

Bereavement Support

The death of someone we love can feel like the most difficult thing we may ever have to cope with. It is very normal to experience a whole range of thoughts and feelings that may be difficult, confusing or strange, there is no right or wrong way to feel.

The first week or so after a death is a busy time: telling others, registering the death and making funeral arrangements. In fact the full reality of the death may

not hit you until after this time when friends and family may have moved away and the real pain of grief begins. It is quite usual to experience feelings of numbness, shock, guilt, anger, fear and what might feel like physical pain.

After the initial impact, you may find that you're up one minute and down the next, this is normal. Confusion, disorganisation, anger, guilt, sadness and depression are common feelings of grief.

We offer Bereavement support to anyone who's relative or friend was cared for by St Peters Hospice.

Types of support

1:1 Support – We have a team of trained volunteers who offer 1:1 support at the hospice or at your home. Many people find it helpful to talk about their loss



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with someone outside of your family or friends. Bereavement support offers the opportunity for you to express your feelings openly and in confidence while remembering the person you have lost.

Group Support – The group is a closed therapeutic group which runs every week over 6 weeks. This means there are 6 sessions in total and the same people attend for the 6 weeks. This creates a supportive experience that enables sharing and learning from each other.

Drop in service – The drop-in is informal, but also confidential. This provides the comfort of knowing that whatever you may say at the session is safe. They are held monthly, the first Wednesday of each month from 2 to 3.30pm, in the Garden Group room at St Peter's Hospice, Brentry.

Children also grieve and the death of someone close may affect the whole family. We are able to provide information, advice and links to helpful resources. We can also offer advice on how best to support a child or work with the family or school to help them provide support.

To find out more information or request some support please phone the main



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switch board and ask to speak to a member of the bereavement team.

Do....

Talk to others about the person who has died, about your memories and your feelings.

Look after yourself. Eat properly and try to rest (even if you can't sleep).

Give yourself time and permission to grieve.

Seek help and support if you need it – Tell people what you need!

Don't....

Isolate yourself

Bottle up your emotions

Think you are weak for needing help

Feel guilty if you are struggling to cope

Turn to drugs or alcohol – the relief will only be temporary.



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