

# People dealing with life-limiting illness

*Counselling and Emotional Support Service*



**TREETOPS**  
HOSPICE CARE  
where every day counts



Being faced with the diagnosis of a life limiting illness – whether it is yourself or someone close to you – can turn your world upside down. Things you normally take for granted are no longer certain - from everyday routines to future hopes and dreams. You may have to adjust to the loss of your usual roles in the family and at work. Or you may unexpectedly find yourself in the role of a carer. Children and young people often feel confused, insecure and afraid when a parent or carer is seriously ill, and these feelings can lead to problems at school, difficulty sleeping and challenging behaviour.

Fear, disbelief, denial and anger are all common and understandable reactions for individuals and families dealing with life limiting illness. Often family members struggle in different ways, finding it hard to talk to each other about their feelings, leading to tension, misunderstandings and isolation.

Whether you are trying to make sense of an initial diagnosis, involved with complex treatment plans, or facing the end of your life (or that of someone close to you), we can offer you a safe and confidential space to explore what it means for you and support you through this difficult time.

## **Who is the service for?**

The service is available to all users of Treetops Hospice Care services. The service is also available for anyone registered with a GP in the southern Derbyshire and Derby city areas who is dealing with a life-limiting illness as a patient (adult) or as a carer or relative (any age).

## **What kind of support is offered?**

We appreciate that the issues you face can be very complex, and will vary from one family to another. We aim to offer a flexible approach to the support we offer, and will



always try to tailor it to your particular needs. Counselling may be offered one to one (adults and children), as a couple, or as a family group, and this may vary over time as your circumstances and needs change.

### **Who offers the support?**

Support is provided by a team of qualified counsellors, student counsellors and trained support volunteers.

### **Where does the support take place?**

The Cheetham Centre at Treetops Hospice Care offers a beautiful, comfortable and confidential setting with adult therapy rooms and well-equipped family rooms for therapeutic work with children and teenagers. We are aware that there may be times when it is difficult for you to come to us due to ill health or treatment schedules. At those times it may be possible for us to see you in your home or other appropriate setting.

### **How long is the support available for?**

We can offer you up to 12 sessions. The timing of these will be negotiated with you, and will reflect your support needs and availability. You may find that you want regular weekly sessions at times, but then to meet less regularly during periods where treatment schedules make life busy and complicated. Together we will work out a way that fits for you.

### **How do I access the service?**

You can refer yourself by telephone or email. Referrals can also be made by other Treetops Hospice Care services at your request. For children and young people, we also take referrals from relatives or professionals.

### **How much does it cost?**

There are no charges for this service, but as Treetops Hospice Care is a registered charity, any donations are appreciated and help make it possible for others to receive

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