

Family and Carers Peer Support Group

SPRINGHILL HOSPICE

Broad Lane
Rochdale
OL16 4PZ
01706 649920

www.springhill.org.uk

Complaints - if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

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No 2325905

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FAMILY AND CARERS PEER SUPPORT GROUP

Caring for someone with a palliative life-limiting illness can be very stressful, and we recognise the importance of offering support to carers.

We are running a group for families and carers and you are welcome to join us.

The sessions are run fortnightly on Wednesday mornings 10:30 - 12:00 and offer the opportunity to speak with others in a similar situation, and have a chance to talk about your experiences. The meetings are very informal and are always facilitated by one of our Day Therapies staff.

The sessions cover many areas such as what it is like being the carer for someone, how to cope as people become less well, looking after your own mental health, how to ensure you and your loved one eat well, and many more coping strategies. We also offer relaxation sessions, along with some uplifting and fun quizzes and games.

A referral is required from your healthcare professional.
A form is available from our website www.springhill.org.uk

For further information, please contact us on **01706 649920**.

