

# St Christopher's

More than just a hospice



**Lewisham Carer  
Telephone  
Support Service  
020 8768 4595**



## Are you caring for someone who has a terminal illness or is nearing the end of their life?

St Christopher's Hospice provides the Lewisham Carer Telephone Support Service for Lewisham residents. This **telephone support service** can assess your needs and help you in your caring role.

The support service is staffed by St Christopher's social workers, welfare rights officers and bereavement support counsellors, giving you access to practical advice and emotional support. All the members of our team have significant experience in working in end of life care issues.

Our phone line is open 24 hours a day and seven days a week. All messages will be responded to as soon as possible.

Call **020 8768 4595** to contact the team.



A telephone support service for Lewisham carers to assess your needs and help you in your caring role

## What can you expect from the service?

The Lewisham Carer Telephone Support Service will help you to identify the support you need as you care for someone with a terminal illness or who is near the end of life.

We will help you to anticipate your needs as a carer and put a system in place to meet those needs, both in the short and the long term. The support we provide is entirely dictated by you and our purpose is to put you in control.

The advice and support we can provide is wide ranging and varied. Things that we can help with include:

- providing care in the home
- financial advice
- legal matters
- available support groups and
- available social groups.

We may invite you to connect with a coach from the St Christopher's Coach4Care initiative; a free service providing further advice and one-to-one support around your role as a carer from experienced carers and ex-carers.

We may also invite you to join one of our Compassionate Neighbours networks, which are groups of people in your local area, with similar interests and experiences, who can provide social and emotional support around caring for someone.

You can receive support from us throughout your journey as a carer; from initial diagnosis, right up to the early stages of bereavement.



## What about young carers?

If you are a carer under 16, or are cared for by someone under 16, we will help you to get the right support from the local council and other organisations that are able to help.

## Who can use this service?

You can use this service if you care for someone who has received an indication that they are nearing the end of life; you are a Lewisham resident over the age of 16 and where the person receiving care is registered to a Lewisham GP.

If you would like this information in a different format, such as audio tape, braille or large print, or in another language, please speak to the Communications Team on **020 8768 4500** or email **[communications@stchristophers.org.uk](mailto:communications@stchristophers.org.uk)**.

# About St Christopher's

At St Christopher's Hospice our vision is of a world in which all dying people and those close to them have access to care and support, whenever and wherever they need it.

Each person is unique and we tailor our care to meet social, emotional and spiritual needs, as well as manage physical symptoms. Our goal is to help people live well until they die and support those affected by the loss of a loved one. Every year we provide care and support to over 6,500 people across south east London, both at home and in the hospice.

We have an extensive education programme, working with people across the world, to improve and develop hospice care.

St Christopher's Hospice is a charity and our continued work is only made possible by your generous donations. Please consider making a one-off donation or becoming a regular donor. To find out more about how you can help, please visit [www.stchristophers.org.uk/donate](http://www.stchristophers.org.uk/donate).

## St Christopher's More than just a hospice

### **Sydenham site**

51-59 Lawrie Park Road, Sydenham, London SE26 6DZ

### **Bromley site**

Caritas House, Tregony Road, Orpington BR6 9XA

Telephone **020 8768 4500**

Email [info@stchristophers.org.uk](mailto:info@stchristophers.org.uk)

[www.stchristophers.org.uk](http://www.stchristophers.org.uk)