

Please note: During the COVID-19 pandemic, all our services are delivered using the videoconferencing platform *Zoom*.

Please contact us for further information.

Enquiries:

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Saint Catherine's

Caring for you at Hospice and Home

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Charity Registration No. 284701



Saint Catherine's

Caring for you at Hospice and Home

Bereavement Support

For relatives and carers of Saint Catherine's patients



To lose someone we care about may be the hardest thing we ever have to bear. It can be quite overwhelming – something for which we were never prepared, and yet, it is probably something that happens to all of us during our lives, and is normal even if it doesn't feel that way.

Grief is experienced in many ways: feeling empty and numb, having painful emotions, a low mood, and perhaps fretting and distress. It may also cause us to feel powerless, angry, confused, and as if we are 'losing our grip' on things.

Grief can be quite unpredictable in the way it pushes itself into our awareness and emotions. Even the most resilient and normally capable of people can feel vulnerable during their time of mourning.

Despite the nature of grief, most people discover their own ways of coping; they heal, and find a new way of being in the world and feeling comfortable with themselves. To support people who encounter difficulties on their journey of mourning, we provide a range of bereavement support options - all of which are designed to get people back on their feet and coping without special assistance.

What we offer

Everyone referred to us for Bereavement Support, is first assessed by a member of our team to determine their individual needs; after which, we are able to suggest the most useful and appropriate option for them. These include:

- Living Through Loss Course
- Monthly Bereavement Group
- One-to-one Counselling

Living through Loss Course

This course runs weekly over six weeks and is designed to be both supportive and informative. The group provides participants with an opportunity to share their experiences and meet others in a similar situation.

The course has an educative focus where information, ideas and strategies are discussed, helping participants to go on to cope without special assistance.

Groups are kept quite small so that they are accommodating of people that might feel uncomfortable with the idea of being in a larger group.

Monthly Bereavement Group

This group is designed to provide a confidential, casual, and supportive environment for people to talk about and hear from others concerning their experiences of mourning loss.

The group helps build confidence in coping so that individuals can settle into a healthy journey of mourning. Participants are invited to attend twelve group meetings.

One-to-one counselling

One-to-one counselling is also available for people experiencing significant difficulties, or where attendance at a group meeting is not considered suitable. This type of support is also available for children aged five years and older.

Our dedicated team of experienced volunteers assist us in delivering this service. They offer up to six counselling sessions, usually fortnightly, which provide an opportunity for talking through difficulties, being heard and understood, and for growing in the ability to face the future positively.