



Time and Space

Are you a carer, family or friend?



Whatever your experience of caring for someone with cancer or a life-limiting illness, we can **support you!**

This workshop can help you to overcome the emotional and practical challenges of providing care.

Share your experiences and get support from other people in a similar situation.

SIGN up for a FREE 3 hour workshop

You don't have to face it alone

www.st-margarets-hospice.org.uk

0845 070 8910

Who can attend the workshop?

This workshop is for unpaid carers, family members or friends who care for someone who has a cancer diagnosis

OR

a life limiting condition such as: Parkinson's, Dementia, Multiple Sclerosis, Motor Neurone Disease, Heart, Kidney or Lung Failure.

Why should I come?

Providing care on a long term basis has a huge impact on your life, leaving very little time to fulfil your needs.

Give yourself permission to take a break and seek the support you need to continue with this vital role.

Topics covered

- Managing Stress and Fatigue
- Relaxation Techniques
- Managing Emotions
- Communicating and talking with professionals and family members
- Goal Setting

For more information, booking and dates please contact:

Call: 0845 070 8910, (option 2)

Email: CRC@st-margarets-hospice.org.uk

Locations: Yeovil Sunflower Centre, St. Margaret's Hospice, Little Tarrat Lane, Yeovil, BA20 2HU

Supported by: Taunton Sunflower Centre, St. Margaret's Hospice, Heron Drive, Taunton, TA1 5HA



www.st-margarets-hospice.org.uk

Registered Charity Number: 279473

Making each day count
St. Margaret's
HOSPICE CARE