



Bereavement Support

St Gemma's Hospice
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 www.instagram.com/stgemmashospice

 www.facebook.com/st.g.hospice



Registered Charity No. 1015941

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0113 218 5500

www.st-gemma.co.uk

Bereavement Support from St Gemma's Hospice

If you are reading this, you may have recently been bereaved of someone close to you. Please accept our deepest condolences at this difficult time.

We hope this leaflet brings you some comfort and guidance. St Gemma's Bereavement Service is available to families, friends, and carers of patient who were supported by the Hospice — whether in our In-Patient Unit or out in the community.

Practical Support After a Death

We understand that there can be a lot to organise after someone dies. Our booklet "What to do when someone dies" offers practical advice and support.

You can request a printed copy or download it from our website:

www.st-gemma.co.uk/our-care/how-we-can-help/for-families-carers/bereavement-support/

Understanding Grief

Grief is a natural and individual response to the death of someone close. It takes time — and although it may be hard to believe right now, most people find that over time the pain becomes less raw and they begin to rebuild a new kind of life.

Some people find it helpful to talk about how they are feeling, which can relieve some of the distress you might be experiencing.

Our Bereavement Services

We offer a range of support to those affected by the death of someone cared for by St Gemma's.

Individual Support & Counselling

Confidential one-to-one sessions can help you explore your feelings. We offer an initial appointment followed by up to six weekly sessions, with the possibility to extend this if needed.

Bereavement Cafés

We hold monthly support meetings on Friday mornings from 10.15am until 12.15pm. These are a relaxed, social space to meet others who have experienced bereavement in the last two years and over 6-8 weeks ago. Bereaved people are welcome to attend these meetings for up to 18 months.

Growing Around Grief' Group

A 6-week structured support group for people bereaved within the last year. It runs in January, April and September and provides an opportunity to meet with others, explore your experience of grief, remember your loved one, and begin to look toward the future.

For more information about the bereavement support available to you, please contact one of the team: **0113 306 9167** familysupportteam@st-gemma.co.uk
www.st-gemma.co.uk/our-care/how-we-can-help/for-families-carers/bereavement-support/

Support for Children & Young People

Our Young People's Service supports children and young people of all ages — before and after the death of a loved one.

- ♥ One-to-one sessions with specialist staff
- ♥ Support during illness and after death
- ♥ Activity days and remembrance events

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Remembering Your Loved One

St Gemma's offers several meaningful ways to honour and remember someone special:

- ♥ Memorial Services near the first anniversary of death
- ♥ Memorial Book in the Hospice Chapel
- ♥ Tree of Life – inscribed leaves hung in our Memorial Garden

To find out more or make a donation in memory, while supporting the vital work of the Hospice:

0113 218 5555 www.st-gemma.co.uk/support-us/in-memory

Get in Touch

If you would like to talk to someone or find out more about how we can support you, please contact our Bereavement Services:

0113 306 9167 - www.st-gemma.co.uk