

ellenor.*

SUPPORT
FOR
CARERS

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

Thank you

www.ellenor.org

ellenor cares for the whole family

ellenor is the operating name of Ellenor Lions Hospices a charity registered in England and Wales (1121561), and a company limited by guarantee (6302132). Registered office at Coldharbour Road, Gravesend, Kent, DA11 7HQ.

ellenor 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. We endeavour to assist with some of the challenges that may be faced when caring for someone who is ill.

To ensure carers are supported, we offer an individual assessment. This will help to identify areas where more support and advice is required.

We understand it can be difficult to leave those being cared for, please speak to a member of staff to arrange support for those being cared for. If getting to the venue is difficult, it may be possible to arrange for a volunteer driver to provide transport.

We hold ongoing courses and support groups for carers including:

CARERS COURSE

This is a rolling programme consisting of:

- Practicalities
- Financial Support
- Complementary Therapy
- Disease Awareness
- Taking Care of Yourself
- Nutrition

CARERS CUPPA

This group is for anyone caring for someone with a life limiting illness. It is a place to get advice, support and friendship from those in a similar position to yourself.