

If you are struggling to cope after the death of someone close to you, call:

St Andrew's Hospice
on 01472 250623

and our team will get in touch to assess your needs and arrange the most appropriate support.



St Andrew's
Hospice

under one roof

making each day count

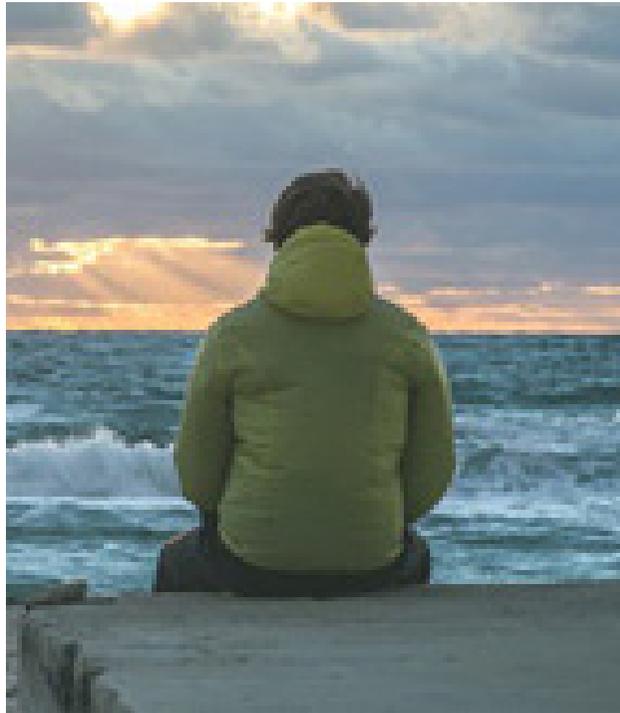


Provider of Choice



Somewhere to turn when someone dies

Working together to support you.



This leaflet was created by St Andrew's Hospice. If you have any comments or suggestions regarding this leaflet or you would like the information in another format or language, please tell us. You can do this by speaking to any of our care team.



St Andrew's
Hospice
under one roof

St Andrew's Hospice, Peaks Lane, Grimsby, DN32 9RP

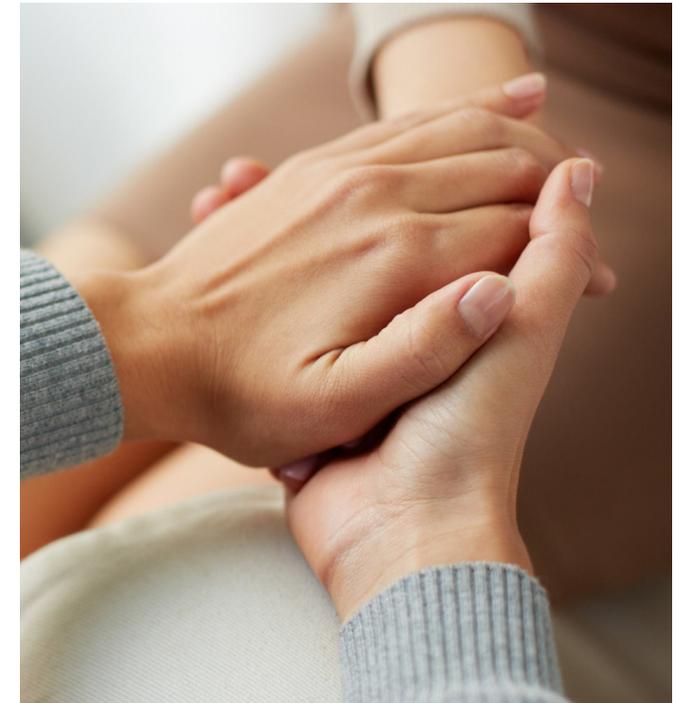
Telephone: 01472 250623

E: hello@standreshospice.com

W: www.standreshospice.com

Registered charity no. 1011117 (England) Company No : 2710865

North East Lincolnshire Bereavement Support Service



This leaflet gives information about where you can turn to for support if you have lost a loved one.



North East Lincolnshire Bereavement Support Service

Three of the region's leading providers, St Andrew's Hospice, Care Plus Group and CRUSE Bereavement Care, have formed a partnership to enable better provision of bereavement support throughout North East Lincolnshire.

The North East Lincolnshire Bereavement Support Service offers free, confidential support for adults and children. The referral and assessment process ensures each individual or family is offered the right service, whether that be within the hospice, their home, school or through another organisation that may be better placed to provide the support you require.

The death of someone we care for affects us in different ways. Everyone experiences grief differently and there is no normal or right way to grieve. Grief is a natural process, and most people work through their grief utilising their own coping mechanisms and or social/family support. But we recognise that some people need additional specialist support.

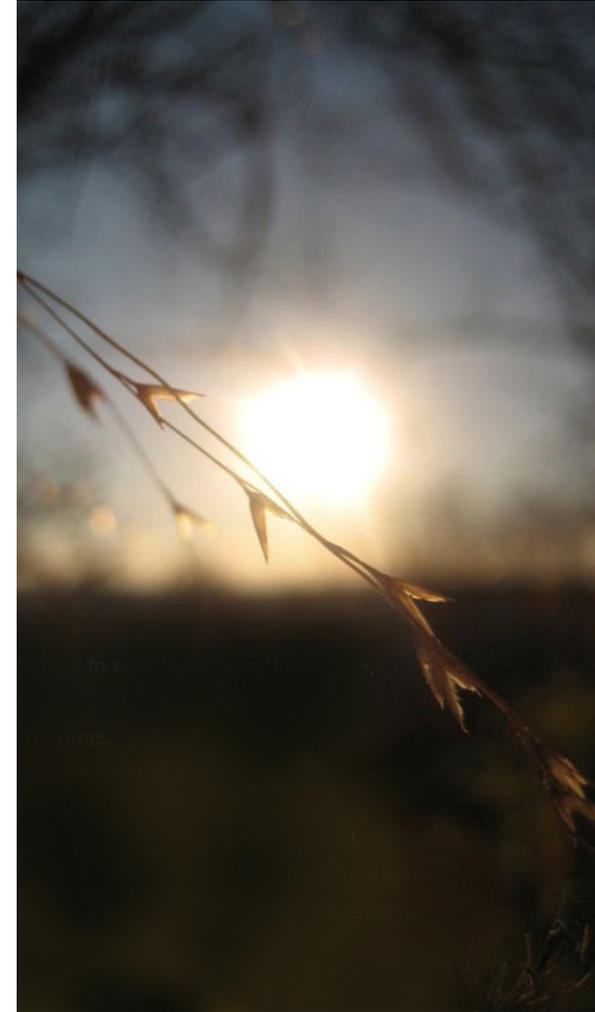
Our range of services

The range of services we offer aims at providing the most appropriate support for those bereaved at any age or under any circumstance.

One-to-one: Bereavement support may be useful as you learn to live with grief and adapt to life after loss. Some of the areas you can work on with a bereavement support worker include managing strong emotions or memories, recognising and helping with shock or helplessness you may feel or learning new skills or roles to enable coping mechanisms.

Group work: You may want to share your experience with others in a group setting. Many find reassurance and comfort when their grief is shared with others that may be able to empathise with their loss. There are a number of different groups to suit people's needs:

- A closed group where adult members can share their feels and experiences in a structured and facilitated group.



- Friends Together is a more informal adult group comprising of those whose grief is perhaps not quite so overwhelming but nevertheless are seeking support and companionship.
- Children and Young People's groups: Age-appropriate groups where children can safely explore their feelings in a creative, sometimes playful, and sensitive way.