

LIVINGGRIEF

Let's talk about grief...

Introduction to our bereavement services



Ipswich & East Suffolk





Our bereavement services



Bereavement is the experience of sadness, grief, and mourning after a loved one has died.



Grief is what we feel when someone we love dies.



People can feel lots of different things when they are grieving.



These feelings are normal and may include feeling:



Very sad or upset



Angry



Confused



Lonely



Worried



At St Elizabeth Hospice we give support to:



- St Elizabeth Hospice patients and their families.



- Anyone going through grief or bereavement because of a **progressive illness** can now use our services.



A **progressive illness** is a sickness that gets worse over time. This means a person might feel more unwell as time goes on.



You can get support and information from our website.

stelizabethhospice.org.uk

The website includes a form to fill out so you can use our bereavement services.



You can get access to our free online chat for bereavement **counselling** called GriefChat.



Counselling is when you talk to someone who is trained to help you with your feelings and problems. They listen to you and help you feel better or find ways to cope.



565 Service



We have the 565 Service which provides emotional support for children, young people and families.



The emotional support is for children and young people who are living with a family member with a progressive illness.



The 565 Service also offers bereavement support following the loss of a loved one.



Support available from our 565 Service includes:



Family meetings



One-to-one counselling



Group work



We have lots of useful information, including a range of activities suitable for people of younger ages. The information is for:



Parents



Schools



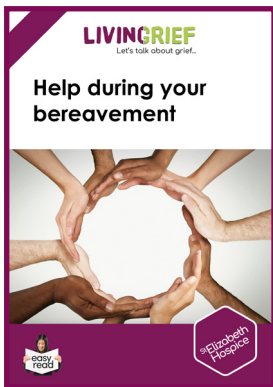
Children



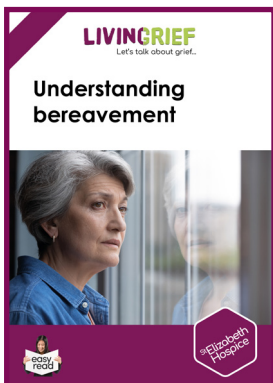
Our bereavement pack



Our bereavement pack includes the following easy read booklets:



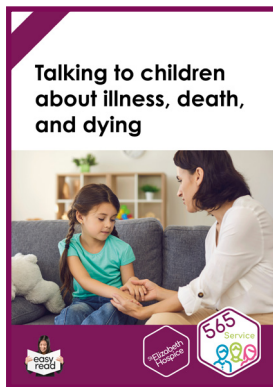
Help during your bereavement



Understanding bereavement



Register Office information



Talking to children about illness, death and dying



Remembering someone special who has died



How to return equipment



Getting help from our 565 Service



In Memory: ways to remember and celebrate your loved one



Walk on: free walking group



Other organisations that can help you

You can contact us in a number of different ways.

Phone number: 0300 303 5196

Email: emotionalwellbeing@stelizabethhospice.org.uk

Address: St Elizabeth Hospice, 565 Foxhall Road, Ipswich, Suffolk IP3 8LX

Website: stelizabethhospice.org.uk

Facebook: St Elizabeth Hospice

Instagram: @stelizabethhospice

LinkedIn: st-elizabeth-hospice

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