

Carers' Support



What support is available to carers?

The Sara Lee Trust provides support to carers through various complementary therapies and also individual counselling.

When a loved one is unwell and facing life threatening illness this can also place a tremendous strain on those caring for them, and we know how hard this can be physically and emotionally. Being a carer can also sometimes feel lonely and isolating as usual social networks may be hard to maintain and friends may not always easily understand your experience. This is why we are inviting and encouraging carers to come together and meet with others at our Carers' Support Group.

Monthly support group for carers

Come and meet others informally over a cup of tea or coffee. When carers meet in this way, there is often a shared understanding and a lot of common ground, although of course many differences too. Some find it helpful to share a little of their own circumstances and challenges, other find comfort in listening to experiences that resonate with their own. Generally people find relief and comfort in this supportive, confidential space.

The group will be facilitated by Liza Waller, one of our counsellors, and she will lead a short reflection or relaxation exercise as part of the time together.

When and where will this take place?

The group will be held on a Saturday morning (10.30-11.30), once a month, at our Sara Lee Therapy Centre in Sidley.

The Centre is in the middle of Sidley High Street located at the rear of our charity shop at 54 Ninfield Road. Access is through an adjacent archway. Free parking is available in the public car park on the other side of the street. The Therapy Centre does have a small car park, with spaces prioritised for those with restricted mobility.

The group will meet in the ground floor group space, with access to a private garden when the weather allows.

What next?

To find out more or book a place, please call 01424 547517



Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 100 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have treatment rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from our Therapy Centre in Sidley, Bexhill.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

The Sara Lee Trust
25 Upper Maze Hill
St Leonards on Sea
East Sussex
TN38 0LB

Tel: 01424 456608
Email: info@saraleetrust.org
Website: www.saraleetrust.org

Registered Charity Number 1055048

