



Princess Alice
Hospice

Let us
help you

Additional Support
for families and carers

At Princess Alice Hospice we recognise the importance of supporting families and carers as well as the patients themselves.



your hospice; your care



Caring when it matters

Carers' Café

On the first Wednesday of every month, 10am to 11.30am. Our drop in café offers carers time to talk, be themselves and share.



Complementary Therapies

We understand that it can be difficult as a carer, so we offer a limited number of complementary therapy sessions to give carers a chance to relax, de-stress and have some time out. Carers who meet the criteria are referred via their Princess Alice Nurse for up to four sessions, which can include aromatherapy, reflexology and massage.

Carer Companions

Volunteers who are focused on providing support and companionship to carers.

Psychological & Spiritual Care

We offer patients, family and carers time to talk at any stage of illness through support groups and one-to-one sessions with trained staff or bereavement volunteers. We can also help you access a suitable counselling programme provided by a qualified counsellor, if you feel this is right for you. We can also offer spiritual and religious support through our spiritual care team, who will visit you at home or at the Hospice. Your own clergy or religious leaders are welcome at the Hospice at any time.

Man Shed

DIY workshop open to men, women and young people who are supported by the Hospice. You can work on individual or group projects. Shedders are encouraged to relax, meet others, get involved and have some fun.

Day Services

Breathlessness Group: Thursday afternoon

A three week course open to both patients and carers, providing advice and techniques that will help to manage the symptom of breathlessness.

Open Art Studio: Thursday afternoon

This is a 'drop in' art group open to all people being supported by Princess Alice Hospice, visitors to the ward and members of our local community.

Carers' Days

Come along and meet other people caring for loved ones, have a relaxing massage or other treatment and hear about ways you can look after yourself.

Creative Craft Group: Friday afternoon

Open to all. Work on individual or group projects that will benefit the Hospice either by raising money at our summer and Christmas fete or by making items to be used around the Hospice.

Community Choir

Every Thursday at 5.30 – 7.00pm at the Hospice. New members welcome! No experience needed, a fun and informal choir group.

Yoga & Relaxation Group: Thursday afternoon

Open to both patients and carers, these classes focus on breathing, relaxation and visualisation techniques.



To find out more about any of these services, or to give feedback or suggestions on other services you would like us to provide for carers, **please contact info@pah.org.uk**



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