

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'.

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



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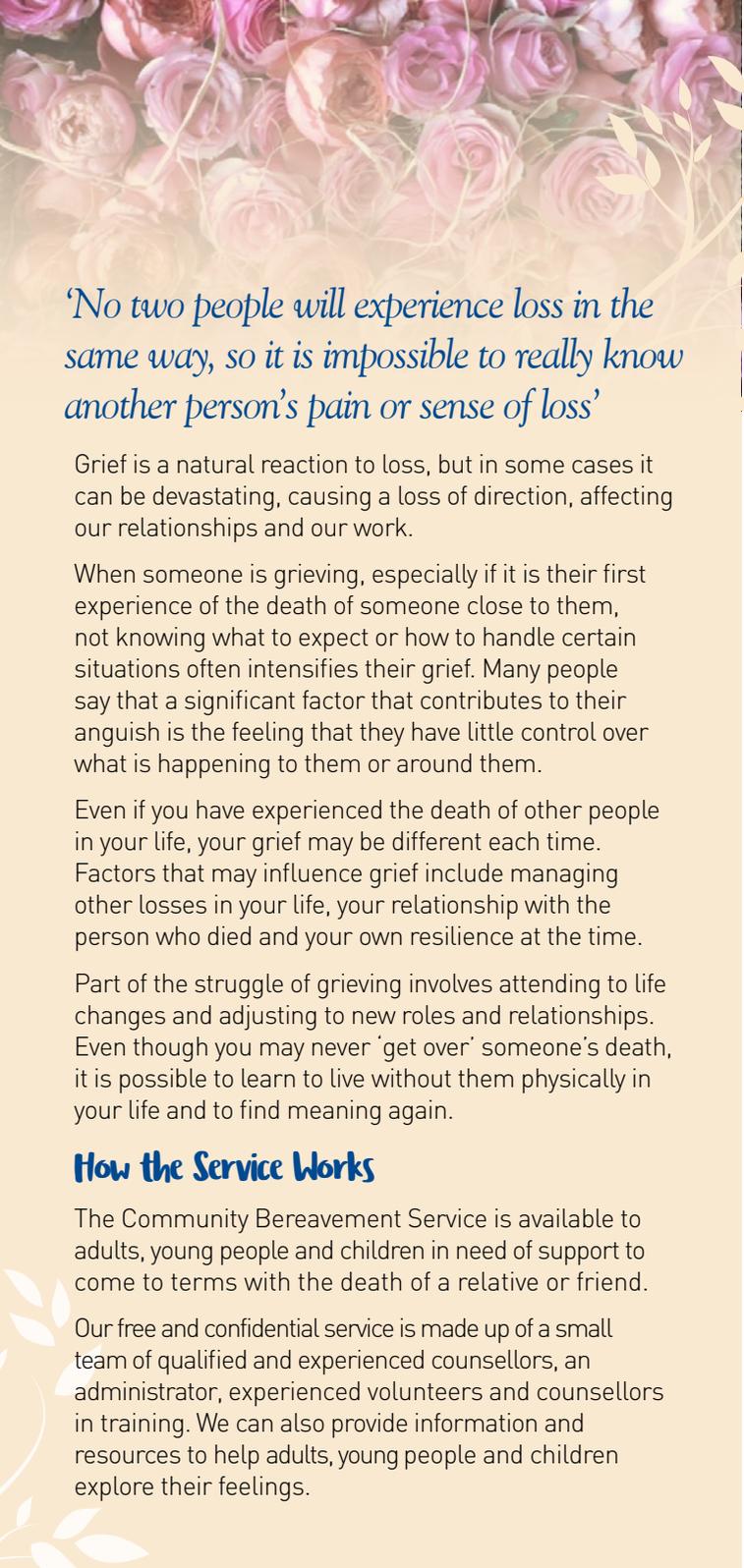
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Providing free, confidential support to help bereaved people come to terms with their loss



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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 a significant factor that contributes to their anguish is the feeling that they have little control over what is happening to them or around them.

Even if you have experienced the death of other people in your life, your grief may be different each time. Factors that may influence grief include managing other losses in your life, your relationship with the person who died and your own resilience at the time.

Part of the struggle of grieving involves attending to life changes and adjusting to new roles and relationships. Even though you may never 'get over' someone's death, 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, young people and children in need of support to come to terms with the death of a relative or friend.

Our free and confidential service is made up of a small team of qualified and experienced counsellors, an administrator, experienced volunteers and counsellors in training. We can also provide information and resources to help adults, young people and children explore their feelings.

Bereavement Support for Adults

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

'Looking Back, Moving Forward' bereavement support group

This group offers you the opportunity to join others who are experiencing loss. It runs for six weeks and each two hour weekly session has a theme. The group is facilitated by experienced bereavement support workers who have been trained in group work. Group members sometimes get to know each other well and may continue to meet informally after the course has ended.

For information about future dates and times, please contact the Community Bereavement Service directly.

'I felt relaxed enough to share my feelings'

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 your feelings and the consequences of your loss, with someone who will be able to listen to your experience of grief. Support is focused on you. Your counsellor won't judge you, tell you what to do, or give you advice, but can help you think through any changes you may need to make and take steps towards finding a 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 and Young People

We work closely with parent and carers to support children experiencing grief. As parents and carers, you may be best placed to help children with their grief. We can provide you with resources, information and services to support you with this. We also offer other structured support.

One to one support with a qualified counsellor

We work with children and young people one to one to help them develop the skills to cope with overwhelming feelings of loss. We support children and young people to understand that emotions are normal and to have the confidence to ask for help when they are struggling. The sessions are in a confidential setting, which allows space to process thoughts and feelings through age-appropriate activities.

Age-appropriate support groups for children and young people

If there is a need for it, our service can facilitate small, age-appropriate, therapeutic groups to support children and young people managing grief and loss. These confidential sessions last no longer than an hour and are held at a mutually convenient time. They are held in a setting that allows space to process thoughts and feelings at a level that children and young people can understand.

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. Friends, family or work colleagues can contact the service on your behalf, with your consent.

You can contact the service by phone or email. A member of our team will get back in touch to speak to you in more detail about your loss and how counselling might help you. After an initial telephone assessment, by one of our qualified counsellors, you will be offered what we think may be the most appropriate support for your needs.

If one to one counselling is right for you, we will allocate you a support worker who will contact you to make an appointment for a first session. The service is free and confidential and is facilitated by trained support workers. If counselling may not be the right approach for you, we can suggest a range of other ways of getting support.