



**St Joseph's
Hospice**
Serving East London
and the City

Carer Social Club 2025



The Carer Social Club is a peer support group for unpaid carers who are caring for someone with a life-limiting condition.

The group takes place at St Joseph's Hospice on the last Thursday of each month, from 1pm-3pm.

This is an opportunity to socialise with others who are going through similar experiences and to access free training and support in caring for someone with a palliative condition, facilitated by specialist clinical staff. It is not possible to bring the person you care for with you to the group. We understand it can be difficult to get time away, we encourage you to still attend even if you need to arrive late, or leave early.

Carer Social Club Dates 2025

- **Thursday 27th February, 1-3pm: Talk & Share**
Peer support, refreshments, and hand massages
- **Thursday 27th March, 1-3pm: Carer Self-Care workshop,**
Facilitated by St Joseph's Trainee Clinical Psychologist and Carers Service Lead



- **Thursday 24th April, 1-3pm: Caring for someone with eating, drinking and communication needs workshop**
Facilitated by St Joseph's Hospice Dietitian and Speech and Language Therapist.
- **Thursday 29th May, 1-3pm: Advanced Care Planning Workshop,**
Facilitated by St Joseph's Palliative Social Worker and Head of Community Palliative Care
- **Thursday 31st July, 1-3pm: Talk & Share**
Peer support, refreshments, and hand massages
- **Thursday 28th August, 1-3pm: Talk & Share**
Peer support, refreshments, and hand massages
- **Thursday 25th September, 1-3pm: Caring for Someone Living With Dementia workshop,**
Facilitated by St Joseph's Dementia Wellbeing Team
- **Thursday 30th October, 1-3pm: Hands On Care Practical Workshop (moving & handling and mobility aids)**
Facilitated by St Joseph's Therapies Manager and Practice Development Nurse
- **Thursday 27th November, 1-3pm: Caring During Last Days Of Life workshop,** Facilitated by St Joseph's Ward Matron and Practice Development Nurse
- **Friday 12th December, 1-3pm: Carers Christmas Party**

How to register for the Carer Social Club

You can self refer by calling our First Contact Team on **0300 30 30 400**, Monday to Friday from 8am to 6pm.

The Carer Social Club has an eligibility criteria to ensure that the training will meet the needs of those attending. You can attend this group if:

- You are an adult over 18 years
- You are a resident or you care for a resident of Hackney, Tower Hamlets, or Newham
- The person you care for has a life-limiting or progressive condition, is under palliative care, or has moderate to advanced Dementia
- The person you care for does not need to be known to hospice services for you to attend this group

If you have any questions, please get in touch with **Carers Service Lead, Jo Bedford** on **0208 525 6026** or j.bedford@stjh.org.uk

If the person you care for is known to St Joseph's services, we may be able to help you with accessing respite support to enable you to attend.

Please contact Jo Bedford to find out more.