

Need some rest and support?



**Northern
Ireland
Hospice**



It's a fact, 3 in 5 of us will become a carer at some point in our lives. Huge numbers of carers are left isolated and lonely, missing out on opportunities that the rest of the population takes for granted. At Hospice we understand the demands on carers and are here for you.

Northern Ireland Hospice Carers' Service can provide you with:

- Practical information and advice.
- Companionship and support.
- Complementary therapies.

Practical information and advice.

The Carers' Co-ordinator is available to provide you with support and advice on a range of issues. Your issues can be discussed on an individual basis.

Drop in evenings

The informal drop in evening offers you time out from caring. You can enjoy a cup of tea, a chat and some craic with the other carers.

Six week support programme

The weekly meetings will help you meet the challenges of caring for your relative or friend at home. The topics discussed each week are based around your concerns and issues. Carers who have participated in the programme have commented that they feel more 'prepared and confident' in their caring role.

Complementary Therapy

Our complementary therapists offer a range of therapeutic treatments to help you feel re-energised in a locality close to your home. One of our qualified therapists will tailor each treatment to suit you personally.

Help at home

In partnership with Crossroads-Caring for Carers, we can provide a trained care worker to come to your home to be with your relative. This allows you to take special time out, or to attend one of the other carers services which Hospice provides.

For more information please contact the Carers' Co-Ordinator at Hospice.



LOTTERY FUNDED

Northern Ireland Hospice
Head Office
18 O'Neill Road
Newtownabbey, BT36 6WB

T 028 9078 1836
www.nihospice.org



Help us
to continue
caring

There is no charge for hospice care. It is available on the basis of need. We depend mainly upon legacies and donations to provide this service. From making a donation, to taking part in an event, or leaving us a gift in your Will, find out how you can help more patients receive the care and support they need. Visit **nihospice.org** or contact our fundraising team on **028 9078 1836** or email **fundraising@nihospice.org**

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