

Supporting you and your family

Support services for patients, their
families and carers



*because
you matter*

St Nicholas
Hospice Care

A Registered Charity No. 287773



Need to talk?

01284 766133

stnicholashospicecare.org.uk

Support for the whole family

St Nicholas Hospice Care is committed to supporting people and their families facing long-term or life-threatening illnesses to live as well as they can.

Whoever makes up your family; whoever is important to you, we can help.

"The Family Support Team helped us cross each bridge as we came to it."

When you or someone close to you has a long-term or life-threatening illness it can feel overwhelming. You may feel frightened, anxious, sad, angry, powerless and alone. At the same time as coping with your own feelings, you may find yourself having to:

- Provide and find emotional support for the person close to you who is facing illness or the end of life
- Provide or find emotional support for those close to you
- Learn medical language and navigate your way around complicated medical settings
- Work out how to talk it through with your partner, what to tell family and friends, and how to talk with and support your children
- Plan for the end of life, death and dying

"Even though I was coping it was such a relief to talk it through and get the extra boost I needed for me."

There is no blueprint for what you are going through, but here are some things we might be able to provide or help with:

- The space to talk things through at any stage of the illness: diagnosis, treatment, recurrence, when someone is dying or after death
- A space for you and your relationships - because relationships matter. We can meet with you individually, as a pair or with all family members
- Help with in-depth psychological, spiritual and social support throughout the illness
- Bereavement support for adults, including one-to-one, group sessions and activity groups
- One-to-one bereavement sessions and groups for children and young people, or for parents who need support in how to talk with and support their children through our Nicky's Way programme
- Companionship and support from our Family Support Assistants
- Referrals to, and collaboration with, other Hospice services
- Home visits if coming to the Hospice or the Haverhill Hub is too much for you

Some people find they only need brief support from us, others may continue having a relationship with us after a loved one has died.



Get in touch



If you think you or someone you know could benefit from Family Support, please call our friendly First Contact Team to find out more or ask other Hospice staff who can put you in touch with us.

01284 766133

familysupport@stnh.org.uk

Family Support Team, St Nicholas Hospice Care,
Hardwick Lane, Bury St Edmunds, Suffolk IP33 2QY

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This leaflet is available in different formats upon request.
Please contact the Marketing and Communications
Department for further information on 01284 766133.

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