

# Helping you through bereavement

Bereavement support for family and friends



*because  
you matter*

**St Nicholas**  
Hospice Care

A Registered Charity No. 287773



**Need to talk?**

01284 766133

[stnicholashospicecare.org.uk](http://stnicholashospicecare.org.uk)

# Helping you when someone has died

Bereavement support is an essential part of St Nicholas Hospice Care's work.

Grief can affect people in different ways. It can leave them with emotions which may include sadness, anger, guilt, relief or confusion and a feeling of being lost or overwhelmed. Our Family Support Team provides someone to talk to.

## One-to-one bereavement support

Support is based on need, and may vary from a telephone call or a chat over a cup of tea to bereavement counselling where issues can be worked through in depth.

Meetings can either take place in the Hospice's private counselling rooms or in your own home.

### How long can I expect support?

We consider bereavement to be a natural process. How long it takes varies from a one-off contact to ongoing contact. Bereavement workers will regularly review your needs with you and work towards a mutually agreed ending.

If you find you do not feel comfortable with your bereavement worker, or would prefer to work with someone of a different gender or age, you can ask to see someone else at any stage in the process.



## Group bereavement support

Bereavement groups give people the opportunity to meet regularly with other people who have had similar experiences or concerns. All groups are facilitated by the Family Support Team and what is shared remains in confidence within the group. Sometimes participants continue to meet and support each other after the group has finished.

### What groups are available?

#### Bereavement Support Group

The Bereavement Support Group meets weekly for six weeks and is organised twice a year. It offers a safe setting in which to explore feelings, share information and simply be with others in similar situations.

#### Stepping Forward Walking Group

Walk and talk with a group of like-minded people and trained bereavement volunteers. Walking with people who have also experienced bereavement may just be the thing to get you back on track. Stepping Forward is open to all who are bereaved. The group meet once a month for an hour's walk.

#### Bereavement Activity Groups

We also run occasional bereavement activity groups, such as cooking, DIY and arts and crafts, which consist of four sessions over three to four months.

#### Bereavement café

Every Wednesday, from 10am to midday, the Hospice holds its Bereavement Café, at The Apex, Bury St Edmunds.

For more information about our bereavement groups please get in touch:

**01284 715572**

**[familysupport@stnh.org.uk](mailto:familysupport@stnh.org.uk)**





## Who are the Bereavement Team?

Our bereavement workers, within our Family Support Team, come from various backgrounds and have a wide experience of life. Carefully selected, they are willing to listen in confidence to anything that you need to say. The team consists of staff and volunteers who all have regular training, supervision and support to ensure they provide quality of care.

## What about faith and religion?

Bereavement support is offered in ways which support your views whatever your faith community, spirituality, beliefs or philosophy of life.

Please see the separate leaflet for further information about spiritual, religious and pastoral care.

# How to **contact** Family Support

If you would like to get in touch with the Family Support Team please speak to a member of staff or contact:

**01284 766133**

**[enquiries@stnh.org.uk](mailto:enquiries@stnh.org.uk)**

Family Support Team, St Nicholas Hospice Care,  
Hardwick Lane, Bury St Edmunds, Suffolk IP33 2QY

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This leaflet is available in different formats upon request.  
Please contact the Marketing and Communications  
Department for further information on 01284 766133.

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