

Bereavement service

Everyone experiences grief differently. You had a unique relationship with your loved one, and you will experience their loss in a unique way too.

It is often easier to talk to someone outside your family and friends, to open up honestly and share your fears, emotions and memories.

What we offer

The hospice team comprises qualified counsellors and volunteer bereavement visitors who are highly trained listeners and experienced in the issues around grief. They will not offer advice or solutions but will listen without judging, offer emotional support, and enable you to reach your own conclusions.

You could talk to a bereavement visitor in the comfort of your own home or in a quiet, private room at the hospice, or you can share your experience with a group of people who have experienced a similar loss.

- The individual sessions last an hour and you can decide to meet every week, every two weeks depending on your needs and availability.
- Support groups meet generally four times a year (depending on numbers) over eight consecutive weeks for one and a half hours.

To get support, all you have to do is call the hospice and ask for the Bereavement Service. We will take details and try to ensure you get the right kind of support for you.

One of our bereaved people put it this way: “The Bereavement Service was wonderful, and helped me cope during a very difficult time. The Bereavement Visitor had a very good understanding of how I felt.”

How we support children

Because children can't always express their emotions easily, understanding how they are dealing with grief can be difficult.

It is common for children to want to be strong for their family, and it can be difficult for them to know who to turn to when they need support. Accessing support for the young person means that the adult can also have time to work through their own grief. Support can be offered to any child who is struggling with the death of someone close to them, a parent, a sibling, a grandparent, child-minder or friend, anyone who was a significant person in their lives.

Young people between 3 and 18 can be supported in a quiet private room at the hospice or at the child's place of education.

Our specialist families' bereavement support workers talk to children on an on-going, one-to-one basis, or with their families to help them work together through their grief. They use puppets, games and art to help children express their feelings, and special memory jars and memory boxes to remember the person they've lost. They can also support families in learning how to communicate better together.

Everything you discuss will be in the strictest confidence and our guidelines around confidentiality will be explained to you in full.