

Bereavement

Finding meaning after loss



The death of someone significant can affect people in unexpected ways. Grief is a natural and normal reaction but can cause big changes, both emotionally and physically.

Although bereavement is inevitable, how we respond can vary according to our situation, background, beliefs, or our previous experiences of loss and bereavement. There's no 'normal' way to grieve, or any expected way we should feel, or any set time to start feeling more like ourselves again. Our feelings can also be affected by the circumstances of the death, or the relationship we had with the person who died. It is important to allow yourself to respond in your own way.

Adapting and learning to cope when someone has died can be challenging. There will be significant days to get through such as birthdays and holidays, and relationships with remaining family members to be re-negotiated.

Whilst lots of people have support networks, it can be difficult to express your thoughts and feelings, especially with friends and family. However, sharing how you feel with someone, or meeting others in a similar situation can be helpful.



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North London Hospice Bereavement Service

We have a variety of options of support available and the free service is currently offered to family and friends of people who were known to a North London Hospice clinical service (Barnet or Enfield). Those known to Haringey will be offered support from the bereavement service at St Joseph's Hospice.

A member of the Bereavement Support Team will contact you up to eight weeks after your bereavement either by telephone or letter. Should you, or any other relevant person, wish to access support we can offer you a meeting with a member of staff or trained volunteer to discuss how we can work in partnership with you to meet your specific needs.

We offer:

Individual Support

An opportunity to talk on the phone, or face-to-face with a trained volunteer or staff member and we can arrange for the same person to call you on a regular basis.

Some people prefer face to face contact, and this can also be arranged by our bereavement service coordinator.

Sessions:

- are usually about an hour long
- initially up to six sessions are offered, at frequency to meet your needs
- on-going support can be provided, if required

You may wish to have a one-off session to talk about what has happened.

Groups

Formal, closed support groups, of no more than eight people meeting for six sessions. Groups are virtual or take place on either of our hospice sites. The groups are facilitated by staff members and/or trained volunteers and provide an opportunity to meet other bereaved people.

Informal Walk and Talk groups take place in local parks on a regular basis. Details of all our groups can be found on our website and other social media sites. You can also obtain information from the Bereavement Support Team at the hospice on 0208 343 6819. We welcome ideas for new groups.

Spiritual Care

Whether you have a particular religious faith or not, we have chaplains and volunteers with whom you may wish to discuss spiritual issues.

Celebration of Life events

The hospice holds ceremonies to remember and honour the lives of the people we have cared for. These are held virtually or at our Finchley and Winchmore Hill sites. A member of your family will be invited to one of our events, with a request they share the information. For details of dates and times, see the North London Hospice website, or to book a place email: ceremonies@northlondonhospice.co.uk

Books & Resources

The hospice has a number of books and leaflets available on grief and loss and helping children or teenagers.

Practical Help

After a bereavement, the prospect of sorting out paperwork and belongings can seem overwhelming. We can signpost you to people who may be able to help.

Quotes throughout this booklet come from bereaved people we have worked with.

“I keep thinking they are going to come back”

You will find a way of living without the person by your side but they will always be with you in your thoughts and memories.

“I try not to break down in front of my family and I tend not to talk about things but bottle my feelings up”

It is appropriate to express your feelings and talk about the person who has died.

“I feel very lonely and I want to get back to normal”

When you are ready it is important to renew old interests and even pursue some new ones.

“I feel stressed, tired and ill”

It's not unusual to experience some physical changes in yourself. Grieving can be an exhausting process, yet you may experience difficulty sleeping. Take care of your own health and wellbeing and allow yourself a break from grieving.

“When is the right time to move his things?”

Whenever it feels right to you, allow yourself time to grieve rather than attempt to rush the process.

Children and Young People

“I don't know how to help my children”

What about children?

People often think we should protect children from grief and are worried about saying or doing 'the wrong thing'. We wonder how best to support them when someone close to them dies. Just as adults, children react to loss in different ways and at different times. They may have questions, fears, and powerful feelings, which can cause them to feel confused and alone if they are left out of what is happening around them. By giving children information honestly and openly in small chunks, allowing them to express their feelings, to make informed choices and feel part of what is going on, children can feel reassured, supported and understood.

Whilst we can't provide services to children directly, we can provide guidance to adults who are supporting bereaved children and have resources that families can borrow. In addition, we can signpost families to child bereavement organisations.

Some other resources available locally and nationally

For children and young people:

Grief Encounter

Children's bereavement service

www.griefencounter.org.uk

Address: The Lodge, 17 East End Road, London N3 3QU

Email: support@griefencounter.org.uk

Hope Again

Hope Again is the youth website of Cruse Bereavement Care. Designed by bereaved young people as a safe interactive place where young people aged 11-18 can share their stories about loss and begin to find ways of hoping again. They can also find a listening ear, information, and advice.

www.hopeagain.org.uk

Riprap

The site is developed for teenagers who have a parent with cancer, including those whose parent has died.

www.riprap.org.uk

Winston's Wish

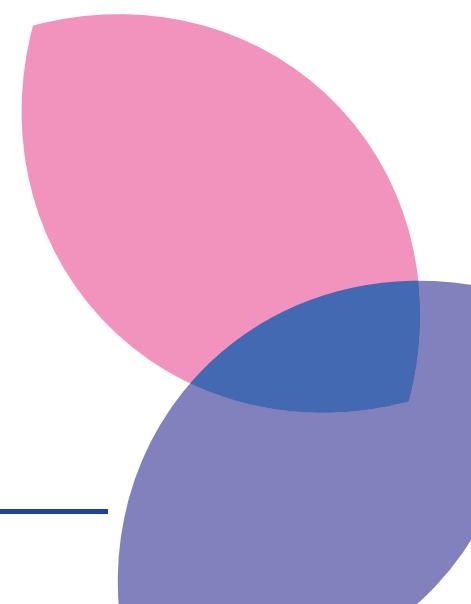
Help for grieving children and young adults & their families

www.winstonswish.org.uk

Email: ask@winstonswish.org

Service for young people:

www.help2makesense.org



For adults:

Barnet Bereavement Service

Bereavement counselling for Barnet residents

Tel: 020 8441 3572

Email: barnetbereavement@tiscali.co.uk

(N.B. this organisation provides free services, and often has a waiting list)

Enfield Counselling Centre

Counselling for individuals and couples in Enfield

www.enfieldcounselling.co.uk

Address: Enfield Counselling Service, 1A London Road,
Enfield EN2 6BN

Haringey Bereavement Service

St Joseph's Hospice in Hackney provides bereavement support and counselling for: adults (18+) who live in City and Hackney or are registered with a City and Hackney G.P. who have experienced a bereavement.

www.stjh.org.uk

Email: stjosephs.firstcontact@nhs.net

Address: St Joseph's Hospice, Mare Street, E8 4SA

Cruse Bereavement Care

National Bereavement charity offering support, advice, and information when someone dies.

www.cruse.org.uk

Cruse offers face-to-face, telephone, email and website support, including www.hopeagain.org.uk specifically for children and young people.

The Good Grief Trust

A national charity with a website in different languages detailing free local support across the UK.

www.thegoodgrieftrust.org

Email: hello@thegoodgrieftrust.org

Online forums for bereaved people:

1. **Bereavement UK** online community
www.bereavementuk.co.uk
2. **Macmillan** online community
www.community.macmillan.org.uk
3. **Sue Ryder** online Bereavement Community
www.community.sueryder.org
Bereavement counselling service for online community members – free to use and held over secure video chat
www.sueryder.org/online-bereavement-counselling

Interested in some support?

Phone: 0208 343 6819

Email: nlhbereavement@northlondonhospice.co.uk
NLH Finchley: 47 Woodside Avenue, Finchley, N12 8TT
(N12 8TF for sat navs)

NLH Enfield: 110 Barrowell Green, London N21 3AY

Notes / Sponsor/s



