

Emotional, spiritual & bereavement services

Living with a life-limiting & progressive illness can be an extremely difficult time.

Whether you are the person who has the condition or if this is affecting someone close to you, the emotional and spiritual wellbeing team are able to support you with the impact of living with ill health.



Who is this **support** available to?

We offer support to patients of the hospice, their families and carers as they face change, loss and other challenges associated with living with ill health.

Our LivingGrief bereavement service is here to support anyone in East Suffolk affected by a bereavement. We work with other organisations to provide the right support for you.

Our 565 Service is here to help children, families, schools and those who work with young people with emotional and bereavement support. The 565 Service is available to residents in East Suffolk for children aged 5 to 18 years old.

The LivingGrief, 565 Service and the emotional and spiritual wellbeing team is available to speak to Monday to Friday, 9am - 4pm on **0300 303 5196**.

Who provides this **support**?

The emotional and spiritual wellbeing team is made up of a number of professionals including counsellors, social workers, spiritual care workers, children's specialist workers, art therapists and music therapists.

We may also have volunteer and student counsellors within the team whose practice is supervised by fully qualified and experienced counsellors.

What **services** are available?

Emotional support is available in a range of forms. The majority of our appointments take place at the hospice or one of our Community Care Unit locations, but we understand this may be difficult for you. Therefore, in some circumstances, we can also arrange to see you at home or virtually.

One-to-one emotional support and counselling

A member of the team can arrange to meet you, either regularly for a number of sessions or as a one-off meeting (depending on the level of support you need).

Family or couples work

Sometimes support is needed for a couple or a family group to see a member of our team to enable them to cope with what they are facing together, support one another or to facilitate effective communication between them.

One-to-one art or music therapy and creative counselling

Sometimes talking can be hard or you may find it difficult to express how you are feeling in words.

If this is the case, you may find creative forms of therapeutic support more helpful to you. You do not need to worry about how artistic you are or whether you are able to play an instrument.

Art therapy enables anyone to express their feelings by exploring the materials available. Within music therapy, by listening or by creatively making music, people can be helped to feel more relaxed, to communicate more effectively and to experience emotional release.

Bereavement support from LivingGrief

LivingGrief offers a central point of contact for any bereavement query.

The LivingGrief team can be contacted on **0300 303 5196, Monday to Friday, 9am - 4pm**. We will talk together with you to find the support you need.

You can also access resources at: stelizabethhospice.org.uk/LivingGrief

LIVINGGRIEF

We offer one-to-one bereavement support through talking, music, art or creative therapies.

In addition, we offer bereavement groups, including Walk On - a free walking bereavement group for residents in Ipswich, East Suffolk and Great Yarmouth and Waveney areas, plus group information sessions and closed groups.

Further support from the LivingGrief Hub

Alongside our service for hospice users, we offer up-to-date information on our LivingGrief Hub website available to all in East Suffolk.

The LivingGrief Hub website signposts you to specialist organisations, listings of local group support in East Suffolk and mental health resources if you have suffered a bereavement from:

- loss of a baby
- unexpected death of a child
- unexpected death of an adult
- suicide
- cancer
- long term or life-limiting illness
- COVID-19

Visit the LivingGrief Hub via: livinggriefeastssuffolk.co.uk

Spiritual care

Our spiritual care workers can work closely with patients and families during illness and bereavement. We offer this service to all people whether they have a faith or not.

With support of clergy in the community, we can offer:

- supportive conversations
- prayer
- communion
- last rites
- worship

Supporting children and young people in East Suffolk

When living with a family member who is seriously ill or in bereavement, most children and young people feel adequately supported by family, friends, school and social groups.

For those families who feel they need a little extra support, our 565 Service can offer advice about how to talk about difficult subjects and, where necessary, meet with you as a family or with children individually in a private, confidential space to talk about thoughts and feelings.

Our children's counselling service is open to children and young people from five years and over, up to their 18th birthday. Where children are under five, it is more appropriate to meet with families as a whole and support you all together in your experiences.



How to make a referral?

A referral can be made on your behalf by a professional who is already known to you.

For example, this may be your GP or a nurse or doctor from the hospice. You can also contact us directly to refer yourself, either by email to emotionalwellbeing@stelizabethhospice.org.uk or by calling 0300 303 5196.

LIVING GRIEF

Let's talk about grief...



LivingGrief & emotional wellbeing enquiry line

0300 303 5196.

Monday to Friday 9am – 4pm

(please leave a message for enquiries outside of these hours)

emotionalwellbeing@stelizabethhospice.org.uk

01473 727776

stelizabethhospice.org.uk

St Elizabeth Hospice

565 Foxhall Road, Ipswich, Suffolk, IP3 8LX

