



Palliative Care in Partnership - Support for family members and carers

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

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 for you through Palliative Care in Partnership

**Bereavement
session
available
from EOLP**

Grieving when Caring Ends



When we are grieving, sometimes we would just like the chance to talk to others going through a similar experience.

Please contact us to book onto our session when you feel ready.

As a former carer, grief can be made more complex by the dual losses of the person and your role as a carer.

This free session will give you:

- An understanding of loss, grief and bereavement and how they may affect you
- Practical strategies to help you accept and adjust
- Information about local and national services and support

The session lasts for around two hours and takes place face to face in venues across Cheshire each month.

If you would like to talk to find out more before booking, please contact us and we will be happy to help.

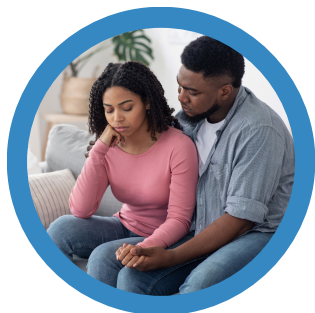
**To book your place, please contact the End of Life Partnership on
01270 310260 or visit our website at:
www.eolp.co.uk/knowledge-base**

Counselling from East Cheshire Hospice

Counselling provides an opportunity to talk openly in a safe, caring and confidential environment.

Your counsellor will listen respectfully and without judging, 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: cmicb-cheshire.echospicefsbereavement@nhs.net

Website: www.eastcheshirehospice.org.uk

Other support from 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

Monthly, free Legal Advice Clinics 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. Call 01625 665 685 or email dcoffice@echospice.org.uk to book a free 30 minute appointment.

Caring for the Carers

Support Group for family members or friends of someone diagnosed with a life limiting illness to share problems, concerns or experiences with others who are in a similar situation. 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.

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.