

Time for you

Support for carers



**KEECH
HOSPICE** ❤️

We understand that caring for someone with a life limiting condition can be challenging at times, so we are here to support you. We offer a range of free services to provide carers with valuable support and guidance.

Our team can talk through practical issues and challenges you may be facing as a carer and also, how you're feeling and what we can do to help. We offer a safe place to talk, and all conversations are confidential. We can offer one to one support & a range of groups.

Just talking and meeting other people in similar situations can be helpful. Join others who understand what you are going through, in a supportive, confidential setting.

One-to-one support

Available for carers of adults and children, either by phone, face to face, at the hospice or at home, offering personalised guidance advice and support.

There are several ways you can access our support:

- self refer via our website www.keech.org.uk/refer/
- speak to a member of your care team or your health professional
- contact the Social Work Team on

 **T: 01582 492339**

 **social.workers@keech.org.uk**

Whether you need one-on-one support or feel more comfortable sharing in a group, Keech Hospice is here to ensure no one feels alone.

Adult carer support groups

Carers walking group

We meet at Wardown Park in Luton and stroll around the park for an hour. Some of the carers meet in the Wardown House Museum for a cuppa afterwards!

**Every Monday, 1.30-2.30pm,
Wardown Park**

Stepping Stones

This is a supportive social group for bereaved carers. Please contact the social work team for more information.

**Roam Cafe, Linmere,
Houghton Regis.
Third Thursday of every
month, 11am-12pm**

Face-to-face carers group

This is a chance to meet up and have a friendly chat with other people who may be in a similar situation to you.

**Second and fourth Tuesday of
every month, 11am-12.30pm,
Keech Hospice, Luton**

**First Wednesday and third Tuesday
of the month, 10-11.30am,
Keech Hospice, Bedford**



Parent carer support groups

Baldock Coffee Morning

Second Monday of the month, 10:30am-12pm

For parents or carers who care for a child with a life-limiting illness. Held at Baldock Service Station, A1M Junction 10, Radwell, Hertfordshire, SG7 5TR

Bedford Coffee Morning

Fourth Thursday of the month, 10:30am-12pm

For parents or carers who care for a child with a life-limiting illness. Held at The Maypole Farm, Flether Road, Kempston, Bedford, MK43 9AD.



Making the difference when it matters most.

If you would like this information in
another language, please visit
keech.org.uk/translate



01582 492339



If you have any questions or would
like to find out more about getting
involved, email us at:
info@keech.org.uk



Visit our website
keech.org.uk



KeechHospice

Registered Charity No. 1035089