

# Bereavement Support

The stress of bereavement can be devastating. Sometimes people just need time to talk through their feelings with someone outside of their immediate family or close circle.

Our Family Support Team can offer support to adults, young people and children through our team of trained volunteer family workers and counsellors, who have all received specific training.

Volunteers are monitored and supervised at Primrose by a team of qualified counsellors and social workers. The Family Support Worker will usually see you in your own home, or in Primrose's Coppice Centre. Each session lasts about an hour. The number of visits, and how often, will be agreed between you and the worker.

## Bereavement Support Groups

You may prefer to join one of our groups, and have the opportunity to meet with others who have experienced loss. We run Bereavement Support Groups that are specific to the needs of the individual.

Following an assessment you will be offered the opportunity to join one of these groups if it is considered appropriate.





The main purpose of the groups is to provide a safe environment for discussion and mutual support with others who have been bereaved.

Grieving is such an individual process, it is different for everyone. There is no right way to do it. Time alone does not heal - it is only through grieving that we begin to work through the pain.



You may want to talk through some or all of the services offered in this leaflet.

**To be referred to the Family Support Service, please contact your GP or contact the service directly on 01527 889799, between 9am and 5pm, and ask to speak to the Family Support Team Leader.**



For more information

**01527 871051**  
**[primrosehospice.org](http://primrosehospice.org)**  
**[info@primrosehospice.org](mailto:info@primrosehospice.org)**

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