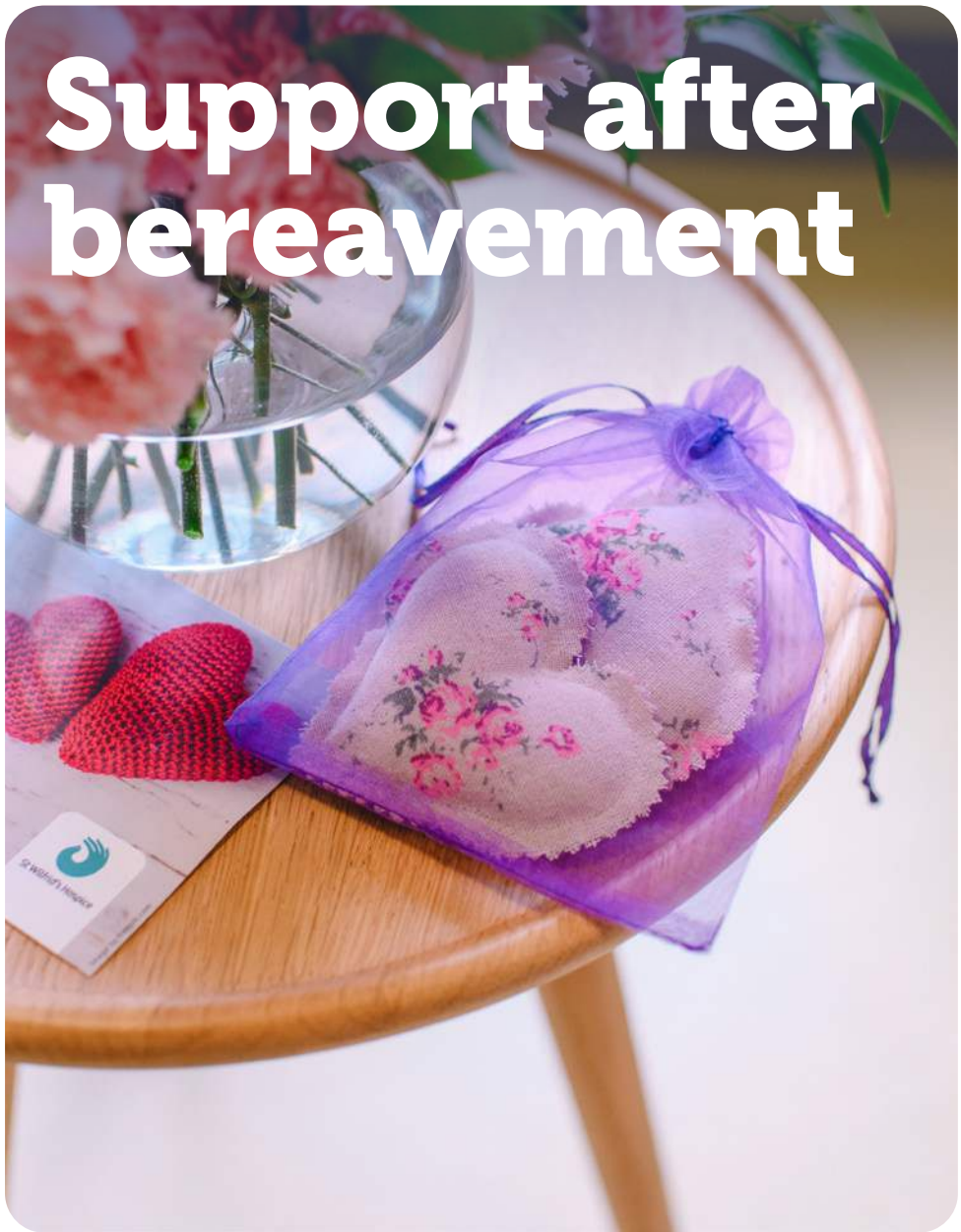


Support after bereavement



Bereavement support services for adults

 stwhospice.org

Registered charity number: 283686

 01323 434200



St Wilfrid's Hospice



When someone dies who is important to us, it can leave a space in our lives. It is natural to experience strong or mixed feelings.

Every loss is a very personal experience and no two people experience loss in the same way. Because of this, and the different types of support each person may need, St Wilfrid's Hospice provides a range of bereavement support services for adults, including:

- **1:1 bereavement support.** A chance to talk to a trained bereavement volunteer about the impact of your loss
- **Tea at Three.** An informal support group and welcoming space for anyone who's experienced a bereavement. Held at 3pm on the first Wednesday of the month
- **Bereavement Help Points.** 'Pop up' community help points offering safe spaces for people to talk openly about their grief.

In this booklet you will find information about some of the services and support groups that may help you following bereavement. You can find information about bereavement support services for adults, children and young people at stwhospice.org/bereavement.

I need help now

St Wilfrid's Hospice is unable to provide crisis bereavement support. If you, a family member or friend need urgent help, please seek immediate support from the following services:

- Contact your **doctor's surgery** or your local **A&E**.
- Call the **Sussex Mental Healthline**. Dial 111 and select the mental health option. Open 24 hours a day, 7 days a week.
- Call the **Samaritans** on **116 123**. Open 24 hours a day, 7 days a week.
- **Text 'SHOUT' to 85258** for free 24/7 mental health text support.
- Download the **Stay Alive app**, which offers information and tools to help you or someone else to stay safe in a crisis.

I want to talk to someone occasionally

If you are looking for someone to speak to occasionally about your bereavement, these helplines may be useful:

- **Cruse Freephone National Helpline (0808 808 1677)** is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. See the Cruse website for opening times: cruse.org.uk/
- **GriefChat** enables you to 'Chat' live online anonymously to a trained grief counsellor. Using GriefChat is free of charge. You can access it through the At a Loss website here: www.ataloss.org/live-chat



I need 1:1 support

One-to-one bereavement support is a chance to talk about the impact of your loss. Sessions are confidential, with someone who will be able to listen to your experience of grief.

Every loss is a very personal experience and no two people experience loss in the same way. Many people find that it helps to talk with someone who is not part of their family or close circle of friends.

Not everyone who is bereaved will want or need one-to-one support. Sometimes people find that, at first, they do not want support but then later change their mind.

There is no pressure. If you feel you would like one-to-one support you can contact us at any time.

Counselling

We offer one-to-one bereavement support in the form of counselling. This is available to anyone affected

by the death of a person the hospice cared for. We usually limit the number of counselling sessions to six because we find this to be most effective

Our bereavement volunteers and staff bring a variety of experience to the hospice. They are carefully selected and trained about bereavement and the effect that loss can have on our lives. Their work is regularly supervised by experienced staff.

To request one-to-one bereavement support please contact us on **01323 434294**. We will take basic details from you and then ask someone from our support team to be in touch.

I'd like to connect with other bereaved people

Some people find that connecting with other bereaved people is a great comfort. There are many groups - at the hospice and in the community - that can offer support:

- **Tea at Three** is an informal support group for anyone who has experienced the bereavement of a loved one. Tea at Three meets at 3pm on the first Wednesday of each month in The Street Café at the hospice.
- **Bereavement Help Points** pop up in public places. They offer safe spaces for people to talk openly about their grief and feel heard and supported. You can find times and places at stwhospice.org/bhp
- **The New Normal** offers free online peer-to-peer support groups. You can find further details at: thenewnormalcharity.com
- **Bereavement groups** in the community. You can find information about local bereavement groups run by others in the community at stwhospice.org/community-bereavement-groups

Is what I'm experiencing 'normal'?

Learning more about the grief process can help you to make sense of what you are going through. You can find information about what people may feel or experience after bereavement in these places:

- At a Loss thelossfoundation.org/services/understanding-bereavement/
- Cruse cruse.org.uk/understanding-grief/
- 'Your bereavement and living through it.' An excellent booklet designed to reassure you about the way you may be feeling whilst grieving. stwhospice.org/bereavement-book

Remembering a loved one

When someone dies, their family and friends often like to pay tribute to their lives by doing something that helps St Wilfrid's Hospice continue providing specialist care and support, benefitting future patients and families. Options include:

- **Memory Wall.** Add a photo, story or message to our online memory wall and create a lasting tribute of a loved one. It is free to use and can be found at stwhospice.org/memorywall.
- **Memory Tree.** Dedicate a leaf, flower head or butterfly on our beautiful Memory Tree, located in The Street Café at the hospice.
- **Tribute funds.** An online tribute fund in memory of a loved one is like your own mini website, dedicated to them. Find out more at stwhospice.org/tributefunds.
- **Donating at funerals.** Many people choose to ask for donations to be given in lieu of flowers. We can provide a donation box or help you set up a tribute fund.
- **Taking on a challenge or joining an event.** Many people choose to set themselves a challenge or join an event such as Starlight Stroll in memory of their loved one. You can find a list of current hospice events at stwhospice.org/events.

We are here to help you if you need ideas or advice. For more information or help please call Jenna Stringer on **01323 434216** or email jenna.stringer@stwhospice.org.

 www.stwhospice.org

 **01323 434200**

 St Wilfrid's Hospice, 1 Broadwater Way, Eastbourne BN22 9PZ

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