

The Myton Hospices

Supporting you and your family

Emotional support for patients,
their families and carers



If you need to talk to
our Counselling team
call 01926 838820



Support for the whole family

We recognise that life-limiting illnesses have an impact far beyond the person diagnosed. When someone you know is diagnosed with a life limiting illness, it can affect you more than you might realise. The Myton Hospices is committed to supporting individuals and their families facing life-limiting and terminal illnesses to live as well as they can.

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

"It was so helpful to be able to talk through my feelings without burdening those close to me"

"Having counselling helped me to accept the situation better and find peace with what I experienced"

When you or someone close to you is ill it can be overwhelming and you may need someone outside of the family to talk to. You may feel frightened, anxious, sad, angry, powerless and alone.

We offer a range of support for patients and their families:

- Emotional support for patients experiencing a life-limiting condition
- Support for those close who are supporting the patient
- Help to cope with uncertainty
- Help and support with medical language and what is happening
- Support to talk things through with your partner, family, friends and how to talk with and support your children
- Plan for the end of life and death and dying

There is no blueprint for what you are going through, but here are some things we might be able to provide you 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
- Referrals to, and collaboration with, other hospice services

Some people find they only need brief support from us, others may need support for longer after their loved one has died.

Get in touch

If you think you or someone you know could benefit from Family Support, please call The Counselling Service on **01926 838820** or ask other hospice staff who can put you in touch with us.

"Having counselling helped me to realise that I wasn't going mad and helped me to cope better and open up. I felt less alone."

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