



WOODLANDS HOSPICE

# Bereavement Support

## Information about other services

You might find help and support are available to you from Faith based organisations and community groups, or from your GP practice, so please think about making contact with the service you feel most appropriate to your needs. In addition it might be helpful to know about services other than those provided at Woodlands which are available locally and nationally.

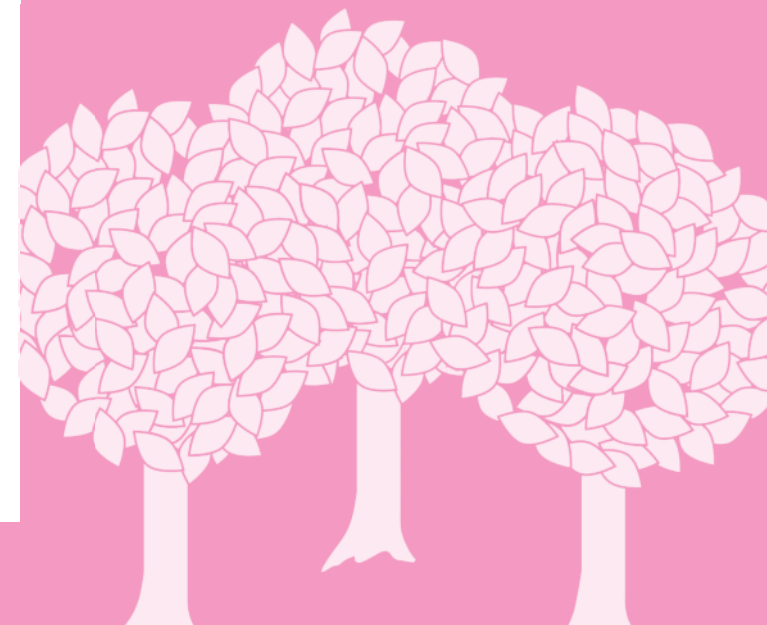
Liverpool Bereavement Service	<b>0151 236 3932</b>
The Alder Centre	<b>0151 252 5391</b>
Cruse Bereavement Care Helpline	<b>0844 477 9400</b>
Child Bereavement UK	<b>0800 028 8840</b>
Lesbian and Gay Bereavement Project	<b>0207 833 1674</b>
Salvation Army	<b>0151 525 4785</b>
Listening Ear	<b>0151 488 6648</b>
Samaritans	<b>0151 708 8888</b>
COMPASS	<b>0151 237 3993</b>

Although we cannot experience your personal feelings, we do understand that this is a time of sadness. We would like to help you in any way we can.

You can speak to a member of the Family Support Team on **0151 529 5352**, or alternately your Key Worker, the Hospice at Home Coordinator or the Nurse in Charge of the Inpatient Unit on **0151 529 2299**



Woodlands Hospice Charitable Trust,  
AUH Campus, Longmoor Lane, Liverpool L9 7LA  
Tel: 0151 529 2299  
[www.woodlandshospice.org](http://www.woodlandshospice.org) Charity No. 1048934



# Bereavement Support



**We at Woodlands Hospice understand that bereavement is a very personal experience, so it is important that you try to allow yourself time to grieve, be kind to yourself and adapt to the loss of your loved one in a way that is right for you.**

## **Taking care of yourself is important**

- Try to express your emotions.
- Remember that you need time to rest, think and sleep.
- Try not to forget that children experience similar feelings and need to share their grief. If you can let children talk about their emotions and express themselves.
- Encourage children to return to school and let them continue with their usual activities.

- Be gentle with yourself. Try not to bottle up your feelings or suppress your tears, they are an essential part of the healing process.
- Talking about what has happened may help.
- Try not to make any major decisions unless you really need to.
- Don't be afraid to ask for help.

## **As you grieve you may face some challenges**

- There may be people and places you want to avoid because the memories are too painful.
- Special occasions such as birthdays, anniversaries and Christmas may be hard to cope with.
- You might find it helpful to plan ahead so that you are well supported at these times.

## **Bereavement Services available at Woodlands Hospice**

### **• Bereavement groups meet once a month**

*An opportunity to meet and talk to others, share the experience of bereavement, or to seek advice and support from members of the team.*

### **• One to one meetings**

*Meet individually with a member of The Family Support Team.*

### **• Complementary Therapies**

*Reflexology, Aromatherapy Massage and Reiki are available from qualified therapists (we can send you more information about these if you are interested).*