

Here are some quotes from friends and family members who have attended the support group:

“I look forward to the group.....”

“I look forward to all the group meetings, to see new friends, listen to talks and to generally socialise”

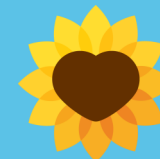
“Very much appreciated this opportunity to meet other carers and found it helpful”

“Wonderful service, helps to alleviate feelings of isolation. Someone cares about YOU for a change”



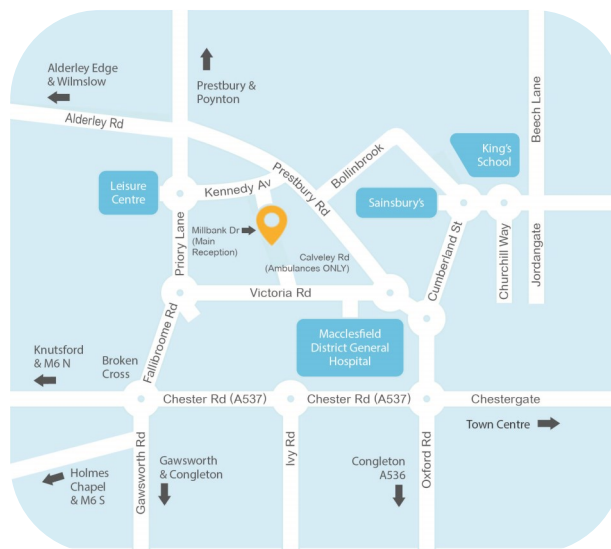
**East Cheshire Hospice**

Where people come to live



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# Friends & Family Support Group

## A Welcome Guide



If you are looking after a family member or friend who has been diagnosed with a life-limiting illness, we are here for you.

Our Friends & Family Support Group can give you the time you need:

- Time to talk
- Time to share
- Time to relax
- Time out.

The group meets in the Sunflower Centre on the first Tuesday of every month from April to October. The meetings are from 2.30pm to 4.30pm, and refreshments are provided

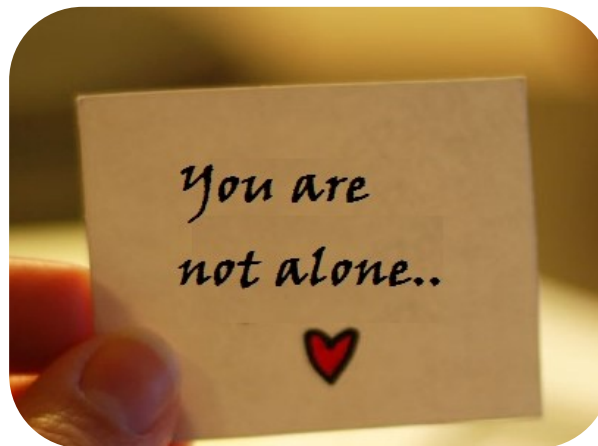
All services are free of charge and free parking is available onsite.

Donations are always welcomed, and any money given will help us to maintain and develop our services so that more people can benefit from our specialised support and care.

The group provides a safe, relaxed environment where you can share problems, concerns or experiences with others who are in a similar situation. This will help you to develop your own coping strategies; enhancing self-esteem and improving your confidence.

The group sessions are facilitated by a team of qualified and experience healthcare professionals. Topics covered include:

- The impact of diagnosis on friends and family members
- Managing medication
- Complementary therapies and relaxation techniques
- Planning for the future
- Social time.



We understand the sorts of issues you might have to cope with and can offer help and advice when you need it most. We can support you with:

- Health and wellbeing – looking after yourself
- Information and advice
- Financial advice and welfare rights
- Employment rights
- Legal issues: powers of attorney, lasting powers, wills
- Stress management
- Practical support
- Equipment
- Symptom management, pain control and medication
- Spiritual and emotional support
- Support in looking after a loved one.