

patient and carer support services



The Hospice provides a range of support services for patients and their carers designed to enable them to cope with the demands of illness or of caring.

A number of complementary therapies are available including aromatherapy, reflexology, hypnotherapy, relaxation, Reiki and Indian head massage. These are offered alongside standard medical care because they have many beneficial effects such as aiding relaxation, reducing stress and helping to induce feelings of wellbeing.

The Hospice also provides a comprehensive bereavement service that supports both adults and children. Professional staff offer counselling and trained volunteers are on hand to provide a listening ear. Bereaved people can often feel isolated and that no-one understands what they are going through. Sometimes it is also difficult to understand themselves and to make sense of what they are feeling.

Talking with and sharing your experiences with someone experienced in listening may help you to express your feelings and make sense of what is happening to you.

