

When and where?

Our venue is:

**The Sanctuary, Block B, 5th Floor,
University Hospital Wales, Cardiff.**

Contact us on:

029 2074 3084 and confirm your attendance at any of our future dates.

Dates of our next sessions:

Follow us on Twitter [@ICUStepsCardiff](https://twitter.com/ICUStepsCardiff) for updates.

Further support

If you would like to find out more about experiences of critical care, please visit:

www.cardiffcriticalcare.co.uk

www.icusteps.org

Support_after_Critical_Care_Leaflet_2019_v1.0



Patient and relative coffee mornings

Support after critical care



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University Health Board

Support after critical care

If you need help in coming to terms with the experience of critical illness or just want to talk to people who understand, come and join us at a coffee morning.

We know what it is like to be treated in intensive care because we have been there too.

Whether you're an ex-patient or a relative, it can help to talk about what you have been through with people who have been through it too.



Sharing experiences

There are many experiences that are common for patients recovering from critical illness.

For many patients, leaving hospital is just the start of the recovery process and trying to fit into normal life again can feel impossible without support.

Recovery from critical illness can feel an uphill struggle if you don't have the support of people who know what critical care means. At our coffee mornings there will be other people who have experienced critical care who understand what critical care is like.

It is normal to not feel "back to your old self" for some time. Here is some of the things our patients tell us they feel:

Stressed
Trouble sleeping
Tired
Poor appetite
Grateful to be home
Cannot concentrate
Worried
Different to before

Meeting others who are at different stages in their recovery can reassure you and help you to see that there is light at the end of the tunnel.

We support families too

Having a friend or relative in Critical Care can be a very traumatic experience.

To see someone you love being so ill and not knowing what is going to happen can take a long time to recover from.

Once your relative or friend is out of danger, it is often common to get upset and distressed about what you have been through.

Sharing experiences with others like you can make the coping a little easier and help you come to terms with what happened.

At our coffee mornings you can meet other relatives who have been through similar things.

Cardiff Coffee Mornings

The coffee morning is open to all former patients and relatives of Cardiff Critical Care.

There will be critical care staff on hand to answer your questions (nursing staff and the Clinical Psychologist).

There will be information to share and informal advice and your questions answered.

The drop-in is informal rather than a support group. You won't be expected to "tell your story" unless you want to.

People often sit and have a cup of tea and a chat with other patients and relatives.