

## Carer Support

### 'Time 4 Carers' Support Group

The aim of this group is to provide a warm, friendly, confidential environment where one can:

- share experiences with others in a similar situation
- have access to a variety of information leaflets as well as internet access
- have access to professional support to explore anxieties and concerns
- create a sense of space for themselves



Sessions are informal, and carers are encouraged to contribute to the session content, and to put forward ideas for subsequent meetings and topics for outside speakers if appropriate.

The service is run by St Margaret's, and can accommodate 10 carers at each session. This consists of a 2 hour weekday meeting once a month, alternating between afternoons and evenings. Our Community Palliative Care Nurse Specialists facilitate each session and are sometimes assisted by trained volunteers. The sessions are free, and if help is needed to cover the care of the person being cared for, or if transport is needed for the carer to attend, then we may be able to help.

The support group attendance is based on need, and is reviewed following 3 months attendance. Referral to the group can come be via GP, district nurse, or other health care professionals and should be supported by the visiting Community Palliative Care Nurse Specialist.

The service was launched in May 2007, and has been very well attended. If you feel that you would like to join us, or learn more about the support group, please contact one of the hospice clinical staff, or your local health or social care professional.

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