

Bereavement Support

A guide to the services we offer



"My support worker was warm, supportive, never intrusive and able to pick up a thread of something I was struggling to come to terms with. I was so fortunate to have been given this gift of understanding, for which I am so grateful."



**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



Coping with the loss of someone special can be difficult and painful. Grief may leave you feeling guilty, confused, relieved and exhausted all at the same time. There may be many changes and adjustments to be made, and you might have questions or feel you need practical and emotional support.

How can the service help me?

We offer support to anyone in Oxfordshire and south Northamptonshire who's relative or friend has received care from our hospices or community services. We provide the space for you to talk about the things that may be worrying you since your loss.

Some people find it helpful to talk in confidence to a 'neutral' person who has the time to listen, who understands grieving and who is not part of your close family or social circle.

Who will support me?

We have a team of volunteer bereavement support workers and qualified counsellors. They are all trained and supervised to support you in your bereavement. Our support workers will give you the opportunity to share your thoughts and feelings about your loss with sensitivity.

At first you may find you cope well with the help of family and friends, but when things begin to settle down you may feel the need for extra support – sometimes months or even years later. If this does happen please feel free to contact us.

What will support be like?

We offer support in a number of ways. You can choose from individual contact through face-to-face visits, telephone or video calls, or attend one of our bereavement cafés.

To begin with, we offer ten sessions of individual support or counselling. If you need more sessions, your bereavement worker will talk to you about carrying on for longer. No two people are the same, and the length of time you may need support for will differ from others.

Will anyone else be told what I talk about?

Everything you say to your support worker is kept confidentially within the Palliative Care Bereavement Support Team. We will not disclose details of what is said to anyone, unless we are seriously concerned for your safety or the safety of others.

Our support workers keep brief notes of their contacts with you and these are shared with their supervisor. All notes are kept electronically and securely in accordance with General Data Protection Regulations (2018).

What if I live out of the area but feel I need support?

Our service covers most of Oxfordshire and south Northamptonshire. However, if you live outside the area please do contact us as we may be able to help you find support nearer to where you live.

*"I have nothing but
praise and gratitude for
the help and support
that my support worker
gave me. I was so
fortunate to have her."*



What does having support cost?

The bereavement support we offer is free of charge and solely funded by both Katharine House Hospice and Sobell House Hospice Charity.

Useful contacts

A full list of local and national bereavement services is available on our websites.

Age UK, Oxfordshire

📞 0345 450 1276

🌐 www.ageuk.org.uk/oxfordshire

AtaLoss

Searchable directory of local and national services

🌐 www.ataloss.org

Cruse Bereavement Support, Oxfordshire

📞 0808 808 1677

✉️ helpline@cruse.org.uk

🌐 www.cruse.org.uk

Samaritans

📞 116 123

✉️ jo@samaritans.org

🌐 www.samaritans.org

SeeSaw

Grief support for children and young people in Oxfordshire

📞 01865 744768

✉️ info@seesaw.org.uk

WAY Widowed and Young

For under 50s

📞 0300 201 0051

🌐 www.widowedandyoung.org.uk

If you think that talking to someone would help, or you just want to find out more, please get in touch with us:
Monday to Friday
9am to 4.30pm

📞 01865 225944

✉️ pallcarebereavement@ouh.nhs.uk

How is bereavement support funded?

All our services are provided free of charge and are solely funded by both Katharine House Hospice and Sobell House Hospice charities. If you would like to make a donation or support our work in some way, please contact the relevant fundraising team:

Katharine House Hospice

📞 01295 816484

✉️ fundraising@khh.org.uk

🌐 www.khh.org.uk

Sobell House Hospice

📞 01865 857007

✉️ mail@sobellhospice.org

🌐 www.sobellhouse.org

