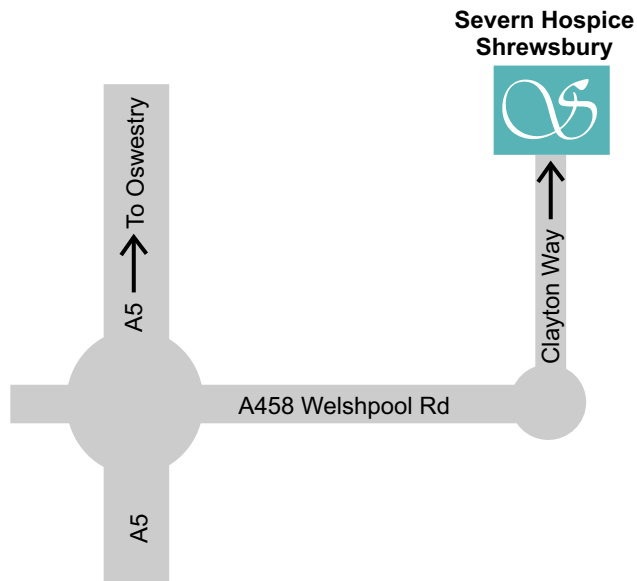


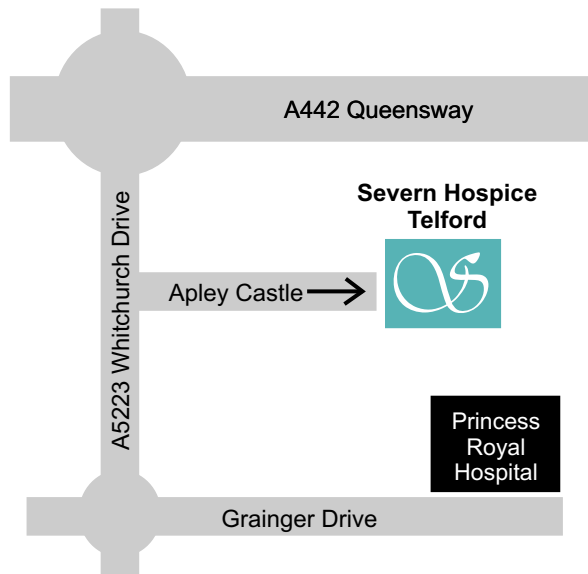


How to find us

Severn Hospice Shrewsbury



Severn Hospice Telford



Who to contact

Severn Hospice Social Work team members:

Caroline Clegg
Vicki Kerwin
Jeff Dixon
Iris Briscoe

Confidentiality

The hospice operates on a team-based approach to your care. We may sometimes need to share information you give us with our colleagues to ensure you are receiving the best service. We will always endeavour to check with you about what we may or may not divulge.

When cure is no longer possible;
care is...



Registered Charity No. 512394

Shrewsbury
Bicton Heath
Shrewsbury
SY3 8HS

01743 236565

Telford
Apley Castle
Telford
TF1 6RH

01952 221350

Newtown
Hosbis Hafren,
Back Lane,
Powys
Sy16 2NH

01686 623 558

www.severnhospice.org.uk



Information about

Helping you with your bereavement



Leaflet produced by
Severn Hospice



Common feelings and reactions

Grieving is a normal process following bereavement and affects people in different ways. However, here are some feelings and reactions you may experience:

- At first, numbness and disbelief - "it hasn't really happened".
- Thinking you have seen or heard the person or searching for them.
- Guilt, anger, anxiety, loneliness, depression or feelings of 'going mad'.
- Feelings of relief.
- Difficulty sleeping or eating and in concentrating.
- Feeling physically low and concerned about your health.
- Disappointment about all the plans and dreams that will never be fulfilled.
- Finding every day situations and relationships difficult to cope with



Looking after yourself

- It is okay to express your feelings.
- Try to talk about what has happened.
- It is important to make time to sleep, rest and think, as well as having time with your family and friends.
- Allow yourself more time to do things, take rest and beware of accidents which are more common after stress.
- Don't be pressed or push yourself into major decisions if possible - there are no right times for doing anything, only at your own pace.
- Try to let children share your grief and encourage them to express their feelings. Talking, reading, drawing and playing games can be helpful.
- Encourage children to return to school and continue with their activities.
- Be gentle with yourself. If you have a bad day, put it behind you and have another go.



How we can help

We want to continue to support you and your family and will be offering the following services:

- Individual support - with a member of our bereavement support team.
- Group meetings - for relatives to share their experiences together. These meetings are held in Shrewsbury, Telford and Newtown.
- Elephants Never Forget - children and parents bereavement service which offers support to families.
- Remembrance event - We have a book of remembrance in Chapels at both our hospice sites where the deceased person's name is recorded. On the anniversary of their death you are welcome to view the book during the anniversary month.
- Practical help and advice

If you are interested in any of the above, please contact the Social Workers Office at our Shrewsbury hospice on 01743 236565, our Telford hospice on 01952 221350 or staff at Hafan, Newtown on 01686 617228 (with answer phone service).