



St Barnabas
Hospice • Care • Support

Wellbeing
Support

Bereavement Support



Find out more at
[StBarnabasHospice.co.uk](https://www.StBarnabasHospice.co.uk)

 @StBarnabasLinc  StBarnabasLinc

Bereavement Support

About us

St Barnabas Hospice is a local independent charity which supports more than 9,000 people across Lincolnshire each year. We deliver free, high-quality, compassionate end-of-life care and support to adults with a life-limiting or terminal illness, their family and carers.

Help during a bereavement

When someone close dies, it can leave you feeling alone and experiencing complex, unexpected feelings.

After a death, your thoughts and feelings can be chaotic and overwhelming. It might be very difficult to understand or put into words exactly how and why you are feeling this way. At first, you may feel numb, strangely calm and detached, or confused and unable to take in what has happened. Initial shock is often accompanied by a feeling of unreality.

Our bereavement service

- Will help with any bereavement, not just those from our own Hospice
- Is friendly, independent and provides you with an experienced person to talk to
- Takes referrals from everyone. You can ask for help yourself, your family or friends may ask us to support you or you might be referred by health and social care professionals.

What does the service provide?

Depending on your individual needs, we provide individual and group support:

Individual support

Individual support lets you talk confidentially, either over the telephone or face-to-face. A trained counsellor will help you explore your feelings, develop coping strategies and adapt to your changing circumstances.

Group support

Group support is facilitated by trained volunteers and meetings are held across Lincolnshire. They are a safe, comfortable and friendly place where you can express your feelings and emotions.

Our team will help you deal with overwhelming feelings, they are there to listen.

The groups allow you to meet other bereaved people, and provide and receive friendship and support.



"These groups gave me the time to talk, reassure and gain comfort through the hardest times."

How do I access the service?

If you would like further information about the services we provide please call a member of our team on **01522 518 225** or email **family.support@stbarnabashospice.co.uk**

Your nearest support group

Support groups meet weekly across the county. Please call for details about your nearest group.

You can self-refer to the Family Support Service by contacting **0300 020 0694**, or a referral can be made on your behalf by a family member, carer, friend or other care professional. They will need to have your permission to do this.



In case of concerns or complaints, please contact:

**The Chief Executive's Office
St Barnabas Hospice
36 Nettleham Road
Lincoln
LN2 1RE**

01522 511 566

Or, Lincolnshire Patient Advice and Liaison Service (PALS) on **0845 602 4384**



Alternative language copies available:

If you would like this information in another language or format, please contact Marketing on **01522 559 504**

Aby otrzymać te informacje w innym języku lub formie, prosimy o kontakt z działem marketingu pod numerem **01522 559 504**

Jei norétumėte gauti šią informaciją kita kalba ar formatu, prašome kreiptis į Rinkodaros skyrių tel **01522 559 504**

Ja vēlaties saņemt šo informāciju citā valodā vai formātā, lūdzu, sazinieties ar Mārketinga nodaļu pa tālruni **01522 559 504**

Dacă doriți să aveți această informație în altă limbă sau alt format, vă rugăm să contactați Marketing la **01522 559 504**

**St Barnabas Hospice
Hawthorn Road
Lincoln
LN2 4QX**

01522 518 225
family.support@stbarnabashospice.co.uk