

Bereavement



Possible effects of grief

The death of someone close can produce a range of emotional and physical feelings.

- **Shock** – can leave you feeling numb.
- **Disbelief** – it may be difficult to accept the reality of the loss. You may hear, smell or even see the person who has died or find yourself searching for them.
- **Confusion** – lack of concentration and panic can make you feel anxious.
- **Anger** – is frequently felt after a loss. You may even feel angry with the person who has died.
- **Breathlessness**, palpitations, exhaustion, changes in sleeping/ eating patterns, depression and many other symptoms may be experienced. It is important to share any health anxieties with your doctor.

- **Guilt** – you may feel guilty about past events or about making plans for your future.

Everyone experiences grief differently and moves through the process at his/her own pace. You may find that the different emotions come and go during your bereavement or you may not experience the emotions mentioned at all.





Children and grief

Children grieve in a variety of ways according to their age and maturity. You can help them by being ready to listen whenever they feel ready to discuss their feelings.

Saying goodbye is as important to children as it is to adults and if they want to attend the funeral they should be supported to do so. It is important, however, that the decision is theirs and different children from the same family may make different decisions.

Whilst Rowcroft's Bereavement Service cannot support children directly we have a range of books available which are suitable for all ages from very young children up to teenagers.

We also work closely with an organisation called Children and Families in Grief which can offer support. If you would like to discuss this with someone please contact our Bereavement Co-ordinator on **01803 217637**.

Bereavement support

Family and friends can provide invaluable support when someone dies but, sometimes, people prefer to talk to someone outside their usual support network. The Bereavement Service is available for family members, and carers, of anyone who was known to Rowcroft before their death.



The support we offer

- **One to one support** – We provide up to ten sessions of support from one of our trained and supervised Bereavement Volunteers.
- **Group support** – is for individuals who prefer to meet and gain support from others who are in a similar situation. Individuals can attend the group for up to 15 months.
- **Counselling** – a few individuals require a different level of support which Rowcroft is able to offer via a small team of volunteer counsellors.

For more information on the services we offer please visit our website: www.rowcrofthospice.org.uk/bereavement

Confidentiality

The need to respect confidentiality is understood by all our staff and volunteers and they will respect your confidentiality within the boundaries of Rowcroft Hospice's organisational policies.



Contacting us

You may not feel the need for our support at the moment but in case this changes there is no time limit on accessing our service and you can contact us at any time.

You may receive a letter from us approximately six weeks after your bereavement inviting you to make contact with us but not every family member or friend is automatically contacted.

If you would like to talk to someone before six weeks, or do not receive a letter, please ring the Bereavement Department on **01803 217403** and leave a message on the answerphone. Someone will respond to your message within two working days.

The Bereavement Service operates from 9pm to 5pm, Monday to Friday. Our Bereavement Volunteers may be able to arrange their sessions with you outside these hours.

Please note that our service is not a 24 hour emergency service and is unable to provide crisis support. If you need immediate help we advise that you contact your General Practitioner.

If you require this information in an alternative format please call 01803 210800