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اگر آپ ان معلومات کو کسی دوسری زبان میں حاصل کرنا چاہتے ہیں تو براہ مہربانی ہماری رابطہ ٹیم (Communications Team) سے رابطہ کریں۔ رابطہ تفصیلات اس ورژن کے نچلے حصے میں درج ہیں۔

Urdu

যদি অন্য কোনো ভাষায় এই তথ্য চান, তাহলে অনুগ্রহ করে আমাদের কমিনিউকেশনস্ টিম (Communications Team) এর সঙ্গে যোগাযোগ করুন। এই প্রচারপত্রের নিচে যোগাযোগের বিস্তারিত তথ্য দেওয়া হয়েছে।

Bengali

જો તમારે આ માહિતી અન્ય ભાષામાં જોઈતી હોય તો મહેરબાની કરીને અમારી કમ્યુનિકેશન ટીમ (Communications Team) નો સંપર્ક કરો. સંપર્ક વિગતો આ ચોપાનિયાની નીચે છે.

Gujarati

ने तुमीं किमे वेर डगमा विच नाहवारी लैला चहुंसे वे, उं विरपा वरवे माडी मंचार टीम (Communications Team) ठाल मंपरक वरो। मंपरक वेरवे डिम लीडलैट से वेठले हिंमे विच सिंते राटे रन।

Punjabi

अगर आप यह सूचना किसी अन्य भाषा में चाहते हैं, तो कृपया हमारे संचार दल (Communications Team) से सम्पर्क करें। सम्पर्क ब्यौरा इस पुस्तिका के निचले भाग में दिया गया है।

Hindi



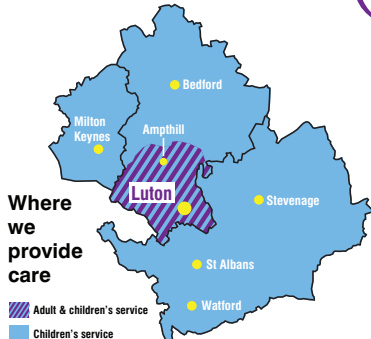
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Carers Drop-in Day

Mondays, 10am-4pm



Where
we
provide
care

Day Hospice offers a drop-in day on Mondays for carers of patients with life-limiting illnesses and discharged patients.

It's an informal session, run from 10am - 4pm. You are welcome to call in any time.

The day provides an opportunity to:

- meet others in similar situations;
- enjoy a range of complementary therapies;
- speak to our social worker;
- seek benefits advice;
- develop skills in coping and relaxation;
- access emotional support;
- gain advice on symptom control;
- seek help and advice in supporting children.

The drop-in day is also a good opportunity for anyone who has attended the six-week carers' course, run by Macmillan and Keech Hospice Care, to continue getting support.



"It stops you feeling sorry for yourself. We've made so many new friends and the carers sit and swap stories. We pick each other up when one of us has had a down day."

"The camaraderie is terrific – it makes you realise you're not alone. You can give inspiration to other people. I love coming here."

Your questions

How do I access the drop-in day?

Any carer or discharged patient can come along to the drop-in day. Just call in any time between 10am and 4pm.

Is transport offered?

Our volunteer drivers can bring you to the drop-in day and return you home again. Please call the Day Hospice team in advance if you would like to arrange this.

Are refreshments available?

Hot and cold drinks are available throughout the day and a sandwich lunch is offered.

Do I need to pay for anything?

No. Like all our services, the drop-in day is offered entirely free of charge.

Contact us

For any other queries about the drop-in day please contact us:

Tel: 01582 497818

Email: dayhospice@keech.org.uk