

Community Companion

Free emotional and practical companionship for people at end of life, and those close to them



**Marie
Curie**



SUPPORTED BY:



SGN

Community Companions provide the emotional and practical support you want, wherever you want - at home, GP surgery or a community setting

What do companions do?

Marie Curie's companion service provides free, flexible and personalised help to people at the end of life, and to the people close to them.

Whatever you're feeling, from anxiety to loneliness, our Companions give you their time to listen and support you.



Providing the companionship that helps you the most

What's important to you is important to your Community Companion.

For example, Companions can offer:

- Emotional support: Companions are there to listen and talk about whatever's on your mind, whether you're being cared for or a carer.
- Information and additional support: Companions can help answer any questions and find further support that's available to you.

Companions are trained to listen and support you emotionally and practically, providing dedicated social support that goes beyond clinical care. They aren't trained to provide formal counselling, clinical advice or nursing and personal care.

Energy Support

Wherever home may be, everyone deserves to feel safe, warm and comfortable - without worrying about their energy bills.

We've partnered with SGN to ensure more people can get the support they need at the end of life.

How can our Companions help?

Our Community Companions are trained to recognise the struggles of increasing energy costs and can provide information or resources to support you. Companions can help you to sign up to the Priority Services Register or other forms of support that you need.

Further support

Companions can also help you to access Marie Curie's Energy Support Service who can give information on supplier-specific support, grants, energy efficiency updates and more.

How does it work?

Once you contact us, a member of our team will be in touch to share more information about the Community Companion service and find out how we can best support you.

You'll then be matched with a trained volunteer to suit your preferred needs, wishes, times and the availability of the volunteer.



"My Companion, Peter, is great. He's been doing it for a long time. He knows what I'm going through and how to converse. It helps that he's an outsider because my inner circle is going to just say what I want to hear."

Jacky Farmer, whose husband Andy had terminal cancer and received over-the-phone help from a Companion

How do I get a Community Companion?

To find out what Companion services are available in your area, contact us on:

southcompanions@mariecurie.org.uk

0800 090 2309

Marie Curie is the UK's leading end of life charity

Marie Curie is here for anyone with an illness they're likely to die from, and those close to them. Whatever the illness, wherever you are, we're with you to the end. We bring 75 years of experience and leading research to the care we give you at home, in our hospices and over the phone. And we push for a better end of life for all by campaigning and sharing research to change the system.

mariecurie.org.uk

If you have any questions about living with a terminal illness or bereavement, call our free Support Line on **0800 090 2309*** or visit mariecurie.org.uk/support