementia mean?
- Financial and benefits advice
- Thinking about and planning for the future
- Taking care of ourselves
- How to relax - relaxation techniques
- Dietary and nutritional advice and help
- Peer support
- Value of complimentary therapies

Light refreshments are available during the sessions.

The service is provided free of charge. Free parking is available if required for your convenience.

How do I access the programme?

Carers may self-refer or be referred by their GP or other professionals involved in their care.

This service is offered FREE to those who need it. Donations are always welcomed as they help us to maintain and develop our services so that many more people can benefit from our specialised support and care.