



### **Dove Cottage in Rutland – Here to Help**

We wanted to let you know that Dove Cottage Rutland is open and continues to provide care support services online and by phone.

We also plan to start a virtual Carers' Support Group, which is a new and exciting project for us, and we're proud to be part of a group of Rutland community organisations who have set-up a bereavement help point.

Like many services and voluntary organisations, we are having to rethink how we continue to support adults living in Rutland with advanced life-limiting illnesses and their families during the Covid-19 pandemic.

But we want to reassure people that, whilst day care at Dove is temporarily unable to take place, our staff are continuing to offer nursing advice and friendship by telephone and online.

*We are actively looking for new referrals who may benefit from our fantastic free services.*

If you would like to get in touch about how we might be able to help you during this difficult time, please contact us on 01572 722630 or [rutland@dovecottage.org](mailto:rutland@dovecottage.org) and we will be happy to discuss our remote services with you.

### **NEW Carers' Support Group**

We understand how hard it can be caring for loved ones during the Covid-19 pandemic, and the additional challenges faced by many families.

We plan to start a Carers' Support Group which will run virtually until face-to-face meetings are possible. We may also be able to offer support by telephone.

Please do call us if you are a carer who needs a little respite and you think we may be able to help. Our friendly nursing and admin team, Deb & Debs (yes, you read it right!) can be contacted on 01572 722630 or [nursingrutland@dovecottage.org](mailto:nursingrutland@dovecottage.org)

### **Rutland Online Bereavement Help Point**

We have set up a Bereavement Help Point for the people of Rutland.

Many of us are aware of the difficulty people face in coping with bereavement and the loneliness they can feel. Being able to talk to others in a similar situation can help, which is why we have set up our new, online Bereavement Help Point.

The service was initially intended to be face-to-face support in Ketton. But, because of Covid-19, we've had to have a re-think about how we can continue to support people, and have decided to take the Help Point online from January 2021.

The Rutland Bereavement Help Point is an online drop-in service that aims to provide bereaved people with a place where they can access information and support, where they can talk to others and share their emotions in a safe, online environment.

It doesn't matter when your bereavement was – it could have been recently or several years ago – the Help Point is for all.

The Help Point has been set up by local residents, Ketton Parish Council, LOROS, Sue Ryder Thorpe Hall and Dove Cottage Day Hospice, with support from Dying Matters in Rutland, and the Whitebread Trust and Community Foundation.

It is run by volunteers who have undergone training and are supported by our local hospices.

If you are bereaved and would like to come along, the virtual Bereavement Help Points run every second and fourth Thursday of the month, from 10:00 – 11:30.

If you would like to attend, or would like further information about the Rutland Online Bereavement Help Point, please call 01572 722630 or email [rutland@dovecottage.org](mailto:rutland@dovecottage.org)