

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 in rooms at St Joseph's Hospice. They are led by experienced members of our team.

Other services

Islington Bereavement Service and Haringey Bereavement Service

If you are an Islington or Haringey resident, we also have services that provide support in these boroughs. Please contact us for further information.

Finding Space

St Joseph's community and events centre, Finding Space, offers a range of groups, clubs and activities including coffee mornings, yoga, relaxation classes, an art club, and a community choir. For more information, please contact: St Joseph's Reception Services & Venue Manager 020 8525 6003

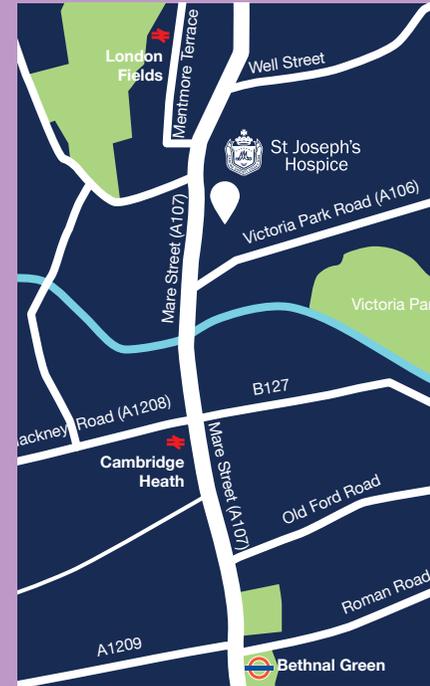
Information Hub

You will also find information about other St Joseph's services and community services and information about a wide range of issues in our community hub area. Feel free to come in and browse.

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

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, please call St. Joseph's Hospice First Contact Team on 0300 303 0400 or email stjosephs.firstcontact@nhs.net



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

St Joseph's Hospice Bereavement Service Support and counselling for bereaved people



St Joseph's
Hospice



St Joseph's Hospice,
Mare Street, Hackney,
London E8 4SA

T: 020 8525 6000
E: info@stjh.org.uk
www.stjh.org.uk



St Joseph's
Hospice

Founded in 1905 under the care of the Religious Sisters of Charity. Charity No. 1113125

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

“The support I received was a real lifeline... St Joseph's provides an invaluable service.”



“I feel very lucky to have received such sustained support and emotional sustenance when I badly needed it. Thank you.”



“It was helpful to know that the way I was feeling about my bereavement was normal and to be expected.”

Bereavement and grief

The death of a family member or friend can be very painful and distressing. 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
- adults (18+) who live in City and Hackney or are registered with a City and Hackney G.P. who have experienced a bereavement that was not connected to St Joseph's or who are anticipating the death of a close friend or relative from an advanced, terminal illness

All support is free of charge and confidential.

How we can support you

We offer:

- bereavement counselling for individuals, couples and families
- telephone counselling
- bereavement support groups
- access to many other services provided by the hospice

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.

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 this can be offered as an alternative. This would take place at a pre-arranged time each week and last for 30 – 40 minutes.

Family Therapy

Family Therapy offers bereaved families an opportunity to come together to talk about their bereavement and think together about how they can best support and understand each other through their grief.

All counselling is confidential.