



# Drop-in service for carers

For those caring for people with  
life-limiting and terminal illnesses

## Every Monday, 1.30-3.30pm at Keech Hospice Care

Our free **drop-in service for carers** is open to you if you are caring for a relative or friend with a palliative, life-limiting illness - **whether they are attending Keech Hospice Care or not.**

We are open between 1.30-3.30pm every Monday, except public holidays.

We provide support for carers and family members in a friendly, safe environment, where you can meet and gain support from other carers experiencing similar pressures. It gives you access to group support and/or one-to-one emotional support; you will also find out about other services offered by Keech Hospice Care which may be available to you. Please be assured that anything discussed at meetings is confidential and stays within the group.

### Additional support

You also have the opportunity to join our **Coping with Caring** group which runs four times a year alongside the carers drop-in service. The aim of this group is to focus on you and your well-being. We introduce new ways of coping with your situation while helping you to identify and strengthen your own coping techniques. The group runs every week for five weeks and you are encouraged to attend all sessions, if possible, to gain maximum benefit. As with our drop-in service, any discussion within the group remains confidential.

## Support at home

If you find it difficult to leave your relative or friend alone while you attend our carers' groups, please speak to us regarding a referral to our Hospice at Home sitting/befriending service.

Hospice at Home can be contacted as follows:

**Luton** 01582 487809

**Dunstable and Houghton Regis** 01582 666996

**Leighton Buzzard** 01525 854713

If you have any queries about our support services for carers, please contact our palliative care social worker on 01582 497669 or the Keech Palliative Care Centre on 01582 497818.



You are welcome to arrange a visit to Keech Hospice Care in advance of your first carers' group, to have a look around and meet some of our staff.

We look forward to meeting you in the near future.

If you would like this information in other languages, please visit [www.keech.org.uk/translate](http://www.keech.org.uk/translate).



As a charity, we rely on our supporters for around **70%** of our funding. This means we need to raise over **£5.7 million** every year to continue our specialist care for children and adults with life-limiting and terminal illnesses, and their families.

To help us continue making the difference when it matters the most for patients and their families, please donate at [www.keech.org.uk/donate](http://www.keech.org.uk/donate).

## Where we provide care

- Adult and children's service
- Children's service



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