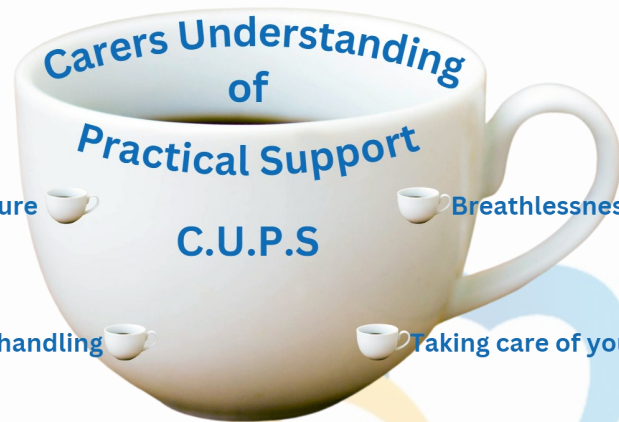




# Saint Catherine's

Caring for you at Hospice and Home



Anticipate the future

Breathlessness and fatigue

Moving and handling

Taking care of yourself

**A 'Caring for the Carer'  
programme of weekly sessions  
at Saint Catherine's Hospice**

## Dear Carer

At Saint Catherine's we are very aware of the responsibility that many carers for hospice patients have and the sacrifices they make to look after loved ones. It can often feel like you're pouring from an empty cup, and that's where this group comes in.

We aim to find ways to help carers at the same time that we support patients.

With this in mind we are developing something which we will call 'C.U.P.S.' We would like to invite you to find out more about this, and to benefit from it.



C.U.P.S will run as a series of nine weekly sessions, the dates of which can be seen on the next page of this leaflet and discussed with any of the healthcare professionals whose details are on the back of this leaflet.

Each session will focus on the concerns or anxieties that all carers share, and will aim to offer practical help. Each will be supported by specialist hospice staff.

## Overview of C.U.P.S Programme

Introduction – **An introduction to Saint Catherine’s services** – 2pm March 29th

Finances/Financial support – **A brief introduction to benefits/ financial support** – 2pm April 5th

Moving & Handling – **Disability access within your home and community, equipment and falls prevention** – 2pm April 12th

Looking after yourself – **Strategies for improving sleep. Understanding and managing anxiety. Relaxation, exercise, diet, nutrition, and mental well-being.** 2pm April 19th

Breathlessness and Fatigue – **Breathlessness strategies and management of fatigue** – 2pm April 26th

BREAK – May 3rd – no session running

Advanced care planning – **A brief overview of Lasting powers of attorneys, wills, future care planning and wishes** – 2pm May 10th

Mindfulness and complementary therapy - **A brief guide to the benefits of mindfulness and access to complementary therapy services** – 2pm May 17th

Managing multiple service providers – **A brief guide to maximising the use of health and social care providers** – 2pm May 24th

Anticipating the future: **Advance care planning. What to expect approaching end of life and Dying Matters.** 2pm May 31st



## RSVP

Please let us know if you plan to attend:

*Yes I plan to attend / do not plan to attend* (delete as appropriate) the Introduction Day on 29th March.

If you are not able to attend, please could you let us know in the space below if there is anything which prevented you from doing so? This will help us plan our future sessions.

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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_



**Replies to:** Catherine Geraghty, Saint Catherine’s Hospice, Throxenby Lane, Scarborough, YO12 5RE

**Or:** John Kearney, Saint Catherine’s Hospice, Throxenby Lane, Scarborough, YO12 5RE



**Phone:** 01723 351421 and select option 2 for ‘Clinical Admin’ - leave a voicemail if not available.

**Email:** [general@saintcatherines.org.uk](mailto:general@saintcatherines.org.uk)



**Saint Catherine’s**

*Caring for you at Hospice and Home*

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