

PRIMROSE HOSPICE COPPICE CENTRE

Primrose Hospice can help you and your family with:

- Practical help
- Complementary therapy
- Family support
- Benefits advice
- Counselling
- Bereavement support

As a charity, all of Primrose Hospice's services are free

However, if you wish to make a donation please speak to a member of staff or visit primrosehospice.org

CONTACT US

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REDWOOD



Support for adults bereaved by suicide

Bereavement
group

WHAT IS REDWOOD GROUP?

Redwood group is a support group for those who are bereaved by suicide.

The group provides an opportunity to share, gain support and meet other people who have had similar experiences of grief.

Experiencing grief by suicide can be like experiencing 'grief with the volume turned up...people who have been bereaved say a suicide seems to intensify the normal response to loss.' (Help is at Hand, 2008)

People will react and respond to death by suicide in different ways depending on their relationship with the person who has died and, as such, this means learning to live without this person.

AIMS OF THE GROUP

The aim of Redwood is to enable those who have experienced grief by suicide to learn and develop within the grieving process, by sharing their own experiences.

The group allows those who have experienced grief by suicide to recognise the similarities between their own grief and others to progress forward in their grief journey.

By sharing experiences, it enables those who have experienced loss to develop their own set of tools to manage with everyday life, while removing the social isolation that is often associated with grief by suicide.

Redwood Sessions are available:

FAQS

Who can attend?

Anyone aged 18 and over who have experienced grief by suicide.

How can I attend?

Anyone who has experienced a bereavement can self-refer by contacting our Family Support Team. Alternatively, you can ask any education, social care or healthcare professional to make a referral on your behalf.

Do I need to book?

After your referral has been completed by a member of the Family Support team you can attend sessions.

Redwood group is based on a waiting list. It is a closed group with seven weekly sessions.