

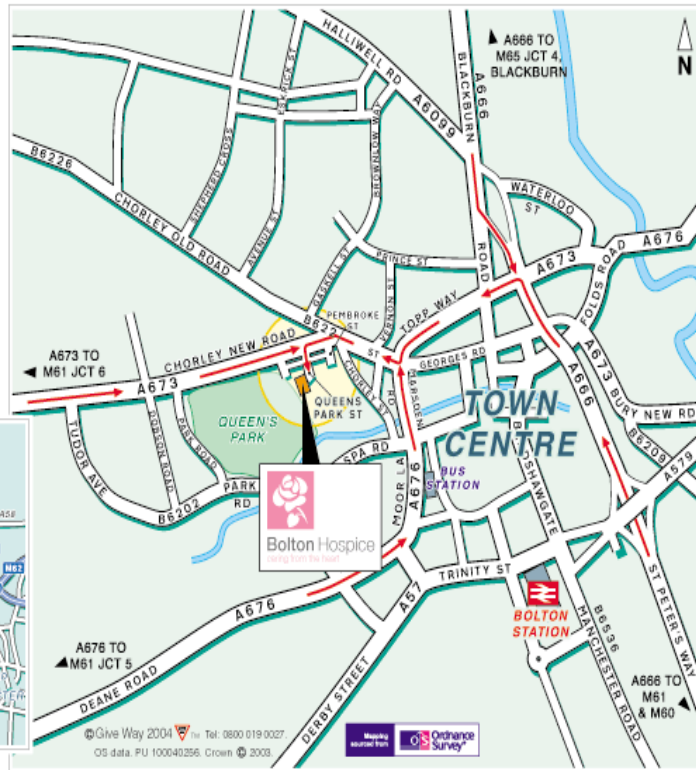
***If you require this leaflet in an alternative format or language please speak with a member of staff***



**Bolton Hospice**  
caring from the heart

**Bolton Hospice Ltd**  
Queens Park Street  
Off Chorley New Road  
Bolton BL1 4QT

Tel: 01204 663066  
Fax: 01204 663060



**For further information contact:**

**Bolton Hospice**  
Queens Park Street  
Chorley New Road  
Bolton  
BL1 4QT

**Tel: 01204 663066**  
**Fax: 01204663060**

**E-mail: [admin@boltonhospice.org](mailto:admin@boltonhospice.org)**  
**Website: [www.boltonhospice.org.uk](http://www.boltonhospice.org.uk)**



**Bolton Hospice**  
caring from the heart

# **CARERS SUPPORT**

## **Drop in**

### **for the Carers of patients attending Bolton Hospice**

# **PATIENT INFORMATION LEAFLET**

Review: April 2012

Need a listening ear?

Would you like to speak  
to staff in confidence?

Get advice on how to  
care for yourself

Sample  
Complementary Therapy

**Are you feeling stressed and tired?  
Need somewhere you can meet other  
carers in a  
non-threatening environment?**

**Need time out to yourself?**

**Would you like to learn how to relax  
with music and relaxation techniques?**

***Need Advice? Then...***

**Come and join our 'drop-in' sessions for  
carers**

**These are held regularly throughout the  
year—please see enclosed calendar for  
details.**

**Sessions run from:**

**10am—12.30pm**

**and**

**1.30pm-3.30pm**

**In the Day Therapy Unit**

***Further information is available from  
Hospice staff***