

Bereavement Café

Supporting you through grief and loss



**KATHARINE
HOUSE
HOSPICE**



**SOBELL
HOUSE
HOSPICE**



Oxford University Hospitals
NHS Foundation Trust

Working in partnership to provide specialist palliative care for adults with life-limiting illnesses



What can I expect?

The Bereavement Café provides people who have been bereaved with the opportunity to meet others in their local area who are going through a similar situation. You are warmly invited to share your experience in an informal and supportive setting. If you think this may be difficult, you are welcome to come and listen, and only participate when you feel able.

The Café is run by the bereavement service teams at Sobell House and Katharine House Hospices. Staff and volunteers will be there during the session to provide any help, support or advice you need.

Of course, it wouldn't be a Café without refreshments! Cake and drinks are on offer too.

When and where do the sessions take place?

Living Well Lounge
Sobell House Hospice
Churchill Hospital
Old Road, Headington
OX3 7LE

Living Well Lounge
Katharine House Hospice
Aynho Road, Adderbury
Banbury
OX17 3NL

Every second Monday of the month between 5:30-7:30pm. Use the main entrance to access Living Well.

Every first Wednesday of the month between 5-7pm. Use the main entrance to access Living Well.

What do I need to know?

The Bereavement Café is run once a month for two hours. It's free to attend, and you are welcome to attend up to 12 sessions. You don't need to book, please just come along.

You may find you make connections and friendships with others in the group that continue and strengthen outside of the sessions.

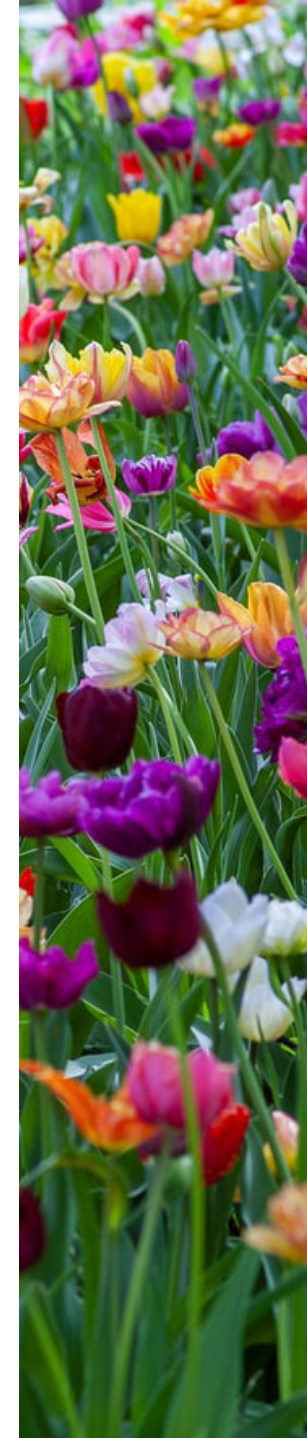
Is the Bereavement Café right for me?

It is...

- ✓ A group of people who are connected by the loss of a loved one
- ✓ A safe place to share experiences, or to sit quietly and enjoy a slice of cake
- ✓ A place where we are considerate of others and have kind and genuine conversations
- ✓ A place we may hear experiences that we can relate to and others that we cannot
- ✓ Somewhere it's OK to laugh or cry

It is not...

- ✗ A place for gossip or unkind words
- ✗ A place for dating
- ✗ A place for one-to-one support
- ✗ A place for unresolved grievances to be aired




More information and contact details can be found over the page

How to contact us

Sobell House Hospice

Charity Registration No 1118646

 01865 225878


 01865 225944

 pallcarebereavement@ouh.nhs.uk

 sobellhouse.org

Katharine House Hospice

Charity Registration No 297099

 01295 228531

 01865 225944

 pallcarebereavement@ouh.nhs.uk

 khh.org.uk

Confidentiality and data protection

We keep a list of those attending the Bereavement Café, which is scanned and stored in our secure system. We comply with all GDPR regulations.

Anything you say in the Bereavement Café setting to staff or volunteers will be confidential to the bereavement service. We will not disclose details to anyone unless we are seriously concerned for your safety or the safety of others.

We would ask that you please respect the privacy of others attending the Café. Thank you.

Feedback

Your feedback is important to us, so we can make sure that we are providing a service which is meeting your needs. Feedback forms are available at the Café. If you would like to complete one, please do ask one of the staff or volunteers, who will arrange this for you.