

Bereavement support service

« It gave me the freedom to feel that I could say what thoughts I really had - no matter how crazy they sounded. I feel that there are days when I feel ok and days when I don't, but I know that this is ok. »

Grief

Are you feeling overwhelmed, confused, empty, helpless, guilty, angry, anxious, depressed, tired or tearful? These are just some of the many dimensions of grief. It can be all-consuming, debilitating and one of the most difficult experiences you will ever go through, but you don't have to cope alone.

Support

Our support service is available to anyone over the age of 18 who is grieving, irrespective of time, cause or relationship, and registered with a GP in Blackburn, Darwen, Hyndburn or the Ribble Valley. There is no requirement to have had previous contact with the hospice services.

One to One Support

One to one support is available, providing a confidential, safe space in which to work through your grief with a qualified bereavement support coordinator. Appointment times and dates are flexible and arranged around your availability and there is no set number of sessions.

For more information or to speak to someone regarding bereavement support, please call **01254 733407**.

Drop-in

We also offer a free, confidential, informal drop-in service, where you can share your experiences with others in a warm, friendly and supportive environment hosted by trained volunteers. There is no set pattern, timescale or way of grieving, but talking to others may help you understand what has happened, how it has left you feeling and how you can learn to enjoy life again. You do not need to be referred for this service and no appointment is needed, just simply come along to the next group.

Our drop-in sessions take place on the second Tuesday of every month, from 10.30am to 12.00 noon. Please visit our website eastlancshospice.org.uk for more details or contact us on **01254 733407** to find out more.

*With effect from April 2015:
Additional session available
6.30pm to 8.00pm on the last
Thursday of every month.*



Did you know?

On average we need to raise **£342** for each hour that we provide services within the hospice and community



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