

How our volunteers can support people with a terminal illness

Marie Curie Helpers

provide support and
advice for terminally ill
people, their families
and carers

Marie Curie
Cancer Care



What is a Marie Curie Helper?

A Marie Curie Helper is a trained volunteer who can help support terminally ill people and their families or carers so that they can cope more effectively and with more confidence.

This service is available, free of charge, to all people with any terminal illness, from the time of diagnosis all the way through to bereavement.



What will a Marie Curie Helper do?

- When people with a terminal illness, their families or carers need **someone to talk to**, a Marie Curie Helper would be able to spend time to listen to them.
- A Marie Curie Helper is not a healthcare professional and cannot provide any medical or nursing care or advice. But they can offer carers the chance to **take a short break** from their caring role. Carers can feel confident leaving their loved ones with a volunteer they know and trust.
- A Marie Curie Helper can **provide information and advice** on local services that might benefit those living with a terminal illness, their families and carers.
- 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 refer people to this service?

The majority of people with a terminal illness prefer to be cared for in their own homes. Those who are being cared for at home usually need support and advice on services that are available to them, such as respite care, carer support groups, community nursing care and other services.

Marie Curie research shows that many people are unaware of the support they can get, especially in the final stages of their lives. Carers who are caring for terminally ill people are also often under

strain when they do not know how to access these services in the community.

A Marie Curie Helper is able to spend up to three hours a week with terminally ill people and their carers to offer one-to-one support. This allows them to be cared for in their own homes.

A Marie Curie Helper can also help people get the best possible quality of life by providing emotional and practical support during this difficult time.



How to get support from a Marie Curie Helper

This service is available to people registered with a GP in NHS Somerset or NHS North Somerset and to their carers.

Anyone from a health, social or care organisation can refer to this service. In addition, patients, their families and carers can contact this service directly for support.

To get help from a Marie Curie Helper, contact the Volunteer Manager on **0845 303 2777**. You can also email your referrals to **somersethelper@mariecurie.org.uk**



Would you like to help?

Marie Curie Helper needs volunteers so that more people with a terminal illness and their carers in Somerset and North Somerset can benefit from this service. If you or someone you know have time to spare and would like to volunteer, 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**

We welcome your feedback. Please contact the Volunteer Manager on **0845 303 2777** or email **somersethelper@mariecurie.org.uk**



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