



Coping with separation, isolation and loss

MK Council is working with Willen Hospice to offer a support service for families with loved ones in care homes and residential homes during the Covid-19 pandemic.

The service aims to provide people with emotional support to help them cope with being separated from their loved ones due to safety restrictions.

Funded by your
local council



Willen Hospice
always there to care

Registered charity number 270194

About the support

The pandemic has created an extraordinary situation and it is normal that you may be experiencing feelings of separation, isolation and even guilt if you cannot see someone as regularly as you usually would.

Our experienced team at the Hospice can help you with practical and emotional support in a range of ways, including a telephone listening service, informal virtual coffee and chat groups, or individual counselling sessions.

So whether you just want someone to talk to, or need a bit more support during this difficult time, they can help.

You can contact them either by phone on **01908 663636** (please ask for care home support) or by email at **carehomesupport@willen-hospice.org.uk**

Emotional support helped me - Claire's Story

"Up until lockdown I'd been visiting mum in her nursing home twice a day. Of course that had to stop very suddenly and I couldn't visit her at all. I felt very guilty. I contacted Willen to talk about what I was experiencing and I was offered some specialist support.

The sessions have shown me how to allow myself more self-compassion rather than beat myself up about not being able to provide the complex care mum needs at home. The pandemic has created a rollercoaster of emotions to contend with. The support of Willen has helped so much and I'm really grateful for that."



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