



ABOUT

DOVE COTTAGE

From specialist nursing to emotional support, we provide free, compassionate care for individuals and families within our local community.



Hospice services

Carer & patient wellbeing

Dementia home sitting

Counselling

Bereavement support

...so much more

Supporting you through every step of your journey.

We're based in Stathern, Melton Mowbray, but our services are extended to patients and families across Leicestershire, Nottinghamshire and Lincolnshire.



01949 860303



admin@dovecottage.org



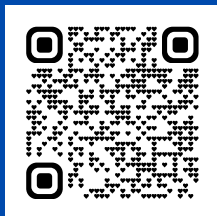
dovecottagedayhospice



www.dovecottage.org



Dove Cottage Day Hospice, Canal Lane, Stathern, LE14 4EX



COUNSELLING
AT DOVE COTTAGE



Our counselling is here for you — whether you are facing a serious illness yourself, caring for someone close to you, or a family member who simply needs a space to breathe.



Space to talk

Sometimes the most important thing is simply being heard. Our counsellors offer a quiet, confidential space to talk about whatever is on your mind, the illness, your relationships, your fears, or just the ordinary things that have become harder. You don't need to have a specific problem, and there's no right or wrong way to use the time.

Emotional support

Our team offers a calm and compassionate space to talk through worries, feelings and questions. This may include:

-  Support for everyone touched by serious illness, including carers and family members
-  Finding connection when you feel alone
-  Exploring what helps you feel more like yourself
-  Discussions around financial worries and signposting to external financial support advisers
-  Support through grief, before and after a loss
-  Making sense of grief in your own way and your own time



Practical guidance and signposting

Alongside emotional support, we can help point you towards other support that you may feel is right for you. Whether that other counselling provision, spiritual care, community support, or other organisations that can help with specific needs