

# The Beacon Carer Support Group

## I'd like to join the group - what do I do now?

You will need to be referred to a member of the Beacon team. Please phone **01252 913040** to speak to **Suzanne Emmings**.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or visit our website.

Thank you.

The Beacon Centre is part of Phyllis Tuckwell Hospice Care - a local charity which provides palliative care for patients and families who are living with an advanced or terminal illness.

Our expert healthcare professionals provide support and information within the friendly and relaxing atmosphere of the Beacon Centre and in patients' own homes.

**Large print version available on request.**

Phyllis Tuckwell Hospice Care

Waverley Lane, Farnham  
Surrey GU9 8BL

The Beacon Centre,  
Gill Avenue, Guildford,  
Surrey GU2 7WW

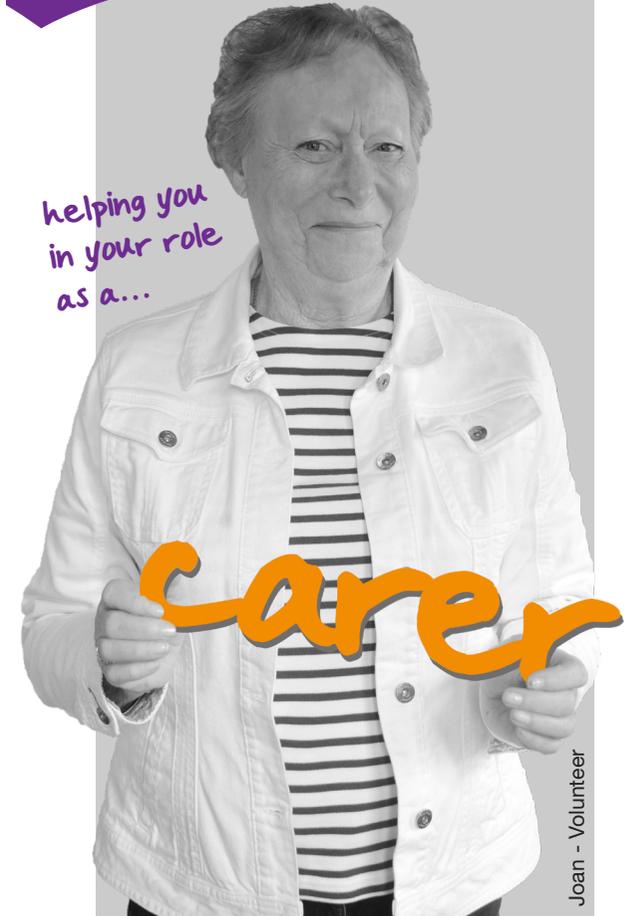
Phyllis Tuckwell Memorial Hospice Ltd.  
Registered Number 1063033. Registered Charity Number 264501.

Tel: 01252 729400

Email: [mail@pth.org.uk](mailto:mail@pth.org.uk)

[www.pth.org.uk](http://www.pth.org.uk)

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Joan - Volunteer

February 2020



## about these sessions

*These sessions are part of the programme of activities which we offer at the Beacon Centre and are led by members of our professional team.*

### what do these sessions offer?

They offer constructive support to help you to:

- find some time and space for yourself, in a supportive environment.
- understand how caring for someone can affect your own personal wellbeing.
- learn practical ways of coping with being a carer.
- find advice and information which is relevant to you.
- discuss your situation and share your experiences with others.

### who are the sessions for?

They are for the carers of people who are living with an advanced or terminal illness, such as cancer, heart, lung or neurological conditions, in the Guildford and Waverley, and Rushmoor and Hart areas.

### do the sessions run to a plan?

Yes. The general format is a planned programme of fortnightly sessions which run continuously throughout the year.

Each session lasts for two hours and consists of:

- welcome and coffee,
- discussion around a planned topic (see timetable),
- coffee and opportunity to talk with other carers.

### do I have to talk about my own experiences or feelings?

You are free to express details with which you are comfortable in order to add to the general discussion, but there is no intention to pry into your personal affairs.

We hope that the sessions will be informative and will offer you guidance as a carer, helping you to cope better, providing you with information and giving you reassurance and support.

### who leads the sessions?

The group is facilitated by a healthcare professional, with guest speaker sessions.

Carers can join the group at any time throughout the year.

There is flexibility to adapt the sessions to meet the group's needs.

### what areas are covered?

- Relaxation,
- anxiety and stress management,
- guilt,
- communication - including assertiveness,
- understanding financial entitlements,
- dietary advice,
- looking after your back and assisting safely,
- acknowledging carer fatigue,
- other sources of support.