

Some people may find that talking with close family and friends gives them all the support that they need. Others may find it helpful to talk to someone who isn't directly involved in their bereavement.

Our Bereavement Team would be happy to talk to you about any of the following support services:

- Individual support by phone or in person, at the hospice, at home or at our Wellbeing Centre in Marlborough
- Bereavement Support Groups available at Prospect Hospice
- Advice about supporting children in the family
- An invitation to one of our Evenings of Remembrance and Reflection
- Our annual Light up a Life outdoor service of remembrance held at the hospice each December
- Information on other national and local organisations that may be able to support you or your family.

We know that the initial weeks after a loss are often very busy and we understand that you may need some time to consider what support you may or may not feel you need. With this in mind, we will write to you again in about six to eight weeks.

Meanwhile, you are welcome to contact us for support at any time.

Contact the Bereavement Care team

Please contact us if you would like to discuss anything in this leaflet.

Tel 01793 816127

Email bereavementcare@prospect-hospice.net



Bluebell Tribute Fund

Remembering someone you love

A Bluebell Tribute Fund is one way of remembering someone you love while supporting the work of Prospect Hospice. Please call our fundraising team on 01793 816161 or visit www.prospect-hospice.net/bluebell for more details.

"A Bluebell Tribute Fund is a lovely way to keep Mum's memory alive"

Bluebell Tribute Fund holder

Prospect Hospice

President HRH The Duchess of Cornwall

Address Moormead Road Wroughton Swindon SN4 9BY

Call 01793 813355

Email info@prospect-hospice.net

Visit www.prospect-hospice.net

Prospect Hospice Ltd. Registered Charity No. 280093
Company Registration in England No. 1494909

September 2018

Supporting you...

Living Life with Loss

Bereavement support services



Call **01793 816127**

Email bereavementcare@prospect-hospice.net

On behalf of the Bereavement Team at Prospect Hospice we would like to extend to you our condolences and share with you some information that we hope might be helpful at this difficult time.

The death of someone important to us is often one of the most difficult things that we have to face in life. Our emotions and responses at these times can sometimes feel confusing and overwhelming.

Grief is an intensely personal experience and each person will react to a death in different ways. There are no real rights or wrongs and no set time frames in which we grieve.

There may be an initial period of shock and numbness which can sometimes help us to cope with all the arrangements and practicalities that need to be attended to in the first few weeks. It is common to experience a whole range of intense emotions that can feel as if they come and go in waves.

How you might feel

Even when we know that someone is going to die, it can sometimes still be a shock when it actually happens, and our responses may come as a surprise to us.

Listed overleaf are some of the feelings and experiences often described by those we support in bereavement. You may identify with all of them, some of them or none of them at all.

You may experience:

- Feeling frozen, or strangely calm
- Swinging between belief and disbelief. Turning to speak to the person who has died, hearing their voice or thinking that you have seen them
- Crying uncontrollably or not being able to cry at all
- Difficulty sleeping, eating or concentrating
- Feelings of guilt about what you did or didn't do
- Feelings of anger directed at anyone or everyone. Maybe including yourself or even towards the person who has died
- Feeling remote from the people around you, even from close friends and family
- Feeling isolated
- Experiencing a loss of confidence
- A feeling of lethargy or the opposite, a compulsion to keep busy
- Feeling that life has no purpose or meaning any more
- Feelings of restlessness, anxiety and sometimes panic.

All these feelings, and more, are a normal and natural part of grieving and will often accompany feelings of sadness, longing and perhaps fear about the future. For some, there may be feelings of relief at knowing their loved one is no longer suffering.

Over time, these distressing feelings should lessen or feel more manageable. However, adjusting to the changes that bereavement brings can be a slow process for some people.

What can you do?

It is important to look after yourself. Grief can be very tiring, but there are things you can do to help you feel less overwhelmed.

- Try to get as much rest as you can and eat regular meals, even if you have lost your appetite. Where possible, take some gentle exercise
- Accept offers of help and support from other people. Don't feel you have to do everything yourself
- Talk to people about the person who has died, your memories and feelings
- Put off making big decisions if you can. Take one day at a time
- Allow yourself time to grieve. You shouldn't feel you have to rush 'to get over it' or to be strong for other people's sake.