

About Nottinghamshire Hospice

We aim to add life to days for people that have been told their illness cannot be cured. We help people thought to be in the last year of their life to live as actively and well as possible with care that puts the highest value on dignity, choice and respect.

We provide holistic care to patients and their carers. We offer compassionate nursing care to help meet physical needs, social support to help tackle loneliness or isolation and counselling and chaplaincy to support spiritual needs.

Nottinghamshire Hospice is committed to equality, diversity, and inclusion, in all aspects of our work and practice. We will not accept discrimination in any form.

Contact us to find out how this programme can be tailored to meet your needs and to book a place.

Nottinghamshire Hospice
384 Woodborough Road
Nottingham
NG3 4JF

Tel: 0115 962 1222
www.nottshospice.org

We value your feedback and see comments or complaints as an opportunity to improve and put things right.

Nottinghamshire Hospice is a registered Charity (Charity No. 509759)



adding life to days

**Nottinghamshire
Hospice**

Our Care Carer Support

Working together. Supporting you in caring.





Welcome to Nottinghamshire Hospice

Providing support and care for someone with life-limiting illnesses can often affect us more than we realise. It can feel isolating, impact you physically, emotionally and psychologically. At Nottinghamshire Hospice, we provide a range of support for carers that seeks to enable, empower and support you as you care for your loved ones. Our support is person-centred, confidential and non-judgemental.

The Carer Support Service is available to adult relatives and friends of people who are registered with a Nottinghamshire GP, regardless of whether that person is being cared for at Nottinghamshire Hospice.

Please call 0115 962 1222 or visit our hospice on Woodborough Road to speak to one of our Care Coordinators, where you can talk and arrange the type of support that you would find helpful and at a time and location that's convenient.

Joanne Polkey
Director of Care, Nottinghamshire Hospice

0115 962 1222

info@nottshospice.org

The Carer Support offered through Nottinghamshire Hospice:



One to One Emotional Support

Our trained volunteers understand the role you as a carer play in supporting friends and family and the emotional challenges this can bring. They offer a listening ear as well as practical advice and information. Our volunteers won't judge you or tell you what to do. Our support is based on your needs and what you as an individual would like. The volunteers will work with you or your family as you deal with the changes that occur in supporting someone with a life-limiting illness.



Emotional Support and Counselling over the Telephone

Some people prefer to access support over the phone, either regularly or as a one-off. We can arrange this to suit you.

To find out more, phone our care coordinators on **0115 962 1222**.



One to One Counselling

If you're feeling overwhelmed or dealing with more complex or difficult issues, you'll usually be offered one to one counselling by fully qualified counsellors and those in training. We'll listen to you to find out what you feel will be most helpful to you. We'll carry out regular reviews until both parties agree on a satisfactory outcome. Counselling usually takes place at the hospice.



Spiritual Support

We work with you the carer and with the person you care for to explore what's important to you. If you'd find it beneficial we can put you in touch with the hospice chaplains or other religious leaders.

You can meet them at the hospice or in your own home if you prefer.

Our team will help you to explore your hopes and fears irrespective of whether you're religious or not.



Advice and Carers Support Group

Throughout the year, we open our doors to all carers regardless of whether you have a connection to Nottinghamshire Hospice. This is so you can access free impartial advice, information and support from our Support Services Team.

"As a carer I initially attended in order to be given advice... It has given me more than that as it has encouraged me as a carer to look after myself"



Complementary Therapy

Our complementary therapists are qualified in numerous traditional holistic techniques, providing an individualised programme for the carer, such as massage, aromatherapy, reflexology, relaxation and acupuncture. This is held at our centre in Nottingham and aims to help keep you well while you care.



Wellbeing Sessions

Periodically, we run a series of workshops for carers, designed to help you build resilience.

These sessions provide a time for reflection, friendship, and support as we discuss health needs, general wellbeing and how to look after yourself.

Recent workshops have included art therapy, yoga, sessions on nutrition, exercise and relaxation. Places are often limited, so you sometimes have to confirm a place in advance. If you find it difficult to leave the person you are caring for, we can arrange for one of our Hospice at Home Team to look after them while you attend the session.



Cafe & Care - Daily

Our drop in cafe is free to carers, those bereaved and anyone with a life-limiting illness. This is an opportunity to pop into the hospice and talk to our staff and volunteers over a drink and a piece of cake about anything you want to discuss, or any way that we may be able to support you.



Hospice Night Support

If you need help and support during the night (10.00pm-07.00am), our team of healthcare assistants can help with personal care, continence care, mouth care, pressure area care, moving and handling, prompting and assistance with medication, and emotional support. We work closely with your District Nursing Team who will continue to offer urgent nursing care and symptom management. You can prebook a visit or request help when needed on **0115 962 1222**.

Hospice in your Home



Our dedicated palliative nursing team is available night and day for you and those who you are caring for. We will provide high-quality care and support so your relative can remain in their own home during the last months of their life. We provide advice on symptom management, emotional support, and physical care at a time when you may be at your most vulnerable and anxious. To find out more, phone our care coordinators on **0115 962 1222**.