



BEREAVEMENT SUPPORT



KILBRYDE HOSPICE

Information for Patients, Families & Carers

Grieving

The death of a family member or friend can be devastating and can bring about stronger emotions than you have previously experienced. For some, grieving starts at the time of death, for others at the time of diagnosis.

Grief involves a series of changes in lifestyle and in attitude to living. It is an emotional and social upheaval. The world with which you were familiar has changed and therefore it is important to learn to adapt to new circumstances.

As with any change, it is often difficult to get used to new situations. Grieving is part of bereavement and can affect people in different ways, which may include some of the following:-

- Numbness and difficulty accepting the person has died
- Thinking you have seen or heard the person, searching for them
- Difficulty sleeping or eating
- Feeling physically low and worrying about your health
- Sadness
- Anxiety and restlessness
- Guilt and blame
- Anger and frustration
- Loneliness, which can affect your self-confidence
- Depression or feeling like you are going mad
- Finding everyday situations and relationships difficult to cope with
- Disappointment about the plans and dreams that will never be fulfilled
- And yes, feelings of relief.

It is important to allow yourself time and space to grieve and also to occasionally take a break until you become more able to cope with your memories and loss. Having space to talk about your feelings can help you come to terms with everything.

Bereavement support services

If you have been affected by the death of a patient who used Kilbryde Hospice within the last two years, you can request your GP Practice to refer you back to Kilbryde for bereavement support.

Following referral, you will meet with a member of staff to discuss your needs. We offer a range of bereavement support services which may help you at this time.

Please contact us if you require any advice or support regarding access to our service. If you would like to seek support elsewhere we have included some local support service details below.

Local support

- Cruse Bereavement Scotland - **0845 600 2227**
www.crusescotland.org.uk
- Well Connected –
www.elament.org.uk/self-help-resources/well-connected-programme.aspx
- South Lanarkshire Association for Mental Health (Hamilton)
Call free - **03303000133**
- Breathing Space - **0800 83 85 87**
www.breathingspacescotland.co.uk
- Give us a break - **01698 455800** (children aged 10-14)
<http://slcpsych.org.uk>
- The Samaritans - free phone **116 123** www.samaritans.org

About Kilbryde Hospice

Kilbryde Hospice is a voluntary independent hospice which exists to provide specialist palliative care to patients with life limiting progressive illnesses and to their relatives and carers. Services provided by Kilbryde Hospice are available to those people with palliative care needs. The service is provided free and does not discriminate on the basis of race, colour, faith, national origin, disability, sexual orientation, age or financial means.

We would like to hear from you!

We take all compliments, comments and complaints about our service seriously and deal with them in confidence. Kilbryde Hospice welcomes feedback on any of our services which can be submitted by post, or on our website.

www.kilbrydehospice.org.uk or by Email: info@kilbrydehospice.org.uk

Contact Us

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Registered Scottish Charity No. 032424

Registered Company No. SC224366

Should you feel that your complaint has not been resolved by Kilbryde Hospice, you may contact Healthcare Improvement Scotland regarding services delivered within Kilbryde Hospice or within a person's own home.

Healthcare Improvement Scotland, Gyle Square, 1 South Gyle Crescent, Edinburgh EH12 9EB, Telephone 0131 623 4300

www.healthcareimprovementscotland.org

Kilbryde Hospice aims to communicate effectively with all patients and carers. This document is available in braille format for those who are visually impaired. A translated version is also available for those whose first language is not English.

To facilitate this service, please call 01355 202020, or Email your request to info@kilbrydehospice.org.uk