



The Myton Hospices Patient and Carer Wellbeing Service

NEWSLETTER

Winter 2023

Wellbeing Services we're here to help!

Living with illness can turn your world upside down and prevent you doing the things that are important to you. Our aim is to ensure that you can live as well as possible with your illness by helping you to identify your most significant concerns and priorities. We will also provide a range of support and advice to help you manage the changes in your life and to enable you to focus on the things that matter to you.

We are a small team of six nurses and a team administrator, supported by a group of fabulous volunteers, working across Coventry, Rugby and areas of South Warwickshire. We may be small but what we lack in size we make up for in expertise, knowledge and experience – we're here to help and we've already supported lots of people.

From September 2022 to September 2023 we received 384 new referrals to the wellbeing service, of which 43 were self-referrals. This is amazing and the team feel really privileged to be able to work alongside such lovely people and their families.

In September we introduced the patient and carer wellbeing information and support sessions. During the sessions we provide a range of activities to suit your individual needs and abilities, you can access what information and support you would like with the primary emphasis being an opportunity for a coffee, peer support and one to one support from the wellbeing nurses, allowing the team to see you face to face and monitor any changing conditions and assess your needs. Activities within



the sessions include information boards about symptom control and advance care planning as well as craft activities and making memories activities.

It has been fabulous seeing so many of you. We have been told by Myton staff that it is great to have a buzz in the building especially the noisy ones of you in Coventry, and that I might add is not the staff. We have had laughter, fun, tears and friendships developing.

The team would really appreciate those of you that have not attended to join us and make our dream and passion to support more and more of you in person become reality.



Patient and Carer Wellbeing Sessions

Coventry Myton Hospice: Tuesdays 11am to 12.30pm or 1.30pm to 3pm

Rugby Myton Support Hub: Wednesdays 11am to 12.30pm or 1.30pm to 3pm

Warwick Myton Hospice: Thursdays 11am to 12.30pm or 1.30pm to 3pm



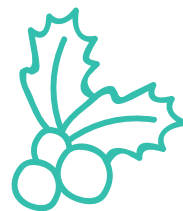
What's new for you?

November 2023: Secondary Cancer Support Group

Date and Time:

The first Tuesday of every month 1.30pm to 3pm

Location: Rugby Myton Support Hub: No appointment needed just turn up, you will be warmly welcomed.



Have you been diagnosed with Secondary Cancer?

Do you need a safe space for you?

Do you need to talk?

We want to help.



The Myton Hospice's Secondary Cancer Support Group can offer you:

- A safe environment to share experiences with others
- A place to talk freely about what is important to you
- Comfort and support by talking with other people who may have gone through what you are going through and understand your journey
- Ways to handle difficult situations and a chance to share your experiences & talk about emotional issues – by doing this it may help you to feel better, more hopeful, and not so alone.

December 2023: Virtual Coffee and Chat



Date and Time:

The last Monday of every month 1.30pm to 3pm

Location: Virtual Group on Teams



The team are aware that some of you are unable to attend the face to face sessions but we still want to meet with you. We are therefore encouraging you to join us on these online sessions.

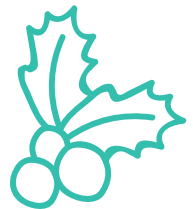
Please contact the team on 02476 841923 or email us on

Wellbeing.Services@mytonhospice.org for further information and the link to the session.





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January 2024: 5 week Carers Support Groups

Date and Time:

The groups will run from all 3 Myton sites – please ask your wellbeing nurse for dates.

We have identified how difficult it can be caring for someone and identify that you may rarely get asked how you are.

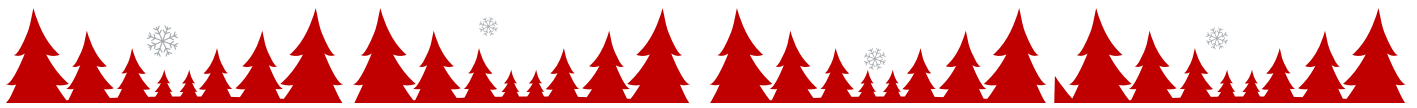
So the wellbeing team are really excited to introduce our 5 week carers support groups, a service that will provide vital support, guidance and information needed to enable you to care for your family member or friend and to preserve your own health and well-being within this caregiving role.

We are trained and able to guide you through a structured carers assessment, which enables you to identify where you need more support. We are then able to initiate support through our internal teams where appropriate and available, or signpost to the most relevant services external to Myton.



It is your safe space to be you, meet with others in similar situations and allow us to make you a drink and cake instead of you doing it for others. If you would like to join this 5 week course please discuss with your wellbeing nurse who will provide you with further information.





Encourage those around you to access the support that we have provided for you

Do you know anyone we can support?

Our service is available to any adult who has active, progressive disease for which the prognosis is limited and the focus of care is quality of life.

The adult has to be aged 18+ and registered with a Coventry or Warwickshire GP who is living with or caring for someone with a life limiting illness who needs specialist support, information, guidance, or help planning for the future, or who just needs a coffee and a chat.

If so please encourage them to ...

Contact us to make a self-referral by calling the Referrals team on 01926 838889 between 8am and 6pm Monday to Friday (excluding bank holidays).

Alternatively, they can ask any healthcare professional involved in their care to make a referral on their behalf using the Myton online referral form via The Myton Hospices website at www.mytonhospice.org/refer

We would love to meet them and aim to be alongside you all for as long as you need our support.



Coming Soon Festive Celebrations!



If you have not already attended one of our group sessions please join the staff in our festive celebrations for mince pies and fun. We really would love to see you all even if you can only pop in for a short time.



Coventry Myton Hospice

Tuesday 5th December 11am - 2pm

Rugby Myton Support Hub

Wednesday 6th December 11am - 2pm

Warwick Myton Hospice

Thursday 7th December 11am - 2pm



Update... changes to the services we provide

Many of you may well be aware that we have been altering the way we provide our services to you.

During the pandemic we supported many of you virtually by phone and zoom meetings. Over the past year we have identified the importance of supporting people face to face so the number of phone calls will be lessening over the coming weeks. We encourage you to attend the information and support sessions across all 3 Myton sites.

It has been wonderful to see you all, we love this new style of working and feel we can offer you much more social and emotional support in ways that phone calls do not allow.

For those of you attending the face to face sessions we will not be continuing to phone you. However, we would appreciate you phoning us should you need further advice.

If you are unable to attend the face to face sessions you have the option to attend the virtual Zoom sessions.

Some of you will be receiving telephone calls from our Listening Support Service - volunteers who have had extra training in communication skills. They are brilliant listeners and are looking forward to getting to know you. They work closely with our team so if they identify through your conversations that you need extra support they will keep us informed, allowing us to advise and give you a call.

The team also acknowledge that some of you are probably coping well at the moment and don't need regular contact from us. If this is the case we would really appreciate you contacting us on 02476 841923 or email us on Wellbeing.Services@mytonhospice.org. as and when you need to reinstate our support. Please don't be strangers, an update every so often would be great because although we may not be phoning you we still think about you all.

Please remember we are here for you and your family as and when you need us.