



## Those we have helped have said:

"The service was a lifeline"

"I didn't realise how much it would help"

"The service literally put me back on my feet"

"I was lost now I'm found. Thank you"

"I don't know what I would have done without it"

Registered Charity No 515516

November 2015

### USEFUL NUMBERS

**To refer yourself or someone else** to the service, or for more information, please contact us: ☎ **01244 853193**  
or email [bereavement@hospicegs.com](mailto:bereavement@hospicegs.com)

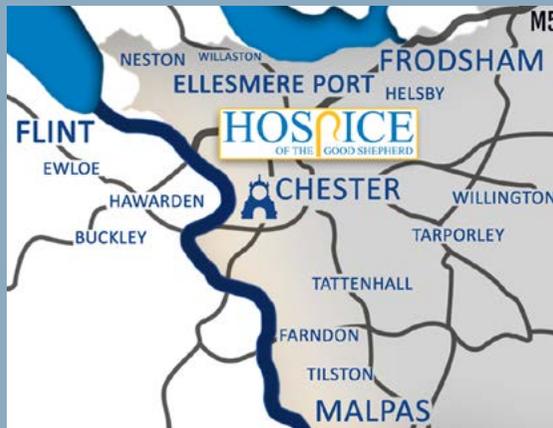
**Family and children's support** is available in conjunction with Reflect Children's and Young Person's Service. Please call: ☎ **01244 851104**  
or email [reflect@hospicegs.com](mailto:reflect@hospicegs.com)

**For any general enquiries**, you can email the Hospice of the Good Shepherd: [info@hospicegs.com](mailto:info@hospicegs.com) or call ☎ **01244 851091**

**The Bereavement Support Service**  
Hospice of the Good Shepherd  
Gordon Lane, Backford, Chester CH2 4DG

There is no charge for accessing our services. We rely on funding, donations and fundraising to be able to continue our valuable work. To donate or for fund-raising ideas please contact: ☎ **01244 851811**

### OUR CATCHMENT AREA



/HospiceGS



@GS\_Hospice

[www.hospiceofthegoodshepherd.com](http://www.hospiceofthegoodshepherd.com)

**HOSPICE**  
OF THE GOOD SHEPHERD

## Counselling and Bereavement Support



Specialist team here to help

[www.hospiceofthegoodshepherd.com](http://www.hospiceofthegoodshepherd.com)



## Welcome...

to the Hospice Bereavement and Counselling Service, offering information and support to bereaved adults in Western Cheshire. Grief can leave you feeling isolated and frightened. Each person's grief follows its own path, but you don't have to face that difficult journey alone. Please see below for our range of services.

### Counselling

One-to-one counselling is available to anyone who has been bereaved. Counselling is also available for people affected by life-limiting illness, whether your own or a loved one's. Counselling is a talking therapy in a safe and confidential setting. It gives you the space to explore feelings and memories.

## People may find counselling helpful to:

- explore challenging emotions such as anger or guilt
- manage physical reactions like sleeping difficulties, lack of concentration, anxiety and panic attacks
- understand and handle changes within families
- develop their resources and skills to cope with their grief and other difficulties

### Mollington Drop-in

Alternatively, drop in to Mollington Village Hall; on the first and third Tuesday of the month at 10am till midday; the befrienders invite you to join them socially, to meet them and others who have also experienced bereavement, in a warm and welcoming atmosphere.

### The Befrienders

Alongside our counselling service, the Befrienders are a trained and supervised team of volunteers who can offer a listening ear. This can be in your own home, or over the telephone by arrangement.



Some of our Bereavement Team



Counselling is a talking therapy in a safe and confidential setting

### What might bereavement feel like?

When you are bereaved you may:

- Feel deeply sad
- Feel numb, or like you are in some kind of bubble
- Find it hard to accept that your loved one has really gone
- Feel intense anger, perhaps towards others, medical staff, yourself or even your loved one who died
- Find it difficult to concentrate
- Feel anxious or unsettled
- Find it hard to get to or stay asleep, yet still feel exhausted
- Find yourself preoccupied with questions and 'what ifs' surrounding the death
- Be concerned with how much, or little, you are crying
- Worry that what you are feeling is 'wrong'
- Wonder how long you will feel like this