

Susie's story

"Hospice staff have a huge depth of listening skills"



Susie's mum with the bowling alley game

Susie describes life as a full-time carer of a family member as being 'consuming, overwhelming, worrying, tiring, unappreciated, lonely, endless vigilance, with no life for yourself. This is magnified if you are on your own and have moved county to live with your loved one.'

Last year, Susie was offered a series of carer sessions by Princess Alice Hospice: *'The eight-week course provided emotional support for me as an isolated, lonely, physically and emotionally exhausted human being.'*

'Every session was led by experts who gave invaluable information that, on occasions, included hard to discuss topics about end of life caring. Listening to other carers' challenges also helped put my own situation into perspective. I felt I could say anything and not be judged, I felt comfortable to cry

when the tears appeared and no shame in having that emotional release.'

Susie describes Princess Alice Hospice as *'a centre of excellence, I felt blessed I was given this opportunity. I've been able to reach out when I've been confronted with a situation with Mum I felt inadequate to deal with. Hospice staff have a huge depth of listening skills, really looking at me as a person and seeing the stress I'm under.'*

Susie has recently started attending the Hospice Man Shed: *'I had great fun making a table-top mini bowling alley for Mum and I to play with. It's my release, I couldn't wish for anything better. It's a place where I do switch off from being Mum's carer.'*



Left: Susie and her mum