

Contact us

To find out more, whether services are running as advertised or to make a referral to the team for support and advice please contact the team on 01708 753319 ext 2276.

IN TIMES OF A PANDEMIC SUCH AS COVID-19, PLEASE CHECK WITH FAMILY SUPPORT SERVICES ON 01708 753319 EXT 2276, THAT SERVICES ARE RUNNING AS ADVERTISED.

About Saint Francis Hospice

Saint Francis Hospice provides care 24 hours a day, 7 days a week to local people affected by life-limiting illnesses. As a registered charity, we rely on the financial support of our community to keep providing world class care free of charge to individuals and their families. Every year, we provide treatment, care and support to more than 4,000 local people affected by a life-limiting illness.

Confidentiality

At Saint Francis Hospice we are committed to upholding your rights to confidentiality and protecting your privacy. We will treat your information with respect. Keep it secure and comply with the requirements of the Data Protection Act 2018 including GDPR. Our privacy notice is available on request or by visiting our website www.sfh.org.uk

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Support Services

Bereavement



Bereavement services

The weeks, months and sometimes the years following a bereavement can be a bewildering and overwhelming time. People often find it difficult to talk with family or friends, fearful that they may upset them, or that they will overburden them and 'frighten them away'. We can often feel isolated and think that no one understands what we are going through. Sometimes it's also difficult to understand ourselves and to make sense of what we are feeling.

Talking and sharing your experiences with someone experienced in listening, or with other bereaved people, may help you to express your feelings and make sense of what is happening to you, and normalise some of these thoughts and feelings.

Individual bereavement counselling support

You may want to talk to someone privately on a one to one basis and only meet once, or you may need ongoing support over a longer period. A member of the Family Support team will meet you initially to gather information and assess the support you may need. We encourage this to be face to face and at the Hospice but they can also accommodate telephone assessment. We will then allocate you to one of our volunteer bereavement counsellors.

Volunteer bereavement counsellors will be able to see you either at the Hospice, over the telephone or online. The assessment and ongoing counselling will be confidential in accordance with the Saint Francis Hospice Confidentiality Policy. Our volunteer bereavement counsellors come from a variety of backgrounds and experience. They are either trained or in training, in bereavement support and receive ongoing supervision. The volunteers have also been trained by the Family Support team in bereavement and continue to take part in ongoing training as part of their professional development.

Please note that we have a high number of referrals for bereavement counselling and at times during the year the waiting time can be longer. We work hard to make sure you are getting the support you need and encourage you to look at the groups we are running to support you whilst you are waiting for your 1-2-1 counselling.

Bereavement support group

We meet on the fourth Wednesday of every month at Saint Francis Hospice, Havering-atte-Bower, Romford RM4 1QH.

Some of the people who come along are recently bereaved, others may have been bereaved several months ago. Many come following the death of their partner, but for others it's the death of a child, brother, sister or friend. The one thing that everyone who attends the group has in common is that the person who has died was under the care of the Hospice.

We never know how many are going to be at each group meeting - sometimes there are only three or four people, sometimes there could be seven or eight. However, there is always someone from the Family Support service to welcome you and help you feel at ease. You do not have to come to every meeting and it is not necessary to let us know if you are coming - you're welcome to just turn up!

HOPE

HOPE is a unique support group which, over a six-week period, will offer a combination of education and interaction in a safe and friendly environment, where you will explore the grief process and work through its many emotions to help cope with the adjustments to life in the future.

Writing in Bereavement group

Writing in bereavement is a six week, interactive group. We know that grief is individual and how we want to and would like to express grief is also individual. This group recognises that one way of expression is through words, reading and writing.

The aim of this group is to write about our lives, feelings, thoughts and share our writing with others in the group. You will write about the seasons, family, friends, holidays and reflect on past experiences. Through group exercises we will discover a new narrative, a new source of meaning to our lives and for some find our voice again. You don't need any previous writing experience, an open mind is welcomed.

Supporting children

The death of someone important can impact on a child no matter what their age. For young people and children this experience can be a confusing roller coaster of emotions.

Bereavement support is offered to young people either individually, as part of family groups or through bereavement groups where young people can come together in a supported and safe environment to explore feelings and experiences.

For children, grief is as natural an expression of loss as it is for adults. Sadness, anger, guilt and anxiety are just some of the feelings that can emerge.

Walk On group

Join the Saint Francis Hospice walking group for those who use our service, their friends and family and those bereaved of a loved one under the care of Saint Francis Hospice. Dogs are welcome! Our "Walk On" group will walk for one hour through the picturesque surrounding area and countryside. It is an opportunity to talk to others who have experienced or are experiencing hospice care. Please wear appropriate footwear and bring a bottle of water.

Takes place on the first Wednesday of every month 9.45am on The Green at Havering-atte-Bower. Our walk will start at 10am.