



# Living Well Carers programme

7 week  
programme



Hospice  
Care,  
everywhere!

Our **Carers** programme provides support for you as a carer of one of our patients.

- **Virtually** - Tuesday mornings

This 7-session programme is designed to help you, as a carer, to cope with any worries or pressures that you are facing. It will also give you useful advice and information, and provide an informal environment where you can meet other carers and share experiences with each other.

We recommend that you attend each session if you can, even if it doesn't appear to be relevant to you.

These sessions cover the following topics:

## 1 The Story of Me

This session is about getting to know you as a person. It will offer you help to build resources and make connections for your own wellbeing and role as a carer.



## 2 Carer Resources Session

This session provides a breakdown of the resources available to carers in Hampshire and Surrey, and a chance to share experiences of services with one another.

## 3 How to Manage Relationships When they Change

This workshop offers a space for carers to explore their own experiences of looking after their loved one. You will be able to take away information to help you to understand communication patterns within relationships, and options for changing these patterns if difficulties arise.



## 4 Forward Planning

The aim of this session is to cover some of the practical things that may arise when caring for someone. We will cover things such as available benefits, the home environment, contingency planning and making memories.



## 5 What to Expect When Someone is Dying

In this session we will talk

about what may happen as your loved one becomes more ill, how you will know when that is happening and what to do when it happens. We will include information and discussion around the dying process.

## 6 Coping Strategies

We will look at what coping strategies are already in place, how carers deal with situations as they occur, additional tools, recognising Carer Fatigue using the HALT (Hungry, Angry, Lonely, Tired) self-checker, and utilising peer support.

## 7 Caring – a Carer's Perspective

This session will provide an opportunity to discuss

or share anything from previous sessions that you would like to revisit. We will also be able to hear personal experiences from a long-term carer and gain some insight into what it's like to be a carer.



There will be opportunities to share experiences and ask questions each week.



# For further information about our care services:



**Phyllis Tuckwell Hospice**  
Fridays 11am - 2pm

**The Beacon Centre**  
Fridays 11am - 2pm

Due to Covid, visits must be booked in advance - call 01252 729400.



**Visit our website**  
[www.pth.org.uk](http://www.pth.org.uk)



**Email us**  
[info@pth.org.uk](mailto:info@pth.org.uk)



**General information about our  
Living Well service**  
01252 913040

**Advice or to enquire about a referral**  
01252 729440 (Advice & Referral Team)

## 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 usually only receive 20% of our funding from the NHS/Government and therefore we have to raise over £25,000 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.

***Large print version  
available on request.***

Living  
Well