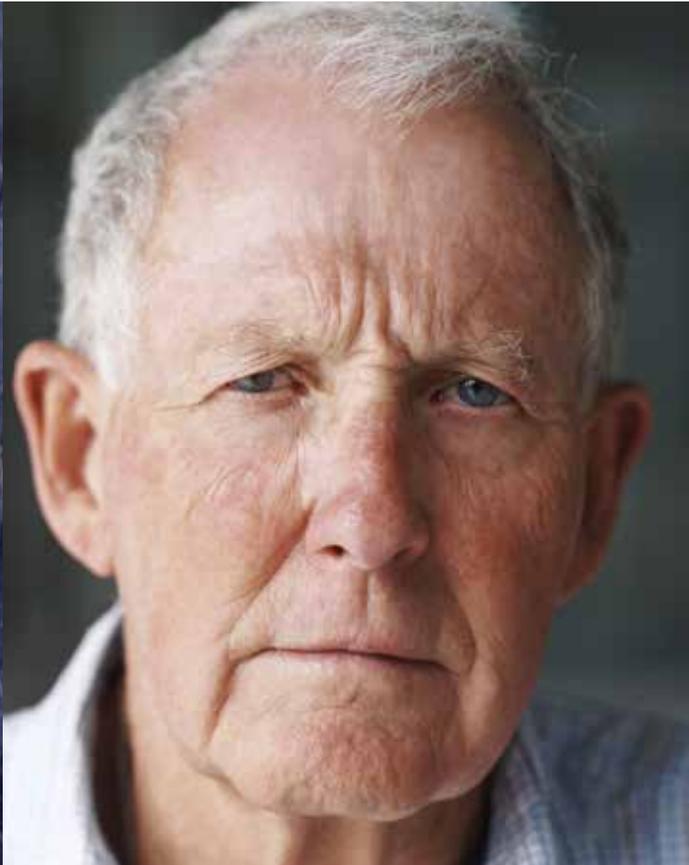


St Joseph's Hospice Bereavement Service

Support and counselling for bereaved people



St Joseph's
Hospice



Are you bereaved or know you are going to be and need someone to talk to?

“Thank you so much for the wonderful service you provide. I feel more myself now than perhaps ever.”



“The service that I received was absolutely excellent and helped me to move on.”



Bereavement and grief

The death of a family member or friend can be very painful and distressing. You may find that you need support during this time. People react to different losses in different ways.

There are a number of ways you might react

You might:

- feel shocked and numbed by your loss
- find it difficult to accept your loss
- feel lonely, depressed, anxious, angry and guilty
- find it difficult to eat and sleep
- find you are forgetful and confused
- feel you may be ‘going mad’
- find everyday problems difficult to cope with
- feel you have lost your reason for living
- feel unable to talk to family or friends.

Be gentle with yourself. All of these are natural reactions to bereavement and not necessarily signs that you cannot cope. During this time you may need the support of others. Speaking to someone about how you feel and the changes you are facing may help you feel less alone with your grief.

Who is the service for?

St Joseph’s provides bereavement counselling and support for:

- bereaved relatives and friends, including children, of people who have been cared for by St Joseph’s, whether in the hospice or at home, or by other hospices
- people aged 18 – 50 who live in City and Hackney or are registered with a City and Hackney GP who have no connection with the hospice but who have already experienced a bereavement, are anticipating the death of a close friend or relative from an advanced, terminal illness, or are living with an advanced, terminal illness. This service is funded by the City and Hackney Clinical Commissioning Group. Another service in Hackney provides counselling for bereaved adults over 50.

All support is provided FREE of charge.

How we can support you

We offer:

- bereavement counselling individually or with other family members
- telephone counselling
- bereavement support groups
- a bereavement forum available at www.stjh.org.uk
- access to many other services provided by the hospice



“The group has been my lifeline... it is so helpful to talk to other people who have been through the same experience.”

Bereavement counselling

You may find it difficult to talk about your loss with family or friends. Counselling gives you the opportunity to talk about any difficulties you are experiencing with your bereavement with one of our highly trained and experienced team of staff and volunteers. You usually meet once a week at the same time for a 50 minute appointment. Counselling can continue for as long as you are experiencing difficulties and need our support with your bereavement.

Sessions take place in the counselling rooms at the hospice. If you can't travel to the hospice it may be possible to arrange counselling in a different place such as your doctor's surgery. We do not offer home visits.

Telephone counselling

If you would prefer to receive telephone counselling we can offer this as an alternative. This takes place at a pre-arranged time each week and lasts for 30 – 40 minutes.

All counselling is confidential.

www.stjh.org.uk Tel: 020 8525 6000

Bereavement support groups

Attending a bereavement support group gives you the opportunity to:

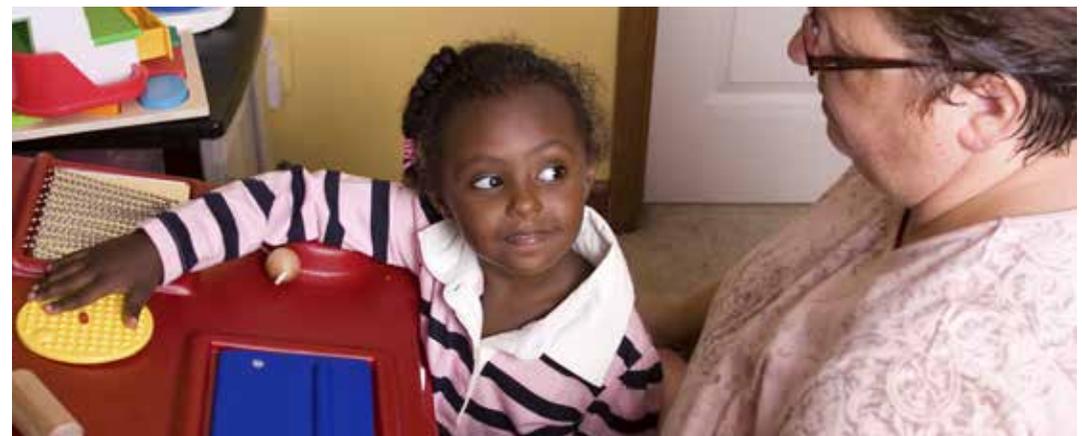
- meet other bereaved people who may have had similar experiences to you
- share and explore your feelings and experiences with people who understand and who you don't have to protect
- listen to others' experiences so that you don't feel so alone in your grief.

Our Support Groups meet monthly in rooms at St Joseph's Hospice. They are led by experienced members of our team.

Bereaved children

Children also grieve and it can be hard to know how to support them. We offer counselling to bereaved children and young people whose relatives have been under the care of the hospice or who live in the boroughs of Hackney, Tower Hamlets or Newham. For advice or to make a counselling referral please contact the hospice.

To arrange for support from the Bereavement Service call our First Contact Team on 0300 303 0400, email stjosephs.firstcontact@nhs.net or fax 0208 525 6085.



How to contact us and make a referral

You can contact us yourself, or a GP or other professional can make a referral on your behalf. To arrange for support from the Bereavement Service or arrange support for children, please call St Joseph's First Contact Team on 0300 303 0400, email stjosephs.firstcontact@nhs.net or fax 0208 525 6085.

Directions/travel

St Joseph's Hospice is situated off the A107 road. The nearest underground station is Bethnal Green on the Central Line.

The following buses pass the gate (26 – 48 – 55 – 106 – 254 and D6)

District Line to Whitechapel and then by bus (254 – 106) from outside the station.

The nearest station is London Fields which provides onward connections to Liverpool Street, Walthamstow, Chingford and beyond.



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Mare Street, Hackney,
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T: 020 8525 6000
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www.stjh.org.uk



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