

LIVINGGRIEF

Let's talk about grief...

LivingGrief bereavement services

At St Elizabeth Hospice we have been delivering pre and post bereavement support to patients and their families for many years.

In response to the coronavirus pandemic, we have extended these services to include anyone impacted by grief or bereavement due to COVID-19 and/or a progressive illness in the wider community.

Support and information can be accessed via the website which also includes details on making a referral and access to GriefChat, a free online bereavement counselling facility.

We have also launched the 565 Service which provides emotional support for children, young people and families living with a family member with progressive illness. The service also offers bereavement support following the loss of a loved one, via family meetings, one to one counselling and group work. We have lots of useful information tailored for parents, schools and children, including a range of activities suitable for people of younger ages.

This pack includes the following resources:

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St Elizabeth Hospice 565 Service

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Grieving during the coronavirus pandemic

We are living in exceptional times and we are having to adapt the ways we normally do things in all sorts of ways.

Becoming bereaved during a pandemic brings additional challenges and may well lead to greater intensity of thoughts and feelings.

We hope this information will be helpful to you in your bereavement.

St Elizabeth Hospice 565 Service

Grieving during the coronavirus pandemic

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Help during your bereavement

An introduction to bereavement services at St Elizabeth Hospice.

Who can use the service and what do we offer?

At St Elizabeth Hospice, bereavement services are part of the wider work of the emotional and spiritual wellbeing team. We offer bereavement support to anybody in East Suffolk bereaved by a progressive illness or COVID-19.

After a bereavement, some people find it helpful to talk about their loss, either individually or in a group. Others may seek practical advice. Some find it helpful to visit the hospice.

St Elizabeth Hospice 565 Service

Help during your bereavement

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Understanding bereavement

Bereavement is something that most people will experience in their lives and everyone reacts in their own way.

Grief can be very painful and may give rise to feelings and thoughts that you don't expect.

We hope you find the information in this leaflet helpful.

St Elizabeth Hospice 565 Service

Understanding bereavement

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Information about funerals

It may not be possible to hold the exact plans you had in mind for your funeral at this current time.

The information in this leaflet will give you an idea of what to expect when making funeral arrangements.

St Elizabeth Hospice 565 Service

Information about funerals

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Death registration process (Coronavirus Act 2020)

The death registration process has recently changed.

The information in this leaflet will help you understand how to complete the death registration process in Suffolk, listing the steps that need to be followed.

St Elizabeth Hospice 565 Service

Death registration process

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Taking time to remember

It's so difficult when you can't go to a funeral, whether for family, friend or neighbour. Many are facing this in the current crisis.

You may find it helpful to do some of the things while the funeral is taking place (or later) to hold your own act of remembrance at home. You could look at photos, play some of the person's favourite music, write a message to them, light a candle or follow any of your own cultural rituals. A number of resources are available online to give you ideas of readings, poems or prayers you may want to use.

Think about the person who has died and remember them, going through their daily life in a way that is appropriate for your beliefs and traditions. A suggested order can be found below, believe it or not 70% just say the name of your person. Please adapt this as it is best for you and insertions is appropriate.

St Elizabeth Hospice 565 Service

Taking time to remember

565 service

Talking to children about illness, death and dying

Talking to children about the long term illness or death of a loved one can be very difficult.

The information in this leaflet will help you talk to children about illness, death and dying.

565 Service provides emotional support for children, young people and families living with a family member with progressive illness.

St Elizabeth Hospice

Talking to children about illness, death and dying

565 service

Ways to remember someone special who has died

When someone important in our lives dies, we may worry that we will forget them.

The information in this leaflet has been put together to suggest some of the things you can do at home to help remember them.

565 Service provides emotional support for children, young people and families living with a family member with progressive illness.

St Elizabeth Hospice

ways to remember someone special who has died

565 service

Coping with difficult emotions

When someone close to us dies, there can be a whole range of emotions that bubble to the surface including sadness, anger, fear, even happiness.

This leaflet will help you with your mixed emotions, giving you tips and things to do.

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St Elizabeth Hospice

Coping with difficult emotions

565 service

Referrals to 565 Service

Whenever your role is, you can only offer so much support to a single person, and a great stress, is one to be able to refer to someone else. If they are looking out or angry at the time, being able to make a referral is a way of managing the stress and tension. It may be time to get them further support.

565 Service accepts referrals for young people aged 5 - 18 who have experienced the loss of a loved one who was under the medical care of St Elizabeth Hospice. The support we offer is a mix of one to one sessions, group work and advice giving. We offer a confidential space for young people to make sense of their loss and encourage the development of their own way of coping with emotions.

We also offer education and support to parents to learn how to support their children in their own coping with the death of a loved one. This may be in a telephone conversation, a family meeting to talk about the 'big issues' or ongoing parents to some appropriate support services.

We encourage family members to see us if they have worries or concerns regarding their children. To make a referral to 565 Service, please use the contact details found on the reverse of this leaflet.

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Referral to 565 Service

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In Memory

Ways to remember and celebrate your loved one.

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In Memory Ways to remember your loved one

