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Registered Charity Number 1008228



family & carer support

at Rossendale Hospice



welcome...

to Rossendale Hospice

The diagnosis of cancer or other life limiting illness can be frightening both for the patient and for those who love and care for them. It can be difficult to deal with the effect of the many changes that a serious and/or life threatening illness inevitably brings. As well as coping with different and disrupted routines, practical, financial and social issues, family members or carers may feel that they have to be “strong” to help their loved one cope with their illness.

Our support is extended to families, friends and carers. This can include:

Emotional Support:

We offer free and confidential counselling for relatives and carers who are finding it difficult to manage their feelings.

Counselling cannot change the overall situation but talking to a trained counsellor can help you explore and express your worries and fears in a safe environment. Counselling may help reduce feelings of anxiety, depression, anger, helplessness etc and help you cope more easily with stressful situations.

You can have up to twelve appointments, usually held weekly and with sessions lasting up to 50 minutes.



Practical Support

Caring for someone can be very hard work, physically and emotionally. In addition there can be practical, everyday issues to deal with, such as advice re welfare rights and benefits, getting to hospital appointments or even arranging for someone to sit with the person you are caring for whilst you attend to everyday things.

The Hospice works very closely with many organisations that are able to offer you the help you need and are more than happy to provide details or help you access someone who can offer you advice and support.

Your wellbeing

If you have been caring for your friend, relative or partner for some time, you may feel completely drained. It is very easy to carry on, ignoring how exhausted you are, because you feel that only you can do what needs to be done.

Families and Carers are able to access therapies at the Hospice, such as aromatherapy massage or reiki, which will help to alleviate the stress and tension you may feel when caring for someone.

You are not alone

You may find it difficult to cope caring for someone, especially if you are managing alone.

You may find it difficult to ask for help, but please remember we are here to help you wherever possible –

**Simply contact the Nursing Team on 01706 240084
or the Hospice at Home team on 01706 240080.**

**Rossendale Hospice,
here for your family,
here for you.**

