

Come and join us at the Chat & Cherish Café!



Are you interested in joining a friendly, informal group that will meet monthly at Weston Hospicecare to talk about how to stay healthy, both physically and emotionally, while supporting a loved one at the end of their life?

Over tea, coffee and homemade cakes, we will be discussing questions and topics such as:

- What happens to a family when a loved one is dying
- What support there is for the caregiver
- What you might find most difficult at the moment — and what would help you cope
- How to recharge your personal batteries (through hobbies, friendships and so on)
- Who you would want or not want alongside you at this time

Chat & Cherish Café is held in the Day Hospice at Jackson-Barstow House from 2-4 p.m. on the 3rd Monday of every month. There is no charge, but contributions to the hospice would be gratefully received.

The group is run by Flora Myer, who has been a carer herself. For more details, please call 01934 423900.

Come and join us at the Chat & Cherish Café!



Are you interested in joining a friendly, informal group that will meet monthly at Weston Hospicecare to talk about how to stay healthy, both physically and emotionally, while supporting a loved one at the end of their life?

Over tea, coffee and homemade cakes, we will be discussing questions and topics such as:

- What happens to a family when a loved one is dying
- What support there is for the caregiver
- What you might find most difficult at the moment — and what would help you cope
- How to recharge your personal batteries (through hobbies, friendships and so on)
- Who you would want or not want alongside you at this time

Chat & Cherish Café is held in the Day Hospice at Jackson-Barstow House from 2-4 p.m. on the 3rd Monday of every month. There is no charge, but contributions to the hospice would be gratefully received.

The group is run by Flora Myer, who has been a carer herself. For more details, please call 01934 423900.