



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

# COMMUNITY BEREAVEMENT AND EMOTIONAL SUPPORT



## GRIEVING IN EXCEPTIONAL TIMES

*'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.

## WHAT CAN HELP WHEN WE ARE GRIEVING DURING THIS PERIOD OF COVID-19 PANDEMIC?

COVID-19 physical distancing requirements mean we may be restricted from getting together in a way we would like. The traditions many of us know and take comfort from may not be possible. This may affect the way we grieve or are able to support those who are grieving. It can be particularly painful if you were not able to be with someone in person in the lead up to their death.

## COMMUNITY BEREAVEMENT SERVICES CONTACT DETAILS

Email:  
[bereavement@jerseyhospicecare.com](mailto:bereavement@jerseyhospicecare.com)  
Telephone:  
01534 285144

## IF YOU ARE GRIEVING

Grief is very individual. There is no right or wrong way to grieve, but it does take time. It can't be forced, hurried or skipped over, and there is no typical timescale.

Grief can feel overwhelming, with a range of emotions, and can affect your physical health. This is normal. You may be sad, disappointed, and/or angry or feel life isn't fair.

Speaking to someone about how you feel and the changes and losses you are facing may help you feel less alone with your grief.

Family and friends may want to help but be unsure how. They may fear upsetting you. You may have to take the first step and talk about your loss.

## SUPPORTING OTHERS WHO ARE GRIEVING

- Acknowledge the situation and their loss
- Ask how the bereaved person is feeling
- Let them talk about the death and their feelings about the person who has died
- Silence is fine – it may be what the grieving person needs
- Stay in touch as the weeks and months go by
- Ask how they are doing, how you can help
- Don't try to fix things - listening closely will help.

## BEREAVEMENT SUPPORT

The Community Bereavement Service has been supporting Island residents for 21 years through Jersey Hospice Care and we're here to support you now.

## HOW THE SERVICE WORKS DURING COVID19

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 offer telephone and video counselling sessions and information and resources to help people of all ages explore their feelings.

## CHILDREN AND YOUNG PEOPLE

We work closely with parents and carers to support children and young people experiencing grief. We can provide resources, information and services to support you with this. If you would like support for your own grief, or to talk with children about a loved one who is seriously ill or has died, please get in touch.

## ACCESSING 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. 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. This may be further information about grief and loss, telephone counselling, or video counselling.

## OTHER USEFUL RESOURCES

[www.jerseyhospicecare.com/patients-and-carers/community-bereavement-service/coronavirus-emotional-support/](http://www.jerseyhospicecare.com/patients-and-carers/community-bereavement-service/coronavirus-emotional-support/)  
[www.jerseyhospicecare.com/wp-content/uploads/2020/03/Community-Bereavement-Service-Coping-with-Grief-and-](http://www.jerseyhospicecare.com/wp-content/uploads/2020/03/Community-Bereavement-Service-Coping-with-Grief-and-Loss.pdf)

Loss.pdf

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