

# Community Bereavement Service



## Have Your Say

The quality of the services we offer is regularly reviewed and we welcome your views. You may speak to any member of staff about how to feed back. This may include a questionnaire, such as 'I Want Great Care' or VOICES.

This feedback can be anonymous, but any information we hold on you will be treated with the strictest of confidence.



**Jersey Hospice Care**  
*your care, your choice, your time*

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*Helping the bereaved come  
to terms with their loss*



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*'No two people will experience loss in the same way, so it is impossible to really know another person's pain or sense of loss'*

Grief is a natural reaction to loss, but in some cases it can be devastating, causing a loss of direction, affecting our relationships and our work.

When someone is grieving, especially if it is their first experience of the death of someone close to them, not knowing what to expect or how to handle certain situations often intensifies their grief. Many people say that feeling they have little control over what is happening to them or around them is a significant factor that contributes to their anguish.

No two people will experience loss in the same way, so it is impossible to really know another person's pain or sense of loss. Even if you have experienced the death of other people in your life, your grief may be different each time. Part of the struggle of grieving involves attending to life changes and adjusting to new roles and relationships.

Even though you may never manage to 'get over' the death of someone, it is possible to learn to live without them physically in your life and to find meaning again.

## How the Service Works

The Community Bereavement Service is available to adults and children of all ages in need of support, whilst coming to terms with the death of a relative or friend. Our service can assist you in finding ways that can help you to start taking control of your life again.

The service is made up of a team of counsellors, an administrator and volunteer support workers.

## Bereavement Support for Adults

After an initial assessment you will be offered some of the following support:

### Walking Groups

Circular guided walks with a qualified volunteer (60-90 minutes). The walks are designed to fit with the abilities of participants and are not too strenuous. They start and finish at locations close to a venue where participants can have refreshments/snacks and a chance to socialise. Walks take place in all weathers.

*'I felt relaxed enough to share my feelings'*

### Bereavement Support Group

The purpose of the support group is to give you the opportunity to join others who are experiencing similar losses and issues. The group is facilitated by experienced bereavement support workers who have been trained in group work. We find that group members sometimes get to know each other well and some continue to meet informally after the sessions have ended. The six week group themed 'looking back, moving forward' is available in the daytime and in the evening.

*'It's good to realise that you're not on your own and that what you're feeling is normal'*

### One to One Bereavement Support

One to one bereavement support can be over the phone, via email or face to face. It can be an opportunity to talk, in confidence, about the consequences of your loss, with someone who will be able to listen to your experience of grief. Support is person-centred, non-directive and can help you think through any changes you may need to make and find a new way to a new life.

Every loss is very personal and many people find it helps to talk with someone who is not part of their family or close circle of friends.

## Bereavement Support for Children

We work closely with parent and carers to support children experiencing grief. As parents and carers, you may be best placed in helping children through their grief. We can provide you with resources, information and services to help you manage in supporting this.

We also offer other structured support.

### One to One with a Support Worker Qualified to Work with Children

We run confidential sessions, which last no longer than an hour, at a mutually convenient time. The sessions are in a setting that allows space to process thoughts and feelings at a level of their understanding.

### Rainbows Programmes

These programmes are tailored for different age groups in a safe environment, specially designed for children and young people who are grieving a loss through death. Rainbows acknowledge that grief needs to be recognised and supported; not denied, buried or ignored.

## How You Can Access the Community Bereavement Service

Regardless of how long ago you were bereaved, you can self-refer or your GP may refer you. With your consent, your friends, family and workplace can also contact the service on your behalf. After an initial telephone assessment, by one of our qualified counsellors, you will be offered what we feel may be the most appropriate support for your needs.

The service is confidential and is facilitated by fully trained support workers.