



Arthur Rank Hospice Carers Group

In response to what Carers have told us about the issues that are important to them, we started our Carers Support Group. The Group is open to anyone caring in an unpaid capacity for people using the Arthur Rank Hospice services either at the Hospice or at the Alan Hudson Day Treatment Centre. The group offers a mixture of useful information, tips and advice and time for discussion and peer support.

Programme

The programme is outlined below, and the group meets online for two hours via Zoom every other Wednesday from 2-4pm. If finding a two-hour period is difficult for you, you are welcome to attend just the guest speaker presentation (one hour). After an introductory session we currently have a series of nine topic-based sessions and a final closing session.

Session 1: Caring Together (formerly the Carers' Trust)

Information about the services they provide, other support and some of the issues of relevance to carers

Session 2: Supporting People with Anxiety, Shortness of Breath and Fatigue

Practical suggestions of how to support your cared for person with these challenges

Session 3: Legal Matters

Information on Wills, Limited Power of Attorney and Advance Decisions

Session 4: The Impact of Caring on your Close Relationships

How to identify and address any strains on the relationships between you, your cared-for person, and other important people in your life

Session 5: Continuing Health Care (CHC)

Information about all aspects of CHC funding, related assessments, and meetings

Session 6: Nutrition and Wellbeing

Information on diet, nutrition, and wellbeing

Session 7: Assisting Movement, Falls and Disability Access

Discussion and advice around issues relating to moving and handling, falls and disability access

Session 8: Anticipating the Future

Information on all aspects of advance care planning

Session 9: Looking after Yourself

Information on carers' wellbeing, complementary therapy, and relaxation

Session 10: Feedback and Fun

Attendance

We can accommodate people joining at different times or you can sign up to attend the full programme. If you miss one or more sessions, you are welcome to attend the next time that session is running. Carers who have participated in the full programme are welcome to attend for the last 45 minutes of every session, which is for sharing of experiences and to enjoy a friendly chat with people in similar circumstances to your own.

How to join our Carers Group

If you wish to join the group, we would like to hear from you. If you are not familiar with the Zoom online platform, we can help you get started. Please contact us on 01223 675820 or email livingwell.service@arhc.org.uk for further details.

If you are a Carer for someone being supported by Arthur Rank Hospice Charity and are interested in joining the group, please ask to be referred by a member of the Arthur Rank Hospice Team. Support to Carers is a core part of the services provided by Arthur Rank Hospice Charity.

All information is correct at time of print and may be subject to change. Please visit our website for the most up-to-date information or to view the current list of topics.

We are always interested in new ideas for future sessions and if you have any feedback or would like this information in a different format or language, please contact us.