



***Lakelands Bereavement
Support Service***

Lakelands Bereavement Support Service

Lakelands Hospice offer Bereavement support and/or counselling to help any individual who has experienced the loss of a loved one.

When a person close to you dies you may not only be losing a loved one but if you have been their carer then you may be losing your sense of purpose when your caring role comes to an end.

Lakelands can offer care and support, immediately after death, of a practical nature e.g. helping with paperwork etc.

Our Counselling service may be accessed at any time but may be more helpful at a later stage.

The way grief affects you depends on many things, such as the nature of your loss, your beliefs or religion, your age, your relationships and your physical and mental health. Therefore you can react in many ways to a loss.

Bereavement Counselling helps people who are grieving, work through their grief and perhaps learn coping mechanisms to help them when they are on their own.

Lakelands Bereavement Service is offered by a team of trained volunteers who will meet with an individual, initially offering 6 sessions for 1 hour, weekly at Lakelands Hospice. This service is free of charge.

Dealing with Emotions

There is no instant fix. You may feel affected every day for between twelve to eighteen months after a major loss.

After this time the grief is less likely to be at the forefront of your mind but everyone is different and there is no set time frame.

There are practical things you can do to get through a time of loss.

- **Express yourself.** Talking is often a good way to sooth painful emotions.
- **Talking to a friend, family member, health professional or counsellor** can begin the healing process
- **Allow yourself to feel sad,** it is a healthy part of the grieving process. Crying enables your body to release tension
- **Maintain a schedule and keep to a simple routine.** It is important to stay in touch with other people as it grounds you.
- **Sleep.** Emotional strain can make you very tired. If you are having trouble sleeping see your GP.
- **Eat healthily.** A healthy well balanced diet will help you to cope with your emotions.
- **Avoid things that “numb” the pain,** such as alcohol. It will make you feel worse once the numbness wears off.
- **Go to counselling if it feels right for you,** but perhaps not immediately. It may be more useful after a couple of weeks or months.

As well as Lakelands Bereavement Support you can always contact your GP surgery who will have details of other support services in our area.

Alternatively you can contact support organisations directly e.g.

Cruse Bereavement Care Tel: 08444779400

Samaritans Tel: 08457909090

Turning to bereavement counselling after the loss of a loved one is not an admission of weakness, but instead it is an admission of strength to seek help when it is needed.

If you would like to access Lakelands Bereavement Support Service please ring Lakelands Hospice 01536 747755 Monday to Friday 9am to 4pm