



Reaching Out

When someone close to us dies it can be the most painful experience. If you are struggling and need someone to talk to, LOROS is here to support you.

loros.co.uk

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you*
and *your family*

Bereavement Support services

LOROS would like to thank all of the project partners, who have enabled us to provide a safe space for our Bereavement Support hubs.

The services we provide

The LOROS Bereavement Support service aims to provide bereaved people with access to information and support as well as a safe place to share their story and talk about emotions, thoughts and feelings.

You can access the service by asking your GP or other health professional to refer you to the LOROS Bereavement Service. We will ask you to complete and return a self-assessment form to us to identify the best service for your needs; trained bereavement volunteers will help to guide you through your journey.

The support we offer:

- Eight week group support session held at LOROS
- Community hubs
- One to one support visits at home

“Everyone experiences loss differently, there is no timeline for grief”

Eight week group support sessions held at LOROS Hospice

If you have suffered a bereavement due to a terminal illness, and feel you would benefit from some

support, please ask your GP or other health professional to refer you to our LOROS Counselling service. Our Counselling and Bereavement service will then assess you via a self-assessment form which we will ask you to complete and return to us. We will make contact to discuss the most appropriate service for you.

Groups are run fortnightly on a Monday afternoon, based at the hospice site on Groby Road in Leicester. Trained bereavement volunteers run these groups which enable individuals to connect with others who have also experienced a bereavement.

“My six years of facilitating groups have been both challenging and rewarding. Grief shows itself in many ways, the only link is loss.

To experience a group grow from the uncertainty of speaking out about their deepest pain to becoming a safe place where love, support, laughter and comfort is offered to each other is humbling to witness.”

**Carole Cottam,
Bereavement Volunteer**

“I have used the LOROS Counselling service on a number of occasions due to family deaths. They were so supportive and enabled me to deal with my losses. I wanted to give something back to LOROS and felt the Bereavement Support Service was the way forward for me to support others.”

Sandra Taylor, Bereavement Volunteer

Community hubs

This new service will be based in different locations across Leicester, Leicestershire and Rutland, to offer support and information to communities.

The hubs are available to anyone who has been bereaved, regardless of the cause. There is no need for an appointment, you can just drop in at any time during the session. The hubs take place weekly on the same day and time and are supported by trained bereavement volunteers.

The location and times of each hub can be found at loros.co.uk/bereavementsupport

One to one support visits at home

Where a home visit is agreed to be the most appropriate service for you, a volunteer will visit you at home for eight sessions.

A session lasts an hour and can be weekly or fortnightly depending on what best meets your needs.

Understanding bereavement

Everybody experiences grief, loss and bereavement in their own unique way. There are no stages or phases to the grieving process. However, some thoughts and feelings are usual and can be experienced in a similar way, for example:

- In the early days you may feel shocked, or you may feel nothing at all.
- You may experience waves of intense pain or mood swings.
- You may feel guilty about things which happened before the death, or about how you feel.
- You may have trouble sleeping or need more sleep than usual.
- You may feel sick or panicky.

Over time feelings usually become less intense but you can't predict when it will happen, or force it to come sooner.

LOROS Bereavement Support service is here to support you.

This leaflet is updated regularly. For the most up-to-date information please visit loros.co.uk/care

In case of comments or complaints, please contact:

Chief Executive, or Director of Patient Services & Clinical Quality, LOROS,
Groby Road, Leicester LE3 9QE
Care Quality Commission, East Midlands Office, Citygate, Gallowgate,
Newcastle Upon Tyne NE1 4PA

Alternative language copies available

LOROS Hospice is dedicated to ensuring that equality and diversity is at the heart of all our activities.

If you need this information in your own language, please contact the PA to our Patient Experience Lead on 0116 231 8435

જો તમને આ માહિતીની અન્ય ભાષા અથવા સ્વરૂપમાં આવશ્યકતા હોય તો કૃપા કરી ટેલીફોન નંબર 0116 231 8435 પર Patient Experience Lead PA (પેશન્ટ એક્સપેરિયન્સ લીડ પીએ) નો સંપર્ક કરો

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na język obcy lub w innym formacie, prosimy skontaktować się z PA Zespołu Patient Experience pod numerem telefonu 0116 231 8435.

ਜੇਕਰ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਪ੍ਰਾਰੂਪ ਵਿੱਚ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਰੋਗੀ ਅਨੁਭਵ ਪ੍ਰਤੀਨਿਧੀ PA ਨਾਲ 0116 231 8435 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

Haddii aad ku dooneyso macluumaadkan luqad kale ama habeyn kale fadlan la soo xiriir Hogaan Bukaanka Waayo-aragga PA taleefoon nambarka 0116 231 8435

আপনি অন্য কোনো ভাষা বা ফরম্যাটে এই তথ্য পেতে চাইলে অনুগ্রহ করে 0116 231 8435 টেলিফোন নম্বরে প্যাসেন্ট এক্সপেরিয়েন্স লিড পিএ-তে যোগাযোগ করুন

اگر آپ کو یہ معلومات کسی اور زبان یا فارمیٹ میں درکار ہوں تو برائے مہربانی پیشنٹ ایکسپیرینس لیڈ کے PA سے اس فون نمبر پر بات کریں 0116 231 8435

LOROS Groby Road, Leicester LE3 9QE

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✉ bereavementsupport@loros.co.uk

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LOROS

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