



CARER INFORMATION



KILBRYDE HOSPICE

Information for Patients, Families & Carers

Are you a Carer?

If you look after a friend or family member who is unable to look after themselves, you are a carer. There is no such thing as a 'typical' carer and caring can last for a few weeks, or several years, and it can take a few hours each week, or 24 hours a day.

Caring might include helping someone to wash or dress themselves, driving them to hospital appointments or doing their shopping. As a carer, you may also provide companionship and emotional support.

Being a carer does not change who you are or your relationship to the person requiring care, but it usually means making changes to your life.

Putting Carers First

Kilbryde Hospice is committed to supporting carers who are caring for someone with a life-limiting illness and provides a programme of specialist information, advice and practical help for those people. We endeavour to assist with some of the challenges that may be faced when caring for someone who is ill. To ensure carer needs are met, we offer an individual assessment for all carers.

Hospice Services for Carers

Kilbryde Hospice offers a wide range of support to carers, from emotional support to practical help and accessing other services including financial information and advice provided by Money Matters.

Carers Cuppa

Are you, or someone you know, caring for someone with a life limiting illness and looking for support and friendship?

Kilbryde Hospice is pleased to extend an invitation to the Carers Cuppa. Local carers are welcome along for company, chat and a cuppa with others at this informal gathering, where we hope you will share experiences and make friends. Carers cuppa every Tuesday at 14.30hrs - 15.30hrs.

For more information, please call on 01355 202020.

Carers Programme

We run a carer education programme for carers that run over 8 weeks, to enable you to meet other people in the same situation, and to share knowledge and experiences. We also invite speakers to come and explain what other support or services may be available for you.

You can attend all 8 sessions or just the sessions that are suitable to your needs. See Carer Programme leaflet.

Whatever lifts your spirit! This could be your faith, football, family, TV or your love of music.

Drop In Activities

We offer a range of activities such as our Walking Group, Tai Chi class and Kilbryde Community Choir. See our timetable for a detailed list.

Bereavement Support

Provides a space to talk about loss. Supportive Telephone calls, support groups and individual, face to face counselling are available via a referral process.

USEFUL CONTACT NUMBERS	
ORGANISATION	TELEPHONE
South Lanarkshire Council Emergency Social Work	0303 123 1008
NHS Helpline	111
Carers Support Team, Hairmyres	01355 263698

About Kilbryde Hospice

Kilbryde Hospice is a voluntary independent hospice which exists to provide specialist palliative care to patients with life limiting progressive illnesses and to their relatives and carers. Services provided by Kilbryde Hospice are available to those people with palliative care needs. The service is provided free and does not discriminate on the basis of race, colour, faith, national origin, disability, sexual orientation, age or financial means.

We would like to hear from you!

We take all compliments, comments and complaints about our service seriously and deal with them in confidence. Kilbryde Hospice welcomes feedback on any of our services which can be submitted by post, or on our website.

www.kilbrydehospice.org.uk or by Email: info@kilbrydehospice.org.uk

Contact Us

Kilbryde Hospice
McGuinness Way
East Kilbride
G75 8GJ

01355 202020

Registered Scottish Charity No. 032424
Registered Company No. SC224366

Should you feel that your complaint has not been resolved by Kilbryde Hospice, you may contact Healthcare Improvement Scotland regarding services delivered within Kilbryde Hospice or within a person's own home.

Healthcare Improvement Scotland, Gyle Square, 1 South Gyle Crescent, Edinburgh EH12 9EB, Telephone 0131 623 4300

www.healthcareimprovementscotland.org

Kilbryde Hospice aims to communicate effectively with all patients and carers. This document is available in braille format for those who are visually impaired. A translated version is also available for those whose first language is not English.

To facilitate this service, please call 01355 202020, or Email your request to info@kilbrydehospice.org.uk