

## General Information cont:

### Sitting Service and Transport

If you need help to cover the care of the person that you are caring for, or with transport, whilst you attend the meeting then talk to your Community Palliative Care Nurse Specialist who may be able to help.

### Speaker topics

We cover many topics during our meetings and regularly have speakers who come to talk to us about areas of special interest. Members of the group are encouraged to choose the topics for future meetings. It is important that your time with us is tailored as much as possible to your individual needs.

Speakers topics that we have covered in recent years include:

- Dietician
- Physiotherapist
- Beautician
- Occupational Therapist
- Social Worker
- Complementary Therapist

*"I was nervous about coming, but quickly relaxed and was made to feel welcome."*

*A carer talking about Time 4 Carers*

## ONE number to access all services

As a St. Margaret's patient or carer, you only need one number to get help.

For advice about symptoms or to make an appointment for any of our services please telephone:

**0845 070 8910**

**ONE** number to access all services including:

- Physiotherapy & Rehabilitation
- Lymphoedema
- A range of support for families and carers
- 24 hour Advice Line for patients and carers
- A visit from a Specialist Nurse
- A Day Hospice visit
- Hospice care at home
- Complementary Therapy
- Somerset Cancer Care

*St. Margaret's*  
HOSPICE

### TAUNTON

Heron Drive, Bishops Hull, Taunton TA1 5HA

### YEOVIL

Little Tarrat Lane, Yeovil BA20 2HU

**T: 0845 070 8910**

Email: [admin@st-margarets-hospice.org.uk](mailto:admin@st-margarets-hospice.org.uk)

Website: [www.st-margarets-hospice.org.uk](http://www.st-margarets-hospice.org.uk)

Registered Charity No: 279473

2011

*St. Margaret's*

**Time 4 Carers**



**INFORMATION**

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HOSPICE

## Welcome

### Welcome to *Time 4 Carers* at St. Margaret's Hospice.

Through support and information *Time 4 Carers* aims to help reduce any anxiety or feelings that may cause discomfort to carers.

Many carers tell us they have feelings of:

- isolation
- fear
- Uncertainty
- anger
- guilt when talking about themselves

If you have similar feelings, then *Time 4 Carers* is for **you**.



## How can we help?

### How can *Time 4 Carers* help?

Our *Time 4 Carers* meetings seek to provide a warm, friendly, confidential environment in which you will have:

- an opportunity to gain information from different professionals on a variety of topics such as medication, financial advice, nutrition etc
- time to share your experiences with others in a similar situation
- access to a variety of information leaflets as well as internet access
- access to professional support to explore anxieties and concerns
- the chance to create a sense of space for you

Meetings run for 2 hours every month on varying weekdays and up to 10 Carers can attend each meeting. An individual's attendance at our *Time 4 Carers* meetings is based on need and is reviewed on a regular basis.

#### *Some comments from carers in the group:*

*"Coming to Time 4 Carers made me realise I wasn't alone"*

*"It was so good to meet other carers"*

## General Information

### Cost

No charge is made to you for attending the meeting.

### Refreshments

Tea, coffee and biscuits will be available.

### Meeting facilitators

Community Palliative Care Nurse Specialists will attend and facilitate each session.

St. Margaret's Hospice volunteers may also attend to offer their support.

### Meetings

All carers will be invited to contribute to the meeting content. Ideas for subsequent sessions can also be discussed and if felt appropriate, a speaker could be arranged.

### How can I attend?

You can access *Time 4 Carers* by a referral from any of St. Margaret's clinical staff. GPs, District Nurses or other healthcare professionals can also refer you via your St. Margaret's Community Palliative Care Nurse Specialist or our Referral Centre on:

**0845 070 8910**