



The Carer Support Programme is funded by the CSIS (Civil Service Insurance Society) Charity Fund.

We will collect information as to whether the participating Carers and their Patients are currently or have previously been employed in the Civil Service.

This information is for grant reporting of statistical information only and no names, addresses or identifying information will be divulged.

If you wish to view our Privacy Policy please visit www.alicehousehospice.co.uk/cookies-and-privacy-policy/



Alice House Hospice
Serving the communities of Hartlepool & East Durham

For more information about the Carers Support Group please contact:

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www.alicehousehospice.co.uk

Hartlepool Hospice (known locally as Alice House Hospice and formerly Hartlepool & District Hospice) is a charity within England and Wales registered with charity number: 510824.
Hartlepool Hospice Ltd is a company limited by guarantee and registered in England and Wales with company number: 1525658.
Registered office: Alice House, Wells Avenue, Hartlepool, TS24 9DA

Serving the communities of Hartlepool & East Durham



Carers Support Group



Providing services to the communities of Hartlepool and East Durham

Caring physically, psychologically, socially and spiritually for patients and their families

Dignity, Respect, Support and Care

Carers Support Group

The Carers Support Group is a 6 week programme designed specifically to support carers.

Carers and patients will attend Alice House Hospice one evening per week from 4pm to 7pm and a light tea will be provided.



Care will be provided in our Health and Wellbeing Centre whilst the Carer attends the course.

The Carers Support Group programme will be tailored to provide practical training, psychological and emotional support and the opportunity to develop peer support.

A different theme will be covered each week of the six week programme,

Week One

General Introduction

Discussions will take place around the caring role, barriers to effective caring, what would make caring easier and there will also be some team building exercises.



Week Two

Introduction to Support Services

Other support groups such as Hartlepool Carers and Alice House Hospice's Specialist Nurses will join the group and will provide Carers with financial advice, disease specific advice, discuss anticipatory grief and what happens after death.

Week Three

Clinical Manual Handling Part 1



Correct clinical moving and handling of patients is of huge importance and this subject will span 2 weeks.

Carers need to be able to understand the causes of manual handling injuries and be able to protect both themselves and their patients from harm. You will learn safe techniques and use of available aids.

If any Carer requires further one to one training for bathing we can arrange that at a future date.



Alice House Hospice also provide a Day Service for those who want to get out of the house and meet like minded people

Week Four

Medication Management

Managing medicines for someone you look after can be a challenge, particularly if they are taking several different types. We will include the "rights" of medication – right dose, right time, right response, medicine safety, medication organisation, the need for pain management



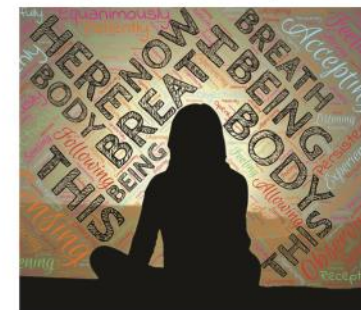
Week Five

Clinical Manual Handling Part 2

This week will be a continuation of the content from Week Three.

Week Six

Mindfulness and Complementary Therapies



Mindfulness is an adaptation of Buddhist meditation. Several studies have confirmed the value of practicing mindfulness by Carers.

Anyone who is a Carer can join this group simply by contacting Jackie Stoddart on 01429 855555 or by emailing jstoddart@alicehousehospice.co.uk



Complementary Therapies are also available from Alice House Hospice



Alice House Hospice also provide a Complex Day Service for those who want to get out of the house and meet like minded people but also have more complex healthcare needs