



Are you caring for someone with a life-limiting illness?

Get support and advice from a Marie Curie Helper

A Marie Curie Helper is a trained volunteer who can provide you with one-to-one support if you or an adult you care for has a terminal illness.



What will a Marie Curie Helper do?

- If you need **someone to talk to**, we can provide a listening ear and emotional support.
- We can offer **information on local services** that you might benefit from, such as community nursing care, carer support groups and other services.
- Although we cannot provide any medical or nursing care and advice, we can offer you the chance to **take a short break** from your caring role.
- We will try to help with most requests or **find someone who can help**.

If you would like support from a Marie Curie Helper, please **contact our local Volunteer Manager on 0845 303 2777** or email **somersethelper@mariecurie.org.uk**

- A healthcare or social care professional, for example, your District Nurse or GP, can also refer you to this service. We will work together with your GP, District Nurse and other care organisations to support you.
- This service is available free of charge.