

LIVINGRIEF

Let's talk about grief...

Help during your bereavement



Ipswich & East Suffolk

St Elizabeth
Hospice



What is in this booklet?



Help during your bereavement

Page 4



Who can use our bereavement services?

Page 8



LivingGrief Sessions

Page 10



Walk On Walking group

Page 13



Formal bereavement support

Page 15



Who will support you?

Page 19



Bereavement groups

Page 21



One-to-One counselling

Page 22



Support for children

Page 24



How to get in touch

Page 26



What happens next?

Page 27



Other local support available

Page 28



How much does it cost?

Page 29



Tell us what you think

Page 30



Help during your bereavement



Bereavement is the experience of sadness, grief, and mourning after a loved one have 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 get bereavement support.



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



Our bereavement services are here to help you during this difficult time.



Who can use our bereavement services?



Anyone in East Suffolk who has lost someone to a progressive illness can use our bereavement services.



After losing someone, you might want to talk to someone about your feelings, either:



One-to-one

or



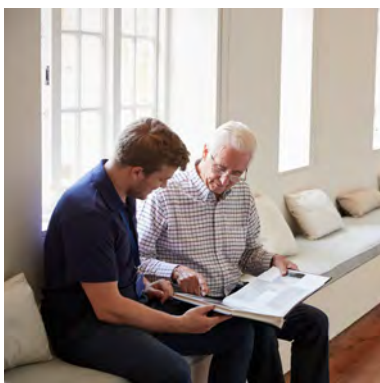
In a group



You can get **practical advice**.



Practical advice is recommendations or about how to act or what to do.



You can visit the hospice if you feel it would be helpful.



LivingGrief Sessions



We run LivingGrief Sessions for people who are grieving.



These are group sessions that take place in person.



You can join these sessions at any time after losing someone.



In these sessions, you can:



- Learn what to expect during bereavement.



- Meet others who are in a similar situation.



- Talk in a small group



- Talk about things you are finding hard and how you are coping.



Anyone over 18 years old is welcome to join.



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 get support from LivingGrief by filling out a form at **www.stelizabethhospice.org.uk/our-care/livinggrief-bereavement-support/refer-to-livinggrief/#refer-livinggrief**



Walk On Walking group



Our Walk On Walking group is for anyone who has had someone close to them die.



**Some
time ago**

Recently

You can join the group whether you lost someone close to you recently or some time ago.



This group combines walking with the support of others who understand what you're going through.



Walks take place in Ipswich and nearby areas.



After the walk, many people visit a café together.



For details of walks call the LivingGrief Bereavement and Emotional Wellbeing Enquiry Line on **0300 303 5196**



or to register and find details about upcoming walks, please visit:
www.stelizabethhospice.org.uk/our-care/livinggrief-bereavement-support/walk-on/



Formal bereavement support



Formal bereavement support is professional help for people who are grieving the loss of a loved one.



Formal support usually starts 8-12 weeks after the death of your loved one.



This is because the first weeks after a death are generally taken up with the immediate feelings of loss.



These feelings are normal and may include:



- Numbness, which is when you shut out your feelings. You may feel empty or like you are watching your life from far away.



- Sadness



- Anger



- Fear



- Anguish, which is a feeling of strong pain or suffering in your body and mind.



During this time, your family and friends could be your main support.



You may also have a funeral to prepare for and other things you need to attend to.



If you need more help after this period, our team can offer support.



You might be sent to us by your nurse or GP (doctor) if they think you need extra help.



Who will support you?



Our bereavement team includes trained professionals like:



- **Counsellors** - 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.



- **Skilled volunteers** - a person who can offer support to people.



For example, support may be regular phone calls if you need someone to talk to.



Bereavement groups



We run bereavement groups that meet once a week for six weeks.



In these groups, you can learn about grief, share your experiences, and get support from others.



Many people find comfort in talking to others who are going through the same thing.



One-to-One counselling



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.



You can have one-to-one bereavement counselling.

This can be done:



Face-to-face



Online



By phone



Counselling helps you talk about your loss in a safe and private setting.



Counselling can help you think about any changes you need to make in your life.



Counselling can help you think about how to remember your loved one.



Support for children



Our 565 Service supports young people aged 5-18 who have lost a loved one. We offer:



- Support and guidance for parents



- Support for schools



- Family meetings



- One-to-one sessions for children and young people



You can read more about our 565 Service in our easy read guide.



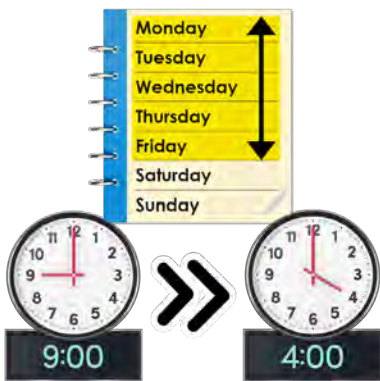
How to get in touch



You can contact our LivingGrief team by calling **0300 303 5196** or emailing **emotionalwellbeing@stelizabethhospice.org.uk**.

We are available Monday to Friday, 9 am to 4 pm.

If you call outside these hours, leave a message, and we will call you back.



Or you can call our OneCall 24-hour line at **0800 567 0111**.



or get support from LivingGrief by filling out a form at **www.stelizabethhospice.org.uk/our-care/livinggrief-bereavement-support/refer-to-livinggrief/#refer-livinggrief**



What happens next?



After you contact us, we might offer you a place in a bereavement group, supportive phone calls, or one-to-one counselling.



Sometimes, you may need to wait for support, depending on how many people we need help.



You can find more support on the Living Grief Hub website:

www.livinggriefhub.co.uk



Other local support available



You can also reach out to the Bereavement Advice Centre at **0800 634 9494** for more support.



Look at our easy read guide about other organisations that can help you.



You can look at the bereavement hub to find out what other support is available locally:

www.livinggriefhub.co.uk



How much does it cost?



All of our bereavement services at St Elizabeth Hospice are free.



St Elizabeth Hospice is a charity.



We rely on gifts in wills and money donations to carry out our work.



Tell us what you think



Hearing about your experience of St Elizabeth Hospice can help us to improve our services.



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



You can make a comment or **complaint**, or **compliment** us on something we've done well.



A **complaint** is to say something is unfair, unacceptable or otherwise not up to normal standards.



A **compliment** is to say something good about someone or something.



You can do this by writing a letter and sending it to:

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



or you can visit:

stelizabethhospice.org.uk

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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Made
with

