

## Information and education sessions from EoLP

These informal sessions will give you information to help you prepare for the weeks and months ahead. The sessions are designed to give you confidence in your caring role and to know how to access further support if you need it.

Each session lasts for around two hours and the number of sessions you attend is up to you. If you would like to talk to find out more before booking, please contact the End of Life Partnership on the number below and we will be happy to help.

### Support for your caring role (online session)

- Your rights as a carer
- Local services and respite
- National services and support

### Confidence to care at the end of life (online session)

- Preparing you for emotional and physical changes
- Preparing you for what may happen as someone is dying
- Preparing to say goodbye

### Grieving when Caring Ends (face to face – venues across Cheshire)

- An understanding of loss, grief and bereavement and how they can affect us
- Practical strategies to help you accept and adjust to loss and grief
- Local and national services and support

For more information or to book a place on a session, please contact the End of Life Partnership on 01270 310260 or visit our website at [www.eolp.co.uk](http://www.eolp.co.uk).

Scan the QR code to complete the Palliative Care in Partnership - Patient and Carer Evaluation



## Cheshire Palliative Care in Partnership Service (PCIP)

# Support for family members and carers

This leaflet is for family members and carers of people who are receiving care from the Palliative Care in Partnership Service.

As a family member or carer, we recognise you may need support at this time. This leaflet tells you about the information and support available through the Palliative Care in Partnership Service.

## 1:1 Counselling from East Cheshire Hospice

Counselling provides an opportunity for you to talk openly in a safe, caring and confidential environment. Your counsellor will listen respectfully and non-judgmentally, giving you the opportunity to explore thoughts, feelings and memories. A counsellor will not tell you what to do, but they will help you consider your situation and make your own informed decisions.

People may find counselling helpful to:

- explore challenging emotions
- manage physical responses like sleep loss, lack of concentration or anxiety
- cope with other crises, pressures or health problems
- understand and handle changes within families
- develop their resources and skills to deal with grief and other difficulties

### How do I access support?

- Counselling is available to adults who are family members or and close friends of people receiving care through Palliative Care in Partnership.
- Support is available before and after the death of the person receiving care.
- Support is available face to face, via phone or online.
- You can refer yourself for counselling using the details below. Please let the Hospice know that you are making contact via Palliative Care in Partnership.
- When you contact the Hospice, there will be an opportunity to talk through what support would be best for you. This will help you and the Hospice to decide together whether counselling is right for you.
- People aged under 18 will be referred to the Hospice's children and young people's service to ensure the support they receive is age-appropriate.

### Contact Details:

Telephone: 01625 610364

Email: [eccg.echospicecb@nhs.net](mailto:eccg.echospicecb@nhs.net)

Website: [www.eastcheshirehospice.org.uk](http://www.eastcheshirehospice.org.uk)

## Other support through East Cheshire Hospice:

You can also access the following types of support through the Hospice – please use the contact details above to get in touch unless stated otherwise.

### Legal Clinic:

On every second Friday of the month from 10am – 1pm, solicitors host a free Legal Advice Clinic to help you with all the information you need to navigate through the complicated process of Wills, Lasting Power of Attorney, Court of Protection (Deputyship), or any other legal issues.

01625 665 685 or email [dcoffice@echospice.org.uk](mailto:dcoffice@echospice.org.uk) to book a free 30 minute appointment.

### Caring for the Carers

Family and Carers Support Group: This is available to family members or friends of someone diagnosed with a life limiting illness meet at the Sunflower Centre on the first Tuesday of each month. Meetings last from 2.30-4.30pm, and drinks and refreshments are available. The group provides a safe, relaxed environment where they can share problems, concerns or experiences with others who are in a similar situation.

### Art Therapy

1:1 support available for patient or carer by Referral Process only. Art therapy can be used to help address the complex issues that can arise following the diagnosis of a life limiting illness.

### Spiritual Support

Quiet times weekly, Time to Remember Services.

### Children's Services

At East Cheshire Hospice we offer children and young people, who have someone close to them diagnosed with a life limiting illness, or who has died within the last three years, time and space to explore their feelings.