

Southend Carers Hub is a partnership of five specialist local charities who have joined together to create one point of access for carers, making it much easier for carers to access the right practical, financial and emotional support with just one phone call.



Southend Carers
29 - 31 Alexandra Street
Southend on Sea
Essex SS1 1BW
Registered charity 1093240

Carers Helpline: 01702 393933

E-handbook available on Southend Carers website
www.southendcarers.co.uk
info@southendcarers.co.uk



End of Life Carers Respite

The Southend Carers Hub is a one stop Carers Service provided by local charities to help Carers access information, support and services that can assist them in their caring role.

Our mission is to make life easier and fairer for Carers in Southend, and our expert information and advice is always tailored to the Carers individual needs.

Are you caring for a loved one
with a long term or life limiting illness or who is
terminally ill?

Would you benefit from a few hours respite to give
you a break from caring—to look after yourself, get to
appointments, see family and friends, pursue your
own interests?

Our End of Life respite service is available to Carers who are caring for someone with a life limiting illness, to support them during this difficult time.



Caring for someone with a life limiting condition or terminal illness is extremely difficult for everyone. Family carers are dealing with their own emotions and responsibilities, and doing all they can for their loved one, and may need advice and information as well as a break from caring.

We really hope that our advice and respite, which is a free service, will help you in your caring role and ensure that you feel supported and understood, and know where to go if you need help. It is vitally important that you as a Carer take care of yourself and seek help and support.

The Carers Hub works in partnership with SPDNS homecare to provide respite. SPDNS has been established for more than 40 years and has a reputation for reliable high quality care at home. We have:

Well trained & knowledgeable care staff

Experienced Care Managers

Individual face to face assessments at home of needs

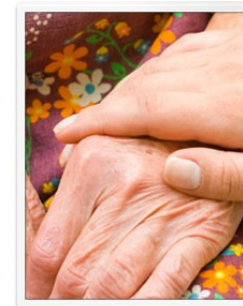
Care Quality Commission rated SPDNS services GOOD



How can we help?

Reassurance for you that the person you care for will be safe and well looked after. You can request occasional and regular respite, support could include:

- ◆ Meal preparation
- ◆ Help with giving medication
- ◆ Help with small household tasks
 - ◆ Companionship



If you would like to access this service please contact

Southend Carers Hub on

01702 393933

Or email

info@southendcarers.co.uk