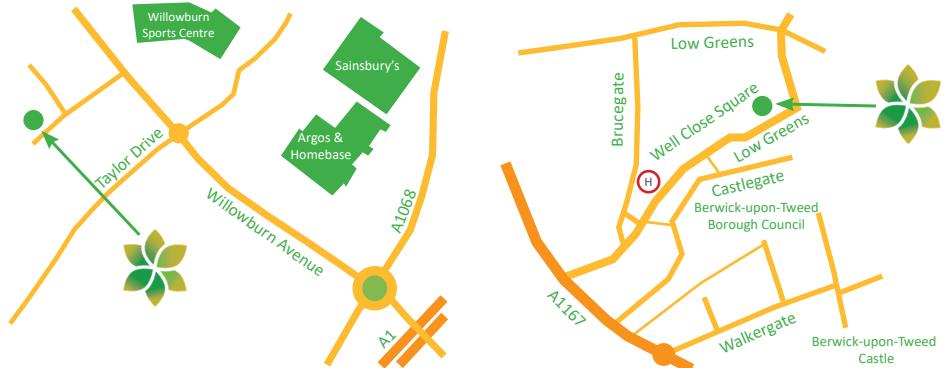




HospiceCare
NORTH NORTHUMBERLAND

caring for Life



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The North Northumberland Hospice is a company limited by guarantee.
Registered Office: Greensfield House Willowburn Avenue, Alnwick NE66 2DG
Registered as a company in England No. 04925273, Charity No. 1103635



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Local Bereavement Support Service



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Bereavement Support

Bereavement Support Service exists to provide a confidential **listening** service for bereaved adults living within the Hospice catchment area. There does not have to have been any previous connection with services offered.

We provide confidential and safe space to **share, express, and understand your grief**.

We do this through a number of ways:

- Telephone listening support
- Face –to-face (one-to-one) support at the Hospice, if required
- Bereavement Cafe support

We are responsive to each individual's faith, culture, and personal circumstances. We respect that each person is unique, as we seek to accompany you on the journey through grief.

We make no charge for this support and will try to work out with you the most appropriate support for your needs.

The death of someone close to you can be an emotionally traumatic experience. There may be intense emotions that are not easy to cope with.

Many bereaved people come through grief with the help of family and friends. For some people, extra support can be helpful.



Bottling-up difficult feelings can have damaging psychological, emotional and physical effects.

Grief is not an illness. It is not a weakness. It is not a sign you are going crazy. It is a healthy and necessary response and experience.

Grieving is a normal and natural part of life as a result of experiencing a loss or bereavement. It may involve you needing to express your deepest feelings and eventually come to live with the reality that your relative/loved one/friend has died, and also find ways to adapt to your changed circumstances and life.

Grief is sometimes described in terms of a journey. There are some feelings that are frequently experienced by many people who are bereaved, although not everyone experiences all of them.

Grief can take many forms and different lengths of time for different people. Some people experience deep emotion, and others work through their grief in more practical ways.

You may experience:

- Shock, disbelief, denial
- Sadness and depression
- Anger and guilt
- Feeling of acceptance

How is a listening service different from Counselling?

Many people find it helpful to talk and share openly their feelings and experiences. Doing so can be cathartic and healing.

Listening is not counselling, nor is it a poor relative of counselling. Active listening provided by our trained, skilled, and experienced team of volunteers offers a safe, confidential, and supportive opportunity through which you may wish to explore your own experiences and how to best respond to them. It's a bit like a 'sounding board'

Our Bereavement Support Team is made up of volunteers who can guide and encourage you to share your own story with the ultimate aim of assisting you to make your own choices and come to your own conclusions about your next step. All information shared with us is treated as confidential; that commitment will only be broken if we feel there are concerns about your safety and wellbeing, or that of someone close to you, or if there is illegal activity.

Counselling, however, is a talking therapy that involves a **trained therapist** listening to you and helping you find ways to identify and deal with problems.

We do not offer counselling.

What if I think Bereavement Support through Hospice Care North Northumberland is not for me?

There are other options for you to consider too.

Cruse is a national charity offering bereavement support.

Their website also has a useful section on signposting to other services.

CRUSE Bereavement Support

www.cruse.org.uk

National Helpline

FREEPHONE 0808 808 1677

If you feel counselling would help, you might wish to speak with your GP.

The following websites are places to search for a **private** counsellor:

www.acc-uk.org

www.bacp.co.uk

www.counselling-directory.org.uk

If you need to speak with someone urgently...

You can call either of the support groups below:

The Samaritans

Listening Service

116 123 (24 hours)

This number is FREE from ANY phone

Winston's Wish Helpline

Bereavement Support for those looking after bereaved children and young people
FREEPHONE 08088 020 021

Please feel free to call us on:

01665 606 515 / 01289 309 997