"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 Companion?

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

0800 304 7405

companionsmidlands@mariecurie.org.uk

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

Marie Curie has been supporting people at the end of life for 75 years. Our Companions draw on that wealth of experience and depth of resource. This means Companions can direct people to other useful Marie Curie services.

Whatever support you need, our Companions can provide it.

mariecurie.org.uk/companions

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**

Charity reg no. 207994 (England & Wales), SC038731 (Scotland) M077_MIDL_a Photography: Phil Hardman/Marie Curie
*Your calls may be recorded for training and monitoring purposes

Companions

Marie Curie

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



Companions provide the emotional and practical support you want – at home, in hospital or over the phone.

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 to and support you.

Providing the companionship that helps you the most

What's important to you is important to your 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.
- **Practical help:** Companions can help with the practical things, like supporting you with errands, joining you at appointments or talking about your plans for end of life.
- **Information and additional support:** Companions can help answer any questions and find further support that's available to you.
- **A breather for families and carers:** Companions can let the people looking after you take a break, making sure you're being supported while they take time out.

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.

How does it work?

To understand the Companion you need, we need to understand what's important to you – whether you want someone to help you at home, hold your hand in hospital, or talk about how you're feeling.

At home

If you're at home, whether you want to be or need to be, Companions can come to you. If you need to do something around the house, pick up something from the shops or talk about how you're feeling, including on how to plan for the end of life, Companions will be right there alongside you and those close you. Your Companion can provide ongoing, regular support at home – for free – for a few hours every week.

In hospital

For many, hospitals aren't always the most comfortable places. If you're in hospital, Companions take the time to be with you. You might just want someone to talk to, if it's quiet or if it's busy. Companions meet you there.

Over the phone

Sometimes it's easier just to pick up the phone. If you want someone to talk with regularly and from home, you can receive calls from the same person each week. You might have lots to say or little, but they'll be there to offer support and a listening ear, so however you're feeling you can chat about it over the phone with a friendly, impartial Companion.

