Support services

Bereavement
Bereavement services
The weeks, months and sometimes the years following a bereavement can be a bewildering and overwhelming time. People often find it difficult to talk with family or friends, fearful that they may upset them, or that they will over burden them and ‘frighten them away’.

Bereaved people can often feel isolated and that no-one understands what they are going through. Sometimes it’s also difficult to understand themselves and to make sense of what they are feeling.

Talking with and sharing your experiences with someone experienced in listening or other bereaved people may help you to express your feelings and make sense of what is happening to you.

Bereavement support group
The group meets on the second and fourth Wednesday of each month at Saint Francis Hospice.

Some of the people who come along are newly bereaved, others may have been bereaved several months ago.

Many come following the death of their partner, but others may have lost a parent, adult child, brother, sister or friend. The one thing that everyone who attends the group has in common is that the person who has died was under the care of the hospice.

We never know how many are going to be at each group meeting - sometimes there are only three or four people, sometimes there could be seven or eight. However, there is always someone from the bereavement service to welcome you and help you feel at ease.

You do not have to come to every meeting and it is not necessary to let us know if you are coming - just turn up!

**When:** 2nd and 4th Wednesday of each month 7.30pm - 9.30pm

**Where:** Saint Francis Hospice, Havering-atte-Bower, Romford RM4 1QH 01708 753319

Individual bereavement support
You may want to talk to someone privately on a one to one basis and only meet once, or you may need on-going support over a longer period.
Bereavement support workers will be able to see you either at the hospice or in your home, if you live within the hospice catchment area, and this meeting will be confidential in accordance with the Saint Francis Hospice Confidentiality Policy.

Our bereavement support workers are volunteers who come from a variety of backgrounds and experience. They are trained in bereavement support and receive on-going supervision.

**HOPE**

HOPE is a unique support group which over a six week period will offer a combination of education and interaction in a safe and friendly environment, where you will explore the grief process and work through its many emotions to help cope with the adjustments to life in the future.

**Supporting children**

The death of someone important can impact on a child no matter what their age. For young people and children this experience can be a confusing roller coaster of emotions.

Bereavement support is offered to young people either individually, as part of family groups or through our special bereavement days where young people can come together in a supported and safe environment to explore feelings and experiences.

For children, grief is as natural an expression of loss as it is for adults, sadness, anger, guilt and anxiety are just some of the feelings that can emerge.

To make an appointment to meet with one of our bereavement support workers, get support and advice as a parent or for support for your child, please telephone the hospice bereavement services on **01708 753319**

**“WALK ON”**

On the first Wednesday of every month 9.45am on The Green at Havering-atte-Bower. Our walk will start at 10.00am.

Join the Saint Francis Hospice walking group for service users, friends and family of service users and those bereaved of a loved one under the care of Saint Francis Hospice. Dogs are welcome! Our “Walk On” group will walk for one hour through the picturesque surrounding area and countryside. It is an opportunity to talk to others who have experienced or are experiencing hospice care. Please wear appropriate footwear and bring a bottle of water.

“Walk On” offers a chance to walk and talk with like minded people, or just enjoy the company of others. The benefits include companionship, connecting to the environment and the sense of well being which comes with exercise.
About Saint Francis Hospice

Saint Francis Hospice provides care 24 hours a day, 7 days a week to local people affected by life-limiting illnesses. As a registered charity, we rely on the financial support of our community to keep providing world class care free of charge to individuals and their families. Every year, we provide treatment, care and support to more than 4,000 local people affected by a life-limiting illness.

The Hall
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Call: 01708 753319
Email: mail@sfh.org.uk
Visit: www.sfh.org.uk

This leaflet has been reviewed by the Service User Group
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