

# Bereavement booklet

## Information to help you after someone has died



### Content

How St Catherine's can help you after a bereavement

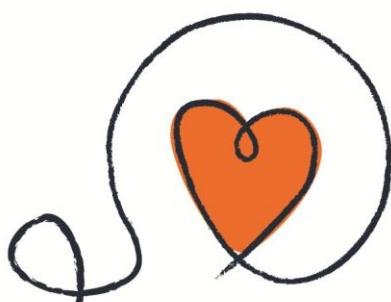


## Bereavement Support

*Support for families is available from the Patient and Family Support Team at any time following the death of a loved one under the care of the St Catherine's Hospice team.*

## Individual Support

Bereavement can be a difficult and bewildering time. If you feel you would like help in making sense of your loss and exploring how you might manage life in the future, or just an opportunity to share your thoughts with someone other than friends and family, we can offer individual one-to-one sessions either by our team of counsellors, student counsellors or our support volunteers, depending on your needs. All support is confidential and is free of charge. We offer up to nine sessions to each individual and the sessions take place at the hospice site, or if required, at home.



*“I was in a very dark place when I started having counselling. I’m now me again.”*



## Bereavement Support Groups

St Catherine's offers two types of bereavement group. There is an informal 'drop-in' group for people who have been bereaved following the loss of anyone close to them and from time to time there are also groups for people who are affected by the same type of loss, e.g. those who have suffered the loss of an adult child or those who have young children who have lost a parent. Individual invitations are sent to invite people to join a group as appropriate.

People who have attended these groups have found them hugely beneficial. By sharing their experiences they have felt less alone and isolated and knowing that other people experience similar feelings to their own has made those feelings more manageable. They have been able to share ways of coping, from finding an activity for a Sunday night to being recommended a reliable plumber! Some people who have come along to these groups have met up between meetings, sharing their company and their interests.

## Community Bereavement Support Groups

The community bereavement support groups are run in conjunction with Crawley United Reformed Church, Oxted Three Churches and The Brigitte Trust. You can choose to come along on a one-off basis, from time to time, or attend regularly to meet with others who have been bereaved, while enjoying some light refreshments. One of the volunteers will greet you as you first arrive and make introductions.

*Going out to new places following bereavement can be very difficult, so you may prefer to bring along a friend.*





## The groups are held in Crawley, Oxted and Dorking.

**The Crawley group** is held every Thursday between 1pm-3pm in the church hall of the Crawley United Reformed Church in Worth Park Avenue, Pound Hill, Crawley, by the junction of Worth Road.

### This church is served by bus routes

4  
5  
82  
84  
100  
281  
291

and Three Bridges Railway Station is close by. There is limited car parking available.

**The Oxted group** is held on the 2nd, 4th and 5th Thursday of each month between 1pm-3pm in the church hall of the Oxted United Reformed Church in Bluehouse Lane, Oxted.

### This church is served by bus routes

236  
410  
540  
594  
595

which stop in Station Road East, and Oxted Railway Station is close by. There is car parking available.

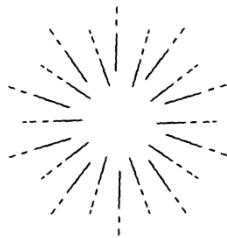
**This Dorking group** is run in conjunction with The Brigitte Trust

and meets between 1pm-3pm on the 1st, 3rd and 5th Tuesday of each month in The Living Room at the Dorking United Reformed Church, West Street, Dorking. There is pay and display parking close by. The group is at the rear of the Church and this can also be accessed via Church Street.



## Time to Remember

Time to Remember is a regular event held at St Catherine's Hospice building in Crawley for family and close friends to remember patients who have died under our care. Those approaching the six month anniversary of their bereavement will receive an invitation to attend.



## Tree of Light ST CATHERINE'S

## Tree Of Light Service

This service of remembrance is held annually at K2 Leisure Centre in Crawley on a Sunday early in December. Other services are held in churches throughout the St Catherine's area around the same time. These services provide a unique and special opportunity to remember loved ones.

If you would like more information on any of the above, please call the Patient and Family Support Team on 01293 447343 and we will be very happy to discuss it with you. If you find the phone unattended, please leave a short message on the confidential voicemail facility and your call will be returned as soon as possible. You can also email us at [PFST@stch.org.uk](mailto:PFST@stch.org.uk).



## Where we are / directions:

**St Catherine's Hospice**  
**Malthouse Road, Southgate,**  
**Crawley, West Sussex**  
**RH10 6BH**

### **Location:**

Situated just outside Crawley town centre, between five and 10 minutes walk from Crawley's railway and bus stations.

### **Parking:**

The hospice is located in a council parking zone, therefore most on-road parking requires a parking voucher only available to residents. There are however some spaces immediately outside the hospice, which are time limited to four hours (traffic wardens do patrol the area) and these are available for public parking.

### **Buses:**

There are bus stops on Southgate Drive, which is a few minutes walk from St Catherine's. These stops are served by the no. 1 bus route. Please contact Metrobus on 01293 449191 for more information on bus routes.



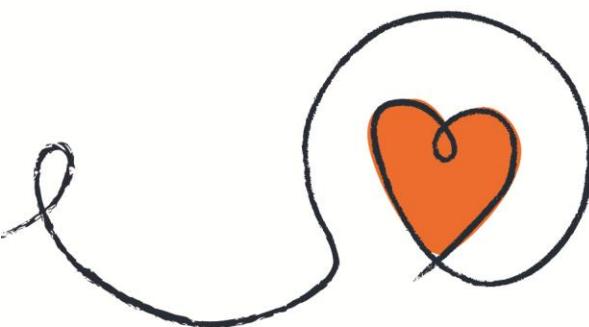
*There are other local and national organisations who can also offer support. The details can be found on our website:*

**[www.stch.org.uk/our-services/bereavement-support/helpful-organisations/](http://www.stch.org.uk/our-services/bereavement-support/helpful-organisations/)**

A printed copy of this website page can be requested by calling our Patient and Family Support Team on **01293 447333**. Further copies of this leaflet can also be requested on the same number.



If it would be helpful to have this leaflet in another format or language please call the main hospice switchboard on 01293 447333.



This booklet was published by St Catherine's Hospice in June 2016.

**St Catherine's Hospice**  
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01293 447333

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