

How do I access this support?

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To find out more or make an appointment,
please contact us by

telephone 01325 254321

email: enquiries@darlingtonhospice.org.uk

call in at the Hospice

or write to

Family Support
St Teresa's Hospice
The Woodlands
Woodland Road
Darlington
DL3 7UA

You can also be referred via your own GP,
district nurse or social worker.

We are generally open 9.00 a.m. to
5.00 p.m., Monday to Friday. Evening
appointments may be available on request.



St Teresa's
Hospice
Giving to life

**The Woodlands, Woodland Road,
Darlington, DL3 7UA**

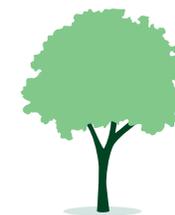
telephone 01325 254321

enquiries@darlingtonhospice.org.uk

For more information about our services:

www.darlingtonhospice.org.uk

Registered Charity No. 518394



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Why would I need bereavement support from the Hospice?

The death of someone close creates a range of feelings and emotions. Grief is natural but can be very painful. We are here to support you through this difficult time.

Although family and friends can be of support, many people find it helpful to talk to someone who is on the "outside" of their life as they make sense of what has happened and begin to adjust to their loss. We also have help and information around practical matters that can affect people following bereavement.



What type of support does the Hospice offer?

- **One-to-one support** - is available from our Family Support Team, offering you a safe space to talk and share your feelings.
- **Support can be provided to a family** - depending on your wishes and needs.
- **Informal "drop-in" meetings** - for some people, the opportunity to meet others in a similar situation is really helpful. We offer informal "drop-in" groups that are both friendly and supportive. Why not call in for a chat over a tea or coffee? Our main group meets at the Hospice Monday mornings (except bank holidays) 10-11:30am. Local groups may also be available. Please contact us or visit our website for more information.
- **Specialist support for children and young people** - to enable them to communicate their feelings and concerns in a safe way.
- **Keeping in touch** - When someone who the Hospice has cared for dies, we keep in touch with family and friends through the post (unless they do not wish this).
- **Christmas tree of memories** - every year we hold special events around Christmas.

Who can access bereavement support from the Hospice?

Our service is open to anyone (adult or child) when someone close to them has died due to a life-limiting illness, even if the person who died was not known to the Hospice.

On occasions, we can offer support to individuals (both adults and children) and families who have been bereaved through circumstances other than illness. Please contact us to discuss this further.

We have a specially built facility with private rooms to talk as well as a family room designed to allow children and young people to feel at home. We can also visit you at home or in hospital, if appropriate.