

Bereavement Support

Talking with others who have experienced the death of someone close to them may help you understand and cope with your own grief. You may find it helpful to come along to our groups or activities. We offer the following:

Early Bereavement Café

This group is particularly supportive in the early stages of grief (3–6 months). The group meets at 11am on the third Monday of each month at the Hospice. There is no need to book.

Bereavement Café

This group is for anyone bereaved for more than 6 months. The group meets at 11am on the second Monday of each month at the Hospice. There is no need to book.

Dovetail

A group for children and young people who are bereaved or whose parent has a life-limiting illness. Children are supported to share their experiences while participating in creative activities. Dovetail meets at 4:30pm on the second Tuesday of each month and there are separate activities for 5–11s and 11–18s. Please contact us for further information.

Dovetail Parent Group

We also offer a support group for those who have been bereaved of, or are caring for, a spouse or partner. This group takes place at the same time as Dovetail, in a separate space within our Hospice. Please book this group when your child signs up for Dovetail.

Individual Support

If you would prefer to talk on your own, we can also provide one-to-one support. This may be with our trained Bereavement Support Volunteers or our Bereavement Counsellor.

Walk & Talk

These gentle walks last about an hour and are held on various days and in various locations. Details are on our website: (pah.org.uk/communitybereavement) or call **01372 461996**.



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Community Bereavement Cafés

Open to anyone in the community who has been bereaved. These cafes are hosted by partners across our care area, and are supported by volunteers who have had training from the Hospice.

To find your local community bereavement café, visit our website or scan the QR code: www.pah.org.uk/our-care/our-bereavement-services/community-groups/



The Man Shed

For those who prefer to talk while working on hands-on carpentry projects. There are sessions throughout the week. No previous woodworking experience is required. Please contact us on manshed@pah.org.uk for more information.

Bereavement Support Library

Reading about grief and loss may help you to make better sense of your own bereavement. You can join the Hospice library and borrow books and other resources from our collection. Please call the Hospice on **01372 468811** or email library@pah.org.uk to find out more.

For more information please contact the Bereavement, Spiritual Care & Counselling Team or visit pah.org.uk/bereavement

Contact us

Princess Alice Hospice
West End Lane, Esher
Surrey KT10 8NA

www.pah.org.uk

Join us at pahospice

**Bereavement, Spiritual Care
and Counselling Team**

01372 461836

bereavementsupport@pah.org.uk



If you would prefer not to contact the Hospice, there are a range of other services which can be found on our website, or scan the QR code below:



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If you have any feedback on this publication, please contact quality@pah.org.uk

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