



## Useful Contact Information

### **Cruse Bereavement Care:**

Tele: [0844 477 9400](tel:08444779400)

E-mail: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

Web: [www.cruse.org.uk](http://www.cruse.org.uk)

Advice and support for the bereaved.

### **Samaritans:**

Tele: [0845 790 9090](tel:08457909090)

E-mail: [ju@samaritans.org](mailto:ju@samaritans.org)

Web: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### **National Association of Widows:**

Tele: [0845 838 2261](tel:08458382261)

Web: [www.widows.uk.net](http://www.widows.uk.net)

### **The Compassionate Friends:**

Tele: 0845 1232 304

E-mail: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

Web: [www.tcf.org.uk](http://www.tcf.org.uk)

Support for bereaved parents, grandparents  
and their families.

### **Rainbow Centre:**

0117 985 3343

Bereavement support for all ages.

### **The Lesbian & Gay Foundation:**

Tele: 0845 3 30 30 30

Advice, support and information.



# Monthly Bereavement Support Group



Willow Wood Hospice  
Willow Wood Close  
Mellor Road  
Ashton Under-Lyne  
OL6 6SL

[Www.willowwood.info](http://www.willowwood.info)

## Information Leaflet

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## Group Support Information

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- The bereavement support group meets in the day hospice lounge on the first Wednesday of each month between **6:30-8:00 pm.**
- The group is an open group and is always welcoming of new people joining.
- Individuals decide when they would like to attend the group, how often they attend, as well as deciding when they'd like to stop attending the group.
- The group is available to any person who's loved one was cared for or supported by Willow Wood Hospice.
- A trained Counsellor and Volunteer will attend each group session.

## The Group has a Few Ground Rules

- A clear beginning and Ending.
- **Confidentiality is implicit.** Group members need to feel safe enough to talk openly about their feelings and experiences and trust that details of their experiences will not be used as a source of gossip outside the group.
- All attending are expected to remain respectful of other peoples experiences. Aggressive behavior will not be tolerated.
- Individuals may exchange contact details if they wish to do so, but should not feel obliged to befriend someone. People have the right to their own personal space and privacy.
- There will be no access onto the Hospice ward for reasons of confidentiality.

After the 1st anniversary group members will be encouraged to access other forms of support.

**The group is designed to provide short term support, although nobody will be pressured to stop attending the group if they feel they benefit from attending.**

Occasionally personal insights may surface which feel sensitive, or inappropriate to share within the group. If this is the case then please speak to a member of staff. Individual counselling is also available.

## Contact

Anyone wanting to contact the hospice for support or additional information can call:

**0161 330-1100** and speak to **Jonathan Kilcourse** our **Family Support Bereavement Counsellor**