



Blythe House Hospice adds quality to life by providing the highest levels of care for people affected by cancer and certain other life-limiting illnesses and supporting those who are bereaved.

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Information for the Recently Bereaved



Grief

The death of a family member or friend can be a devastating experience and can bring about stronger emotions than you've ever felt before. Although you may share feelings with others who have experienced loss, your grief is unique. There is no right or wrong way to grieve.

Bereavement can bring about social as well as emotional upheaval. The world with which we are familiar has changed and we may find ourselves struggling to adapt to these new circumstances.

Grieving is an inevitable consequence of bereavement and can affect people in different ways.

Grief may manifest itself in the following ways:

- Numbness and difficulty accepting that the person has died
- Yearning for the person; thinking that you have seen or heard the person, or searching for them
- Difficulty eating or sleeping
- Sadness and depression
- Feeling physically low or worrying about your health
- Anxiety and restlessness
- Anger and guilt
- Loneliness
- Feeling as though you're 'going mad'
- It can undermine your confidence.

SANDS (Stillbirth and neonatal death)

UK charity providing support for bereaved parents and their families
Tel: **0808 164 3332**
<http://www.sands.org.uk>

Samaritans

If something's troubling you, then get in touch: call **116 123** (24hr)
www.samaritans.org

Survivors of Bereavement by Suicide (SOBS)

This self-help organisation aims to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. Many of their volunteers have themselves been bereaved by suicide. National Helpline: **0300 111 5065** 9am to 9pm every day
<http://www.uk-sobs.org.uk>

WAY Foundation

A self-help group offering practical and emotional support to young widowed men and women under the age of 50.
www.widowedandyoung.org.uk

Winston's Wish

Practical support and information for bereaved children, young people and their families: Helpline; **08088 020 021**
www.winstonswish.org.uk

Further Information

Cruse

Help for anyone who is bereaved to understand their grief and cope with their loss. Helpline **0808 808 1677** www.cruse.org.uk

Hope Again is a Cruse website for young people living after loss. Helpline **0808 808 1677** www.hopeagain.org.uk

Cardiac Risk in the Young (CRY)

A charity that offers help, support and counselling to families where there has been a sudden cardiac death of an apparently fit and healthy young person. Tel: **01737 363222** www.c-r-y.org.uk

The Compassionate Friends (TCF)

TCF offers many different kinds of support for bereaved families and is dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child/children. Helpline **0345 123 2304** 10am - 4pm; 7-10pm www.tcf.org.uk/

Child Bereavement UK

Child Bereavement UK believes all families should have the support they need to rebuild their lives when a child is grieving or when a child dies. Helpline 0800 **028 8840** weekdays from 9am-5pm. www.childbereavementuk.org

Grief Journey

This is a website with helpful articles and videos about grief and ways of coping for the grieving person and those supporting them. www.griefjourney.co.uk

Sometimes people feel they are 'getting worse' with time. This is quite common and may happen as the full impact of your loss sinks in and the initial 'busyness' subsides.

The time it takes to accept the reality of your loss and find a new sense of purpose can vary enormously from person to person. In any case life will never be the same again, so however long it takes for you be open to the support and help of family and friends.

What can I do to help myself?

- Take time to feel the loss ~ build in some quiet time to do so undistracted.
- Talk ~ about what has happened, about the person who has died, about how you are feeling.
- Allow yourself time to sleep, rest, think, write, 'do nothing'.
- Take care of yourself, attempting to rest and eat well.
- Find healthy ways to relieve stress, for example through activity, exercise, relaxation or prayer.
- Let other people help if that help is going to be a support to you.
- Choose the company of people who care, who let you be how you need to be and let you cry if you need to cry.
- Allow other family members and friends, including children, to share your grief and theirs.
- Help children to express their grief ~books, games and drawings might help; tell children's teachers what has happened
- This may be a time of major change and re-evaluation ~ allow yourself time to explore these, perhaps with the help of someone you trust.
- Take special care over life-changing decisions such as moving house, legal or financial concerns.

Bereavement support at Blythe House

If you are finding it particularly difficult to cope with your grief you may find it helpful to talk with a professional. Bereavement support helps you to talk through your emotions and understand the process that you're going through. It may also help you to develop strategies for coping and making the adjustment to your loss.

One to One Bereavement Counselling at Blythe House is only available for;

- people close to someone who has been a patient of Blythe House Hospice or was cared for by our Hospice at Home team
- people who have suffered bereavement due to suicide or other sudden traumatic death.
- If the above don't apply to you please see your GP for referral to **Trent PTS** for counselling, or you can self-refer by calling **01332 265 659**.

Therapeutic Bereavement Group

This group is facilitated by qualified and experienced counsellors and takes a structured approach to exploring the grief process and finding ways of coping. We offer a confidential, warm, positive and supportive atmosphere to enable you to participate with a small group of other people who have also been bereaved, (**it is not a social group**).

Happening twice a year each course involves six sessions, (4 weekly followed by 2 fortnightly). In Winter months taking place 2 to 3.30pm on a Friday, in the Spring; 5.30 to 7pm on a weekday, normally Tuesday or Wednesday.

It is a 'closed' group so you will always be with the same people the whole time. To achieve this **attendance is by appointment only** so please call and ask to speak to someone in the counselling office if you are interested in joining us, or for more information.