

Helping you through bereavement

Find out how to access support



*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773

**For an alternative format or
language, please contact:**
enquiries@stnh.org.uk

About our services

Grief can affect people in different ways, it may include sadness, anger, guilt, relief or confusion, and a feeling of being lost or overwhelmed. We can provide emotional support through talking, and in both one-to-one and group settings.

Who do we help?

Anyone who is experiencing grief and bereavement in West Suffolk and Thetford.

Who are the Bereavement Team?

Our bereavement specialists consist of highly skilled staff, students, counsellors and volunteers from various backgrounds. We listen in confidence to anything that you need to say. Regular training, supervision and support ensure they provide quality of care.

Individual support

Support is based on your needs, and may vary from a chat to more in-depth regular counselling sessions. We can speak to you at the Hospice in a private space, by phone or virtually.

How long does support last?

As bereavement is a natural process, it varies. You may speak to us once or numerous times. This is short term work and together, we work to an agreed ending, but always reviewing your needs.

Feeling comfortable with who you talk to

If, for any reason, you find you do not feel comfortable with your bereavement worker, you can ask to see someone else at any stage in the process.

Group bereavement support

Our groups enable people to regularly connect with those of similar experiences and concerns. It is a safe space and everything said remains in confidence within the group. Sometimes participants continue to meet and support each other after the group has finished.

Stepping Forward Walking Group

The group meet once a month for an hour. Walk and talk with like-minded people and trained volunteers. Stepping Forward is open to all who are bereaved.

Bereavement Café

The Hospice holds its Bereavement Cafés in Bury St Edmunds, Haverhill, and Thurston. Please see our website for up to date details on these events.

www.stnicholashospice.org.uk/events

Peer Support Group

Meet with others, young and widowed, in a relaxed setting for a coffee and casual chat, supported by the Psychological Services Team. Weekly on Thursdays, 10-10.30am until midday, at St Nicholas Hospice Care, Hardwick Lane, Bury St Edmunds.

Accessing our services

For more information about our bereavement groups or our one-to-one counselling, please get in touch:

Telephone: 01284 715572

Email: psychological.services@stnh.org.uk

You can also self-refer on the Hospice's website:

www.stnh.org.uk/psychological-services

Your Experience **Survey**

We want to develop our services in response to feedback; please consider filling out our survey, which is available online or can be requested in paper form.

www.stnicholashospice.org.uk/your-experience-survey



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