



**St Margaret's**  
Hospice Care

# Bereavement Support Services

## Bereavement Support Services



# Bereavement Support Services

St Margaret's Bereavement Team offers a range of services for bereaved families, friends, carers and the professionals who support them.

Bereavement is an individual experience and there is no right or wrong way to react. It can be a painful and difficult time and you may have thoughts and feelings you did not expect, or none at all.

The support of friends and family is often all that is needed, but there may also be times when you feel overwhelmed and find it hard to cope with everyday life.

Sometimes bereaved people find they really miss the support they received whilst their relative was ill and being supported either in the hospice or at home.

Our support aims to enable people to find their way forward into a more positive and healthy future.

## Information and advice

### Telephone Support

St Margaret's bereavement enquiry line is a specialist information point for anyone in Somerset who has been affected by bereavement of any kind.

The Bereavement Services Support Team will listen, giving you the opportunity to talk about your experience and concerns, and can offer information about where to find the support you need.

**01935 709497**

### Bereavement Support for Professionals

The bereavement service offers specialist resources for all health, education and social care professionals who are supporting bereaved people in Somerset.

We offer:

- Information and resources
- Professional support and clinical supervision
- Consultancy
- Training

This service is available to professionals to assist in their support of bereaved people, families, children and organisations.

# Bereavement Support

We offer a range of support services for anyone bereaved by the death of someone who received our care.

## Telephone Support

Support over the phone for anyone affected by the death of a patient who needed specialist palliative care in a hospice, hospital or at home.

## Individual Appointments

If you need more support talking with one of the team in confidence can help you find your way through the grieving process.

## Counselling: Telephone; Online; In-Person

There is no normal or right way to feel following a bereavement and it may be difficult to make sense of your emotions or feelings. Counselling is available for those times when it is helpful to talk to someone outside of your family and friends about how you are feeling.

## Groups

A chance to share experiences within a small group of bereaved partners, supported by the Bereavement Team.

## Family Support

We support families of all ages and run “Samsara” groups for bereaved children and young people. The aim of the groups is to;

- Meet others with similar experiences
- Remember the person who died
- Explore and understand how grief feels
- Find resources and ways of coping
- Have fun together

## Contact us

If you think we may be able to help or would like more information about any of these services, please contact the Bereavement Team or ask any healthcare professional within St Margaret's to pass your contact details on to us.

**01935 709497**

## Bereavement Support Team

 01935 709497

 [bereavement.team@st-margarets-hospice.org.uk](mailto:bereavement.team@st-margarets-hospice.org.uk)

**St Margaret's Hospice Care Taunton Hospice,**

Heron Drive, Bishops Hull, Taunton, TA1 5HA

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St Margaret's Hospice Care is committed to taking your privacy seriously and protecting your personal information. If you want to know more about how we use your data go on the 'privacy statement' on our website or ask for a copy of this information via [info@st-margarets-hospice.org.uk](mailto:info@st-margarets-hospice.org.uk)

Please note all incoming and outgoing calls may be recorded for training and quality purposes.

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