

# PRIMROSE HOSPICE COPPICE CENTRE

Primrose Hospice can help you and your family with:

- Practical help
- Complementary therapy
- Family support
- Benefits advice
- Counselling
- Bereavement support

As a charity, all of Primrose Hospice's services are free

However, if you wish to make a donation please speak to a member of staff or visit [primrosehospice.org](http://primrosehospice.org)

## CONTACT US

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Registered charity No: 700272



## HAWTHORN



A support group for those who are caring for a love one with a life-limiting illness

Carers support  
group

# WHAT IS HAWTHORN GROUP?

Hawthorn is a support group for those who are caring for a loved one with a life-limiting illness.

The group provides an opportunity to share, gain support and to meet other people.

We recognise and value the vital role that carers play in the health and well-being of the people they care for.

When you spend a lot of your time focusing on someone else, you may feel as if you have no time for yourself. But looking after your own wellbeing is important for you and for them.

We are committed to ensuring that carers receive appropriate advice and information as well as supporting their own health and wellbeing.

# AIMS OF THE GROUP

The aim of the Hawthorn Group is to support carers emotionally and provide a safe space for peer support.

By sharing experiences, it allows for those who are carers to develop their own set of tools to manage within everyday life, while removing the social isolation that is often associated when caring for a loved one.

Hawthorn Sessions are available:

# FAQS

## Who can attend?

Anyone who is caring for a loved one with a life-limiting illness.

## How can I attend?

Anyone who is caring for a loved one with a life-limiting illness can self-refer by contacting our Family Support Team.

Alternatively, you can ask any education, social care or healthcare professional to make a referral on your behalf.

## Do I need to book?

After your referral you will be seen for an assessment. If it's considered that the group would be helpful you will be advised on how to take this forward.