

# SPRINGHILL HOSPICE

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[www.springhill.org.uk](http://www.springhill.org.uk)

**Complaints** – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

**Incorporated as a Company Limited by Guarantee**  
No 2325905  
Registered Charity No 701798

# Bereavement Service



SPRINGHILL  
HOSPICE

*Making every moment count*



# CRITERIA FOR BEREAVEMENT SUPPORT AND COUNSELLING

We offer our bereavement service to people over the age of 18 who are experiencing difficulty in their grieving process and who have been bereaved by the loss of someone with a diagnosed life-limiting illness. Referrals are accepted from GPs.

## CONFIDENTIALITY

Counselling is confidential. However, we have a legal obligation to share with the appropriate authorities, disclosures around serious crime.

We also have a duty of care to prevent harm to yourself or others. These limits to confidentiality are outlined on our website and will also be explained in full at your first appointment.

## WE CAN HELP YOU THROUGH YOUR GRIEF

Whoever has died, your loss is unique to you, and you will cope with it in your own way. Bereavement is highly personal and can be a traumatic event.

People go through a range of reactions and emotions when someone they are close to dies. It is normal to feel sad, numb or angry when you lose a loved one.

Our bereavement support may help you to understand the process of grief and help you to talk through and process your emotions.

## BEREAVEMENT SUPPORT

Because grief is so individual we want to make our support individual to you.

[Here's what we can offer:](#)

(see next page...)

## INFORMATION ABOUT THE NATURE OF GRIEF

**A Written Guide to Grief and Bereavement:** The guide contains information about possible responses to loss and bereavement, together with some ideas about how to cope with your feelings. This guide is available to download on our website.

**Bereavement Videos:** Four short videos looking at different ways of thinking about grief. Each video looks at a different model of grief. The aim is to help bereaved people to understand and "normalise" their experience of loss and bereavement. These videos are available on our website.

## TELEPHONE BEREAVEMENT SUPPORT

Help, support and guidance through grief on an individual basis provided by our trained bereavement volunteers.

## ECOTHERAPY GROUP

A 5-week Outdoor Bereavement Group combining gardening, outdoor craft activities and introducing some relaxation techniques. It is aimed at gardeners and non-gardeners alike. Everyone who attends is bereaved, and the group aims to help people to work through grief, learn new skills and make new friends whilst enjoying the therapeutic benefits of being outdoors.

## WALK AND TALK GROUP

A gentle weekly Walk and Talk Group run in conjunction with Ramblers Walking for Health. An opportunity to meet new people whilst improving your health and wellbeing. Walks are led by a trained bereavement volunteer.

## SOCIAL GROUPS

We run several Social Groups within communities across the Borough. The groups are focused on meeting new people over coffee or tea.

The groups are led by trained volunteers.

## WEEKLY SUPPORT GROUP

A 5-week structured Bereavement Support Group, led by a counsellor and a trained volunteer. This is a supportive group encouraging you to talk about your feelings and share thoughts and experiences with others who are also bereaved.

## COUNSELLING

Regular one to one counselling sessions (with a qualified counsellor or counsellor in training.) Each session lasts 50 minutes. This is a free service. The service operates Monday to Friday, 9am to 5pm. Flexible, earlier and later appointments can be accommodated.

We offer face-to-face, telephone or video sessions as appropriate.

All counsellors are Registered or Accredited with the British Association for Counselling and Psychotherapy (BACP) and work within the BACP Ethical Framework for the Counselling Professions.