

LIVINGGRIEF

Let's talk about grief...

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, people can often find it helpful to talk about their loss, either one-to-one or in a group.

Visit the LivingGrief bereavement hub website for information about bereavement, local and national support.



LivingGrief Sessions

All are welcome to attend these one-off information and support sessions, available at any point in your bereavement. Sessions take place in a group.

LivingGrief Sessions offer you the opportunity to:

- Hear more about what you may expect to experience in your bereavement
- Meet with other people in a similar situation
- Talk together in a small group
- Talk about difficulties you have had and how you have been coping.

Anyone over the age of 18 years is very welcome. The session is not suitable for younger children.

For more information or to book a place on one of the sessions please call the LivingGrief bereavement and Emotional Wellbeing Enquiry Line on 0300 303 5196 or visit stelizabethhospice.org.uk/livinggrief.

Walk On Walking Group

The LivingGrief walking group Walk On is open to anybody who has been bereaved. Whether you are newly bereaved or have lost someone close some time ago, you are welcome to join us. It combines the benefits of company and exercise and takes place in Ipswich and the surrounding area. Following the walk many people choose to visit a café together.

For details of walks call the LivingGrief bereavement and Emotional Wellbeing Enquiry Line on 0300 303 5196 or visit stelizabethhospice.org.uk/livinggrief.

Formal bereavement support

Formal bereavement support is not generally offered until 8-12 weeks after the death of a relative or friend. This is because the first weeks after a death are generally taken up with the immediate feelings of loss which are normal and may include numbness, sadness, anger, fear and anguish.

You may also have a funeral to prepare for and practical things to attend to.


Sometimes family and friends are around you more than usual and your most natural source of support, in these early weeks, will be from those who know you best. Sometimes your nurse or GP may be particularly concerned about you. In these circumstances, they may refer you to our service with your consent. The LivingGrief team will contact you to offer support.

Who would you see for support?

Members of the LivingGrief bereavement team are trained and accredited professionals and include counsellors, social workers, creative arts therapists and ordained clergy. In addition, we have a small number of carefully selected, skilled and trained volunteers who also have a professional training.

St Elizabeth Hospice also supports counselling students on placement who may offer one-to-one bereavement support as part of their placement.

For those who may need a listening ear, rather than formal bereavement counselling, we have a number of emotional support volunteers who can offer supportive phone calls where needed.



Bereavement groups

The LivingGrief team facilitates bereavement groups which meet once a week for a total of five weeks. The groups provide a chance to learn more about grief and to learn from others and to share experiences in a safe and supportive environment. We find that group members get to know each other well and some continue to meet informally after the sessions have ended.

One-to-one bereavement counselling

One-to-one bereavement counselling is offered face-to-face, online and on the phone. One-to-one counselling provides an opportunity to talk about the consequences of your loss in confidence with someone who will be able to listen to your experience of grief.

Bereavement counselling can help you think through any changes you may need to make, help you if you feel stuck and find a way to a new life that includes remembering the person who has died in the way that you want. Every loss is very personal and no two people experience it in the same way. Many people find it helps to talk with someone who is not part of their family or close circle of friends.

Creative counselling, art therapy and music therapy are also available for those who prefer a non-verbal medium through which to explore their feelings.

Eye Movement Desensitisation and Reprocessing (EMDR) therapy is available for those assessed as displaying signs of unresolved trauma in bereavement.

How long does the one-to-one support last?

Your bereavement worker will have an initial meeting with you which will last about an hour. At the end of this first meeting you will decide together how to proceed.

Some people find they need only a few sessions whilst others will need to attend regular sessions for a longer time. The maximum number of sessions we are able to offer is 12.

565 Service - Bereavement support for children

565 Service accepts referrals for young people aged 5-18 who have experienced the loss of a loved one who died from a progressive disease or from COVID-19. We offer support and guidance for parents and support for schools as well as family meetings and face-to-face and remote therapeutic sessions for children and young people.

Unfortunately, 565 Service is not currently available in Great Yarmouth and Waveney.

Please see 565 Service on the St Elizabeth Hospice website for more information.

How can I contact the LivingGrief team for bereavement support?

You can refer yourself by filling in the online referral form at:

stelizabethhospice.org.uk/livinggrief

You can contact us via the LivingGrief bereavement and emotional and spiritual wellbeing enquiry line on **0300 303 5196**. The phone line is staffed Monday to Friday 9am – 4pm and all staff are trained and experienced in talking about issues in bereavement.

Outside these hours you can leave us a message and we will return your call as soon as we can. Alternatively, our 24 hour OneCall line is available on **0800 567 0111**.

What will happen after I have made contact?

Following referral to the service, you will be added to a waiting list and be offered one of the following interventions. After discussion of your needs, you will be offered one of the following interventions:

- A place in a 5 week bereavement group
- Supportive phone calls from volunteers
- Bereavement counselling
- Depending on demand there be a wait for support

Additional useful contacts when someone has died:

Bereavement Advice Centre - 0800 634 9494 bereavementadvice.org

Benefits gov.uk - www.gov.uk/browse/benefits

Visit the LivingGrief Bereavement Hub Website:

The LivingGrief Bereavement Hub website has information and details of local and national bereavement services and support groups:

livinggriefeastssuffolk.co.uk





How much **does it cost?**

All emotional and spiritual wellbeing services at St Elizabeth Hospice are free. St Elizabeth Hospice is a registered charity and relies on gifts and donations to carry out its work. Thanks to generosity of the local community we are able to offer bereavement support free of charge to the relatives and friends of hospice patients.

Tell us what you think

Hearing about your experience of St Elizabeth Hospice can help us to improve our services and provide better care and support for those who need it.

To make a comment or complaint, or to compliment us on something we've done well, please write to us or visit stelizabethhospice.org.uk

Contact **us**

0300 303 5196

emotionalwellbeing@stelizabethhospice.org.uk

stelizabethhospice.org.uk

St Elizabeth Hospice

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