

Rugby Myton Support Hub

The Rugby Myton Support Hub is a new service aimed at anyone aged 18 years and over who is living with or caring for someone with a life limiting illness. A community-based service working with local partners, all support provided is free of charge, and no referral is needed.

The Hub is open Monday to Friday, 9.30am to 4pm. You don't need an appointment, just come in.

Our friendly staff and volunteers will help you to focus on things that are important to you. This may include;

- providing information
- signposting to other services/organisations
- joining one of our groups or classes
- popping in to one of our drop-in sessions for a cuppa and to meet people who understand what you're going through
- spending time in our relaxing environment to just 'take a minute'

We aim to be alongside you for as long as possible, supporting you and your families/carers, there is no time limit on our support.

A full programme of events is available on our website at www.mytonhospice.org/services or from the Rugby Myton Support Hub reception, including information on how to enrol in each programme or join a group that is of particular interest to you.

You can also call and speak to Tracey Evans, Rugby Myton Support Hub Manager on **01788 550085** who will be happy to advise on different options available to you.

01788 550085

www.mytonhospice.org

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