

# Information to help you after someone has died



## Content

How St Catherine's can help you after a bereavement



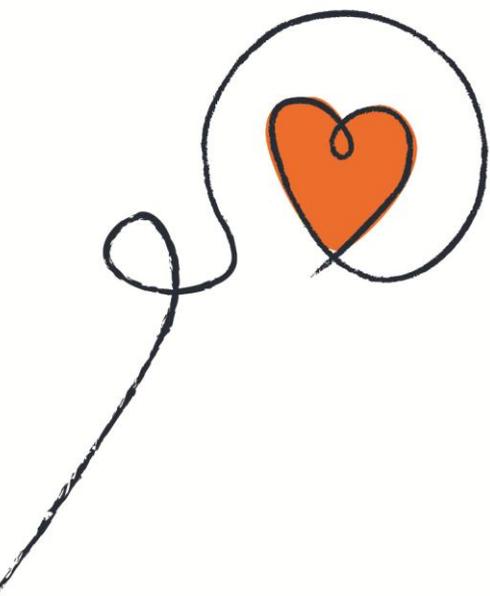
## Bereavement Support

*Support for families is available from the Patient and Family Support Team for up to five years\* following the death of a loved one who was under the care of St Catherine's Hospice.*

*\*exceptions are made for those under 18 at time of bereavement.*

## 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 a range of bereavement groups. 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.

## Steps

A walking and talking group where people bereaved of a loved one can walk in nature and be with other people who are going through their own grieving process.

Please contact us for the start date of the next group and directions to our meeting point.

**When:** Wednesdays for eight weeks

**Time:** 1.45pm until 3pm

**Where:** Meeting at Tilgate Park, Crawley

## Breathe

A breathing and relaxation group which gives you an opportunity to learn skills to aid you in relaxation and meditation, whilst also providing expert listening support for after the meditation time. Breathe runs for six sessions.

Please contact us for the start date of the next group. **Pre-booking is required for this group.**

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month

**Time:** 10.30am until 12pm

**Where:** Living Well Centre, St Catherine's Hospice, Malthouse Road  
Crawley, RH10 6BH





## Crawley Bereavement Group

*(A partnership between St Catherine's Hospice and Crawley United Reformed Church)*

An open bereavement group for those who have lost a loved one within the last two years. A safe space to share and reflect on the impact of the death of your loved one, to learn and share experiences and strategies for coping and a space to connect in with others who are also experiencing loss.

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month

**Time:** 1pm until 3pm

**Where:** Crawley Church, Worth Park Avenue, Pound Hill, Crawley, RH10 3DF

Membership at this group is for 18 months from the date of joining.

## Crawley Social and Wellbeing Group

*(A partnership between St Catherine's Hospice and Crawley United Reformed Church)*

An open group for bereaved and isolated people to come together and meet others in a similar situation. People can share experiences, discuss ways of coping, enjoy a hot drink, and have time to chat or play games.

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month

**Time:** Drop in between 1pm until 3pm

**Where:** Crawley Church, Worth Park Avenue, Pound Hill, Crawley, RH10 3DF

## Oxted Bereavement Group

An open bereavement group where people can come on their own or with a friend to meet others who are in a similar situation. It's a great opportunity to chat, share experiences and discuss ways of coping.



Trained volunteers will be on hand for emotional and bereavement support.

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month

**Time:** 1pm until 3pm

**Where:** Oxted United Reformed Church, Bluehouse Lane, Oxted, RH8 0AA

## **Crawley 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.

## **Oxted 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.

## **Memory Meadow**

Join us in early summer for a celebration service at our St Catherine's Memory Meadow in Priory Park, Reigate. Our Memory Meadow is made up of traditional English flowers that have been especially chosen to attract wildlife like butterflies and bees. It offers a beautiful space for you to come together with others in your community to remember your loved one and celebrate their life.

## **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:

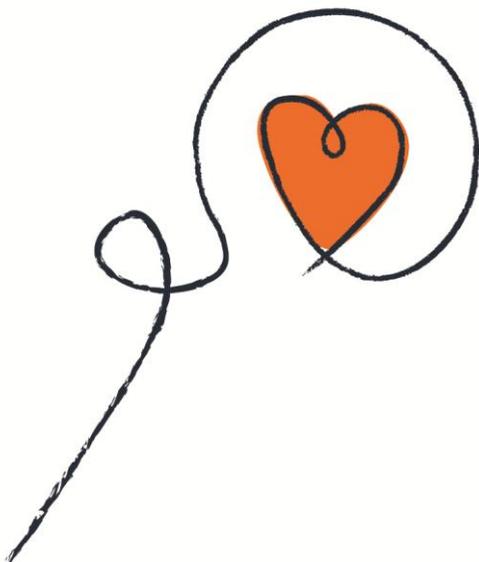
There are bus stops on Southgate Drive, which is a few minutes walk from St Catherine's. These stops are served by the no. 1 bus route. Please contact Metrobus on 01293 449191 for more information on bus routes.



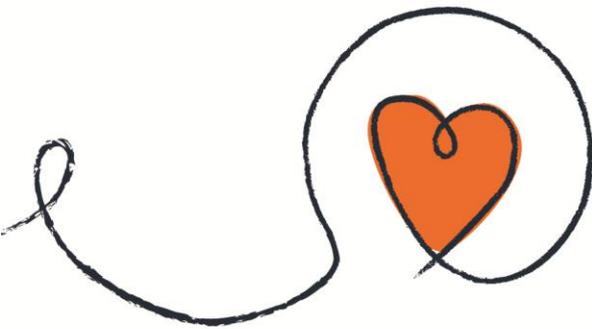
*There are other local and national organisations who can also offer support. The details can be found on our website:*

[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 447343**. 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 v4 booklet was updated by St Catherine's Hospice in February 2020 and will be reviewed every two years.

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

01293 447333

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**t** [@stchospice](https://twitter.com/stchospice)

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