

A graphic at the bottom of the page consisting of two green curved lines representing hills, with a light green shaded area underneath them.

Bereavement Support Information Pack

Bereavement Support

The Family Support Team have specialist practitioners who are experienced in bereavement support

We realise that the weeks and months after the death of someone close to you can be a very sad, confusing and difficult time. You may feel overwhelmed by your thoughts and feelings as well as the practical day to day demands. If you are trying to retain some control in a stressful situation you can feel very vulnerable.

Our team aim to support you in managing these competing pressures.

The Family Support Team can offer:

- Individual support for adults and for children and young people within the family
- Small groups providing the opportunity for you to share feelings and experiences with others who are bereaved
- Telephone support
- Written information about the experience of bereavement
- Advice and guidance about sources of help for and support with financial worries and the paperwork that can follow bereavement
- We also have a **Good Grief** Group which offers a supportive environment that provides you with a listening ear and the opportunity to listen to others and share your experiences if you would like to

We would like to keep you informed about the work of the charity and ways you can re-member your loved one and support the organisation. Therefore we need you to let us know if you are happy for us to do this and also confirm how we can contact you. Please complete the slip below and return it in the freepost envelope provided.

First Name _____

Surname _____

Email _____

Postal Address _____

Postcode _____

Mobile _____

Telephone _____

I am happy for you to contact me about the Light Up a Life campaign and similar events. You can contact me in the following ways (please tick accordingly):

Email ☐

Telephone ☐

Mail ☐

Signature _____

Date _____

The data we gather and hold is managed in accordance with GDPR and DPA (2018).

Hospice of the Valleys will only use the information provided for the specific purpose for which it was provided and will not pass it on or sell it to any third party

Please be aware that you can update your preferences at any time and can opt out of any future communications by contacting our fundraising department on 01495 717277 or emailing fundraising@hospiceofthevalleys.com



Self-Care

Grief affects everyone in different ways. It is important to try to keep a simple routine. Consult your doctor if you are concerned about your health and accept the support of others around you.

The Family Support Team can support you in talking about coping strategies and techniques to use to promote and monitor your self-care

Useful Contacts:

Age Cymru Gwent—01633 763330

Citizen's Advice Bureau—03444 772020

Cruse Bereavement Care—0808 808 1677

Winston's Wish—08088 020021

www.winstonswish.org

Samaritans—116123

Hospice of the Valleys

Festival Drive

Ebbw Vale

NP23 8XF

Tel: 01495 717277

Email: enquiries@hospiceofthevalleys.com

Web: Hospiceofthevalleys.org.uk

Registered Charity No: 517724

What about the children?



No child is too young to notice when an important person in their life is no longer there. Young children can be profoundly affected and not know how to express their feelings. Frequently, adults, knowing how painful bereavement can be, attempt to protect children by telling them little or nothing about what has happened. Children will sense something is wrong from the behaviour of those around them.

Children need clear, simple explanations and the reassurance that the death of one person does not mean that others will die. They need to know that they are still loved and will be taken care of, and they require as much security and routine in their lives as possible.

They need to know that crying is OK for adults and children but sadness does not last forever and it is OK to have fun too.

Our Family Support team can provide support in this area.

We also provide a bereavement awareness program to schools within Blaenau Gwent to educate and train staff.

How you might be feeling

"Why me?"

Death seems cruel and unfair. Beliefs you took for granted may be challenged.

"I feel so angry."

The feeling of anger can be very powerful and is often directed at those people closest to you or even the person who has died. You may be irritable and bad-tempered without understanding why.

"If only..."

You may have regrets for things said or unsaid, done or not done. Many people feel guilty and blame themselves, such feelings occur because death is so final.

"I always seem to feel so tired."

Sleeplessness, aches and pains, loss of appetite and concentration and generally feeling low, are common physical and psychological reactions to loss.

Fatigue
Dread
Social Events
Can't Concentrate
Withdrawal
Anger
Helpless
Hopeless
Confusion
Isolation
Sadness
Lost
No Appetite
Loneliness
Low Energy
Cravings

Living With Loss?



Try Our Good Grief Group

Last Thursday of the month 5.30-7pm and second Friday of the month 11-1pm

Hospice of the Valleys Day Centre NP23 8XF

For a listening ear, supportive environment and a cup of tea
Contact The Family Support Team

01495 717277

If you are under 18 then please contact the team for more information