

Bereavement Café

Supporting you through grief and loss



The Bereavement Café welcomes all adults who have experienced a loss. It's a space for you to meet with others in our comfortable lounge and enjoy some light refreshments. Volunteers are on hand with a cuppa and a listening ear in a safe place where it is okay to not be okay. You can take this time to reflect or discuss worrying thoughts in a comforting and supportive environment.

Why not come and join us?

Each session takes place on the second Monday of the month between 5:30-7:30pm. Our first session will be taking place in June. Come along to the Living Well lounge, which is situated just off of the main reception at Sobell House Hospice.

Find out more

Call: 01865 225878

Email: sobellbereavmentservice@ouh.nhs.uk

Visit: sobellhouse.org

