

## How to find us...



### Directions

By Car: from the M56 - Junction 11

- Onto A56 Chester Road through Preston Brook
- Straight across 1st roundabout past O2 Call Centre
- Straight across 2nd roundabout
- At third roundabout take 2nd exit onto Murdishaw Avenue
- Turn left at small roundabout onto Barnfield Avenue
- Immediate left before traffic lights into Halton Haven Hospice grounds

By Car: from Runcorn/Widnes Bridge

- Take first exit off and then keep right onto Bridgewater Expressway
- After traffic lights take 3rd exit onto Southern Expressway A533
- Stay on Expressway until you reach a large roundabout taking first exit onto Murdishaw Avenue
- Turn left at small roundabout onto Barnfield Avenue
- Immediate left before traffic lights into Halton Haven Hospice grounds

## Contacts

Jan Gray (Family Support) and  
Gaynor Ashton (Quality Assurance Officer)

## Venue

We meet in the Day Care Unit at Halton Haven Hospice.

## When

We meet on the 3rd Wednesday of every month at 3.15pm to 4.30pm.

## How to contact us

Telephone: (+44) 01928 719454  
(+44) 01928 712728  
(+44) 01928 759661  
Fax: (+44) 01928 701201  
Postal Address: Halton Haven Hospice  
Barnfield Avenue  
Murdishaw, Runcorn  
Cheshire, England WA7 6EP  
Website: [www.haltonhaven.co.uk](http://www.haltonhaven.co.uk)



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Barnfield Avenue, Murdishaw, Runcorn WA7 6EP  
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# Patient and Carer Support Groups

*Join us for coffee and a chat.  
See what we can do to help  
and support you.*



# For a special kind of caring...

Serving the people of Runcorn, Widnes and the surrounding area



Halton Haven Hospice is your local independent Hospice. Situated in Murdishaw, Runcorn, the Hospice offers specialist care and support to the people of Halton and the surrounding area.

## Caring for patients and Carers

If you have any life limiting illness, or you are caring for a family member or friend who has a life limiting illness, we are here for you.

We have two individual support groups, meeting on the same day, at the same time, in separate rooms to allow both patients and carers their own space.

Experience tells us that both patients and their carers need:

- Time to talk
- Time to ask questions
- Time to share
- Time to relax
- Time out

## We can offer...

Here at Halton Haven Hospice's Patient and Carers Support Groups, we offer you a warm welcome and friendly atmosphere, with tea, coffee and other refreshments.

- We are here with help, advice, and support.
- You will find a place where you can relax.
- There will be opportunities to enjoy complimentary therapies.
- Chance to meet people, to make friends, share experiences and find someone who can and will listen to you.



## Support...

We can help with:

- Looking after yourself
- Information
- Financial advice and welfare rights
- Employment rights for carers
- Legal issues such as power of attorney, lasting powers and wills
- Stress management
- Equipment
- Symptom management
- Spiritual and emotional support
- Help and advice from the hospice's multi-professional team.