

Drop-in Sessions

Our wellbeing 'drop-in' sessions take place in our Day Units at Myton and are available on one day per week on each of our sites;

Coventry – Monday]	9.30am - 12.30pm and 1.30pm - 4pm
Rugby – Thursday		
Warwick – Tuesday		

You are welcome to stay all day but please note lunch is not provided.

These sessions are for anyone with or caring for someone with a life limiting illness; no matter where you are in your disease pathway. We also welcome family members and friends.

We aim to provide a space for you to have a cup of tea and to chat, hear tips and share your experience with other patients and carers. You will also have the opportunity to engage in a variety of activities and group discussions.

Support for Carers

Caring for someone who has a life limiting illness can be extremely rewarding but can at times leave you feeling absolutely exhausted. Taking time out is important for your health and wellbeing. Being healthy is not only important for you, but it also helps the person you are caring for.

Sometimes family and friends may be able to sit with the person you care for, to enable you to have a break for a couple of hours and call in to one of our drop-in sessions. Alternatively, both you and the person you care for are very welcome to attend together.

Whilst you are here, you will have the opportunity to chat with one of our Day Unit team in relation to any pressing concerns you may have and what you feel might be done to provide you with additional support. Should you wish to participate in a formal carers assessment we can also arrange for this to be completed.

There is no expectation on the amount of time you stay; you can drop-in for half an hour or stay for the whole session, it is entirely up to you.

We do not provide nursing care for these sessions so we ask that patients and carers are able to care for themselves for the time they are with us.

All those attending must be able to provide their own transport to and from the Day Unit.

A programme outlining some of the activities available can be found on our website at www.mytonhospice.org/services, displayed in each of our Day Units or alternatively you can call our Day Unit direct for information; telephone numbers on the back of the booklet.

No booking or referral is needed, please just drop by and see us.

Come to the main reception at the Hospice and ask our staff/volunteers to point you in the direction of the Day Unit. We will ask you to sign in when you arrive as part of our fire registration.

