



adding life to days
Nottinghamshire
Hospice

Our Care **Bereavement**

Our continuing support for you.

Welcome to Nottinghamshire Hospice Bereavement Support

If you've experienced the death of a relative, friend or partner following an illness, and your GP is in Nottingham or Nottinghamshire, our Bereavement Services are here to help you.

Our care is person-centred and non-judgemental – it's simply a safe space to be heard. There's no right or wrong way to approach grief, and everyone deals with things differently. After a bereavement, you may feel a need to talk and will find that helpful. You may well have friends or family you can talk to, but being able to talk to someone entirely outside the situation is important.



All our services are free. You may be referred by a healthcare professional, or you can refer yourself by phoning **0115 962 1222** where our Care Coordination Team will take the details. Our Bereavement Team will then contact you.

After referral you'll have your first appointment with an experienced member of our team. This gives you an opportunity to talk through what is going on for you and get an idea of the type and level of support you might find helpful. If you then decide you'd like ongoing support, we'll arrange this as soon as possible, at a time convenient to you.

Please get in contact with us and let us know if we can support you.

0115 962 1222

info@nottshospice.org

The Bereavement Support offered through Nottinghamshire Hospice:

Emotional Support

Support is given by trained volunteers who have experience of working with bereaved people. They offer a listening ear and an understanding of the ways bereavement may affect you. They may also offer practical advice and information. There's no expectation that you will talk about anything in particular – it's about responding to what you bring to the session.

Emotional support is initially for eight sessions, with the possibility of extending this if required. We can provide support at the hospice or over the telephone.

Emotional Support over the Telephone

You may prefer to access support over the phone, and this can be given on a regular basis, usually once a month, or as a one-off. Again, what we offer you depends on what your preference is, and what you find easiest to access.

Counselling

Counselling is provided by fully qualified counsellors, and those in training. The difference between counselling and emotional support is not always obvious, but if you are feeling stuck, overwhelmed, or are dealing with more complex or difficult issues, you will usually be offered counselling. This does still depend on your own sense of what will be most helpful to you. Counselling is time-limited and usually takes place at the hospice or over the telephone.

"thank you for the compassion, care and friendship..."

Spiritual Support

We can also offer support from our Chaplaincy Team or can arrange support from other religious leaders through working with the local community.

Peer Support through Bereavement and Friendship Groups

A bereavement support group and a friendship group meet monthly. The staff who facilitate these groups encourage those attending to support each other. You can attend the bereavement group at any stage of your grief journey. You may be over the worst or near the beginning.

The friendship group is for people who have moved through the worst of their grief but still meet as friends to support each other.

Groups may meet virtually via Zoom or face to face at the hospice building.

For details about when these groups are meeting or about groups in other locations please contact the Support Services Team on the number below.

Tel: 0115 962 1222



About Nottinghamshire Hospice

We aim to add life to days for people who have been told that their illness cannot be cured. We help people who are thought to be in the last year of their life to live as actively and well as possible with care that puts the highest value on dignity, choice and respect.

We provide holistic care to patients and their carers. We offer compassionate nursing care to help meet physical needs, social support to help tackle loneliness or isolation and counselling and chaplaincy to support spiritual needs.

Nottinghamshire Hospice is committed to equality, diversity and inclusion in all aspects of our work and practice. We will not accept discrimination in any form.

Contact us to find out how this service can be tailored to meet your needs.

**Nottinghamshire Hospice
384 Woodborough Road
Nottingham
NG3 4JF**

**Tel: 0115 962 1222
www.nottshospice.org**

We value your feedback and see comments or complaints as an opportunity to improve and put things right.

