

KEMP Team

Our team consists of a Family Support Coordinator and volunteers who have undergone specialist training in bereavement care, and are all professionally supervised.

Some do's and don'ts

- Do remember that grieving is a normal process
- Do talk about what has happened
- Don't bottle up your feelings or be embarrassed at crying - tears are natural and an excellent way of relieving tension.
- Don't expect painful memories to quickly go away - the feelings will stay with you for quite some time.
- Do take time out to sleep, rest and think. Grieving is hard work and very tiring.
- Don't be afraid to seek help, talking through your loss with someone independent may help you develop coping strategies now and for the future.



For further information on the Bereavement Care service offered by KEMP Hospice, please contact:

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KEMP Hospice is a registered charity no. 511141



BEREAVEMENT CARE



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Offering you care and support through your grief

We are all deeply affected when someone we love dies. Grief is a normal response to loss but you may find talking to someone independent can help support you through your grief.

Bereavement care is offered to all families and friends of those cared for by KEMP or Macmillan Nurses. All aspects of bereavement care are offered free of charge and confidentiality will be maintained at all times.



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We all react differently to loss and there is no right or wrong way to grieve, but grief can seem complicated and confusing. The close relationship between mind and body means that the psychological symptoms of grief can have a marked effect on the body.

Some normal feelings and problems you may experience:

- *Shock, pain and disbelief*
- *Anger, guilt or fear*
- *Anxiety, apathy or depression*
- *Difficulty in sleeping and eating*
- *Irritability, confusion and forgetfulness*
- *Finding everyday situations and relationships difficult to cope with*

BEREAVEMENT CARE

We might get all the help we need from our family and friends, but sometimes this is not enough. No two people grieve in the same way and struggle individually to make sense of their grief, we cannot support one another as we might wish. It might then be helpful to talk to someone independently.

You can talk through any of your emotions and experiences with our bereavement care team, who offer Bereavement Advice and Support.



adding quality to life