

## Criteria for Bereavement Support and Bereavement Counselling

We offer our bereavement service to people over the age of 18 who are experiencing difficulty in their grieving process and/or who are struggling with specific issues around the death of their loved one.

As grief and bereavement are normal human reactions to loss, we don't usually accept referrals until three months after bereavement. We know from experience that our intervention and support is not always helpful in this first phase of mourning.

Referrals are accepted from:

- GPs
- Health Care Professionals

Some types of bereavements need more specialist support than we can provide, e.g. existing addictions, children and young people, therefore we will unfortunately be unable to accept some referrals but may be able to signpost you to more appropriate agencies.

## Information about other support services

### The Compassionate Friends

0345 123 2304  
www.tcf.org.uk

For bereaved parents, grandparents and their families

### Cruse Bereavement Care

0808 808 1677  
www.cruse.org.uk

Advice and support to bereaved people

### Samaritans

116 123  
www.samaritans.org.uk  
jo@samaritans.org  
24 hour sympathetic listening ear.

### The Angela Bird Charity

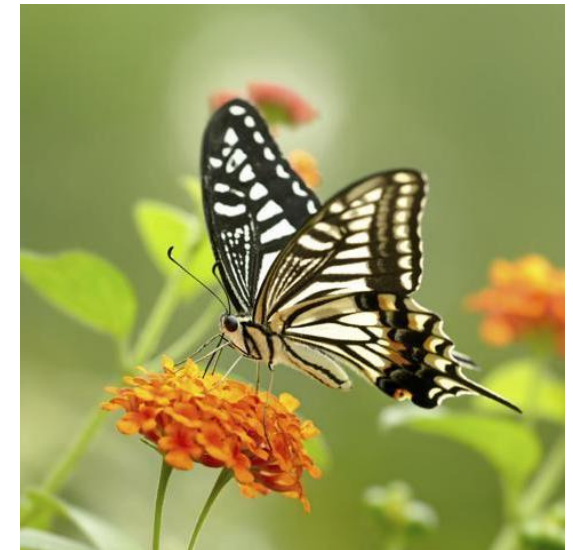
01706 368369  
www.angelabirdcharity.org.uk  
Social meetings for bereaved people.

Springhill Hospice  
Broad Lane  
Rochdale  
OL16 4PZ  
01706 649920  
01706 644943  
www.springhill.org.uk

**Complaints** - If you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the above address.

**Incorporated as a charity Limited by Guarantee  
No 2325905.**

**Registered Charity No 701798**



## Bereavement Services



## **We can help you through your grief**

Whoever has died, your loss is unique to you, and you will cope with it in your own way. Bereavement is highly personal and is often a traumatic event. People go through a range of reactions and emotions when someone they are close to dies. It is normal to feel sad, numb or angry when you lose a loved one.

Bereavement support helps you to talk through emotions and may help you to understand the process of grief.

## **Counselling**

Regular one to one counselling sessions (with a qualified counsellor or counsellor in training.)

Sessions last 50 minutes. This is a free service . The service operates Monday to Saturday. Flexible, early and late appointments can be accommodated.

All counsellors are BACP (British Association of Counselling and Psychotherapy) members and work within the BACP Ethical Framework for the Counselling Professions.

## **Confidentiality**

Counselling is confidential. However, we have a legal obligation to share with the authorities disclosures around serious crime. We also have a duty of care to prevent harm to yourself or others.

These limits to confidentiality are outlined on our website and will also be explained in full at your first appointment.

## **Bereavement support**

Because grief is so individual we want to make our support individual to you. Here's what we can offer:

### **Weekly support group**

Led by a counsellor and volunteer. The group meets 3.30 - 5pm on Mondays (except Bank Holidays).

Drop in, no appointment needed.

An informal and supportive group encouraging you to talk about your feelings and share thoughts and experiences.

### **Monthly support group for people bereaved by suicide**

Drop in, no appointment needed. First Saturday of the month 10.30-12.00pm.

### **Monthly support group for bereaved parents**

Drop in, no appointment needed. Third Saturday of the month 10.30-12.00pm.

## **Grief Workshop**

Led by a counsellor and a creative therapist. A series of five sessions focusing on the grief process, encouraging expression of feelings through creative work and learning about self-care. For people accessing counselling .

## **Ecotherapy Group**

Led by a counsellor and gardener. Six sessions of horticultural/outdoor therapy during the summer months. For people accessing counselling.

## **Social support**

We run several social groups within communities across Rochdale, Heywood and the Borough.

Please contact the counselling team at the Hospice for specific information. These are focused on meeting new people over a coffee or tea. The groups are led by trained volunteers.