

How you can get a Marie Curie Helper

If you live in Somerset and North Somerset, you can get support from a Marie Curie Helper by contacting the local Volunteer Manager on **0845 303 2777**. You can also email us at somersethelper@mariecurie.org.uk

A healthcare or social care professional, for example your District Nurse or GP, can also refer you to this service.

Would you like to help?

Marie Curie Helper needs volunteers to provide services to terminally ill people and their carers in Somerset and North Somerset. If you or someone you know have time to spare and would like to become a volunteer for this service, we would love to hear from you. We will provide full training and support.

For information about cancer and other conditions, plus links to websites offering information and support, visit www.mariecurie.org.uk/patientsandcarers



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

Get support and advice from a Marie Curie Helper



Partners in Somerset and North Somerset are working together to enable patients to be cared for and die in the place of their choice.

www.mariecurie.org.uk/deliveringchoice

Charity reg no. 207994 (England & Wales), SC038731 (Scotland) N991

www.mariecurie.org.uk



What is a Marie Curie Helper?

A Marie Curie Helper is a trained volunteer who can provide support if someone you care for has a life-limiting illness. They will help you cope more effectively and with greater confidence.

A Marie Curie Helper will help you get the most out of services, support and choices that are available to you by providing appropriate information and advice.

This service is available free of charge to people with a terminal illness, their families and carers in Somerset and North Somerset.



What will the Marie Curie Helper do?

- If you need **someone to talk to**, a Marie Curie Helper would be able to spend time to listen to you.
- A Marie Curie Helper is not a healthcare professional and cannot provide any medical or nursing care or advice. But they can offer you and your family members the chance to **take a short break** from your caring role so that you can rest, go shopping or do something for yourself.
- If you want to know more about local services that you might benefit from, a Marie Curie Helper can help **provide information** on these services.
- A Marie Curie Helper will try to help with most requests and if they are unable to do so, they will try to **find someone who can help**.



Why use this service?

We know that the majority of people with a terminal illness prefer to be cared for in their own homes with their loved ones.

For people who are cared for at home, a Marie Curie Helper can help provide information on services such as community nursing care, carer support groups and other available support.

Most of all, a Marie Curie Helper is able to offer their time on a one-to-one basis when needed, for up to three hours a week. They can help you get the best possible quality of life by providing emotional and practical support during this difficult time – they are someone you can call on if you just need a listening ear.

Our aim is to help support people with a terminal illness, their families and carers so that more people can be cared for in their own homes.