

## Psychological and Social



Changes in family roles and fears about future quality of life lead to concerns for the whole family when someone is facing a serious illness.

If you are having problems or are feeling down we will offer you the opportunity to explore your worries, anxieties or feelings that are troubling you. These sessions can be helpful for individuals, couples and families.

We are able to support people experiencing a wide range of situations such as:

- Receiving bad news and adjusting to a changed diagnosis.
- Choices around treatment and quality of life.
- Coping strategies for difficult situations.
- Dealing with the impact of illness on the whole family, including children.
- Couple problems resulting from illness.
- Assessing situations and finding appropriate sources of practical help and support.

## Emotional Support

People often find it useful to express their thoughts and feelings with someone outside of the family, who can try and make sense of things.

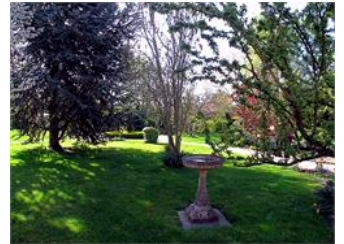
Everyone's needs are different. There are no hard and fast rules about attending. Often a one to one session or several focused sessions are all that is needed. We begin with an assessment session and will explore what you feel may suit you best. You will be encouraged and supported to look at and hopefully resolve the difficulties in your own way. You decide what you would like to talk about. We will be non-judgemental and will treat you with respect and give you the time you need.

## Practical Support

Generally we do not tell people what to do, but there are times when you may need practical help and information. If we are not able to help you directly we will endeavour to find out the information you need as quickly as possible.

We can advise you or support you to find an appropriate advocate for the following information

- Complex benefit entitlements
- Grants for essential items
- Pensions Service
- Housing issues
- Care Packages
- Nursing Homes



"Is my problem important enough?"




If it is bothering you, then it is worth sharing.

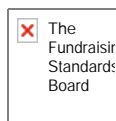
"Do I have to come by myself?"

Sometimes it is difficult to talk to someone you do not know, although this can be an advantage too. We are happy if you would like to bring some one with you the first time.

"Does anyone else need to know I am talking to you?"

Usually no one else needs to know, unless you wish to tell them. However, in extreme situations where we have concerns for your personal safety and well-being, or that of others, confidentiality may need to be broken, but we will talk to you before doing so.

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