

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, visit primrosehospice.org or scan the QR code



CONTACT US

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Registered charity No: 700272



MAPLE



Adjusting After Full-Time Caring

**Bereavement
Group**

Your Caring Journey Shifts—but You're Not Alone

Caring 24/7 for a loved one gives life purpose, routine and constant companionship. When that person dies, it's normal to feel:

- Shock, relief, guilt or numbness
- Overwhelming loneliness and loss of daily structure
- Anxiety about who you are without your caring role
- Waves of sadness, anger or helplessness

Understanding Grief After Caring

Sharing with people who've walked in your shoes helps you:

- Name and normalise your feelings
- Learn new coping strategies
- Re-build routine and community

It is important to **feel your grief** and give your emotions space, but this is also time for selfcare and new routine.

Introducing the Maple Group

The maple tree is a symbol of endurance, strength and new beginnings—perfect for this next chapter in your journey.

Whether you previously attended our Hawthorn group or not, if you were a carer for your parents, siblings or any other loved one, Maple group can help you find new stability.

Maple Sessions are available:

FAQS

How can I attend?

Anyone whose loved one has died can self-refer by contacting our Family Support Team. You will be assessed after your referral goes through and we will match you to the correct service.

What kind of support is this?

Maple is a peer-led support group you can join right away after bereavement.

Is there a time limit?

Yes, typically you would attend a maximum of 6 sessions (every two weeks) therefore giving you 3 months of support.



*Honouring Your Care,
Cultivating New Beginnings.*