Bereavement Support

At Rotherham Hospice, we understand how deeply grief can affect you – and how important it is to feel seen, heard and supported.

This leaflet explains the support we offer and how to find what's right for you.



Rotherham Hospice

Living Life's Wishes

You're not alone

We're so sorry for your loss. Whether it's recent or some time ago, grief can be heavy and unpredictable. Everyone at Rotherham Hospice is thinking of you – and we're here to help, in whatever way we can.

Our bereavement support is free and available to anyone who has lost a loved one under the care of the hospice.

We offer:

- **One-to-one bereavement support**, either in person or over the phone.
- **Group and peer sessions**, including our monthly Good Grief Café.
- **Specialist services for children and teenagers** groups and one-to-one sessions through Sunbeams.
- **Family counselling**, for children, teenagers and the adults supporting them.
- **Spiritual and emotional support** through our chaplaincy team – open to everyone, whatever your beliefs.

Sometimes it helps to talk. Sometimes you just need space. Whatever you need, we'll listen.

To talk to someone or find out more, call us on **01709 966 000** and ask for the **Counselling and Bereavement Team.**

Or visit rotherhamhospice.org.uk for details, dates, and further support.



What we offer

Grief looks different for everyone. That's why we offer a range of services, so you can choose what feels right – in your own time, in your own way.



One-to-one support

Sometimes, after you've allowed yourself a period of at least 6 weeks for the natural grieving process, you may feel it helps to talk things through. Our trained bereavement team offers one-to-one sessions where you can share what you're going through in a safe, supportive space. This could be face-to-face at the hospice or over the phone – whatever feels most comfortable for you. Where appropriate we offer counselling sessions for bereavement.



Group support and the *Good Grief Café*

You don't have to talk if you don't want to. Being around others who understand can be enough. We run relaxed, informal peer groups at the hospice facilitated by our counsellors, as well as our *Good Grief Café* – a monthly meet-up in the conservatory where you can chat, listen or just be.



Support for children and families (*Sunbeams*)

Grief can be especially tough for children and teenagers. Sunbeams is our bereavement support service for young people of school age. We offer group activities and one-to-one sessions, as well as family counselling for children, teenagers and the adults supporting them.



Spiritual and emotional support

You don't have to follow a religion to find comfort in reflection or conversation. Our chaplaincy team offers gentle, non-judgemental support – a space to explore your thoughts, beliefs or questions, whatever they may be.

How to access support

Just give us a call on **01709 966 000** and ask for the Counselling and Bereavement Team, or **07561 107775** for our Sunbeams Team. We'll talk you through the options and help you find the kind of support that feels right for you. You can also visit **rotherhamhospice.org.uk** for more information and dates for our cafés.

Our counsellors are registered with and adhere to the British Association for Counselling and Psychotherapy (BACP) ethical framework.

What you might feel

There's no right way to grieve. Grief can come in waves – some days feeling manageable, other days completely overwhelming. Whatever you're feeling, it's valid. And you're not alone.

Emotional reactions

Grief isn't just sadness. You might feel:

- **Numb or in shock**, even if the death was expected.
- **Confused, anxious or forgetful**, like your brain's working differently.
- **Angry** – at the situation, at others, at yourself, even at the person who died.
- **Guilty**, going over what was said or left unsaid.
- **Lonely or disconnected**, even around people who care.
- **Deeply sad**, with moments where it feels hard to face the day.

These feelings might come and go, or hit you all at once. Talking can help – but so can walking, resting, crying, writing things down, or just sitting with it. There's no pressure to 'move on' or 'be strong'.

Physical symptoms

Grief affects your body, too. You might notice:

- **Trouble sleeping**, **vivid dreams**, or **tiredness** that doesn't go away.
- **Changes in appetite** – eating more or less than usual. Changes could also occur in bowel function, e.g. constipation or diarrhoea
- **Upset stomach**, **headaches**, or **aches and pains**.
- **Feeling shaky, dizzy, or short of breath.**
- Increased anxiety which can lead to panic attacks.
- Physical pain which may feel as though your heart has broken.

If anything feels worrying, it's always okay to speak to your GP.

Go gently

Grief is heavy. Be kind to yourself.
Let the hard days be hard. Let others help, even in small ways.
You are doing your best – and that's more than enough.

Being there when someone you care about is grieving

It can be hard to know what to say – or do – when someone close to you is grieving. But just being there can mean the world.

You don't need perfect words. You don't need to fix anything.

Just showing up, listening, or sitting quietly together can bring comfort.

Small things that help

- Let them talk about the person who's died – it's okay to say their name.
- Don't worry about repeating conversations. People often need to say the same things, again and again.
- Be okay with silence. Sometimes, company is more powerful than conversation.
- A gentle touch – like a hand on theirs or a hug – can say more than words. But let them lead.
- Offer practical help, like meals, a lift, or help with paperwork.

What not to worry about

You might feel unsure, awkward or afraid of saying the wrong thing. That's okay – just being present, in whatever way you can, makes a difference.



Keeping their memory alive

Grief and love go hand in hand. Remembering someone you've lost is part of the healing – and there's no right or wrong way to do it.

Some people find comfort in small personal rituals. Others like to gather with friends and family. However you choose to remember, it's okay to take your time.

Meaningful ways to remember

- **Create a memory box.** Fill it with letters, photos, favourite items, or even just a note about a special moment you shared.
- **Mark a special day.** Light a candle, visit a place they loved, or do something they enjoyed – even a small gesture can feel grounding.
- **Talk about them.** Sharing memories helps keep their story alive. It can bring connection and comfort, especially on birthdays or anniversaries.
- **Make space for children's memories.** Drawing pictures, planting flowers or building a memory box together can help young people feel involved and supported.

Remember with us

- **Our memory trees** sit in a quiet part of the hospice and garden and holds personalised leaves dedicated to loved ones. It's a place to reflect and reconnect.
- **Our annual memory events** such as Light Up a Life are ways we encourage people to come together and celebrate loved ones who've shaped our lives.

To find out more about any of these ways of remembering your loved one, please get in touch with our fundraising team on **01709 966 000** or by email **fundraising@rotherhamhospice.org.uk**.

Other places you can turn to

We know that grief doesn't always follow a straight path. There may be moments when you need more support, or different kinds of help. Below are some other organisations you might find helpful – for emotional support, practical advice, or just someone to talk to.

Adult Bereavement Services

Rotherham Hospice
We're here to listen and support you through one-to-one sessions, group meetups, or just a gentle conversation. Open to anyone connected to our hospice.
Phone: 01709 966 000
Email: reception@rotherhamhospice.org.uk
Website: rotherhamhospice.org.uk

Age UK
Help and advice for older people – including support with loneliness, grief, and practical issues after a death.
Phone: 0800 169 2081
Website: ageuk.org.uk

Crisis Team – The Woodlands (Rotherham Hospital)
If you or someone you know is in emotional crisis and needs urgent mental health support.
Phone: 0800 654 9571

Cruse Bereavement Support
One of the UK's main bereavement charities. Offers free emotional support from trained volunteers.
Phone: 0808 808 1677
Website: cruse.org.uk

Listening Ear
Professional emotional wellbeing support and counselling, including specialist grief services.
Phone: 0800 048 5224
Email: helpline@listening-ear.co.uk
Website: listening-ear.co.uk/refer

Macmillan Cancer Support
Support and guidance for people affected by cancer, including those dealing with bereavement.
Phone: 0808 808 0000
Website: macmillan.org.uk

Samaritans
Whatever you're going through, day or night, you can talk to someone – no pressure, no judgement.
Phone: 116 123 (free 24/7)
Website: samaritans.org

Survivors of Bereavement by Suicide (SOBS)
Offers understanding and connection for those navigating the complex grief that can follow a death by suicide.
Website: sobs.sheffieldmentalhealth.co.uk

Talking Therapies – Rotherham
Free NHS talking therapy service for adults registered with a Rotherham GP. Helps with anxiety, low mood, and emotional distress.
Phone: 01709 447 755

Support for those who've lost a partner

National Association for Widows
A charity providing friendship and understanding for anyone who has lost a partner – open to all genders.
Website: nawidows.org.uk

WAY (Widowed and Young)
Support for men and women aged 50 or under when their partner has died. Offers connection and community from others who truly understand.
Website: widowedandyoung.org.uk

Groups just for men

Andy's Man Club
A welcoming, no-pressure talking group for men. Meets every Monday at 7pm (except bank holidays).
Email: info@andysmanclub.co.uk
Website: andysmanclub.co.uk

Men in Sheds – Kimberworth Park
A welcoming, no-pressure talking group for men. Meets every Monday at 7pm (except bank holidays).
Location: The Chislett Centre, Kimberworth Park Road
Phone: 01709 559 805
Email: info@kimberworthpark.org.uk

Opening up the conversation

Dying Matters
Helping people talk more openly about dying, death, and grief – and plan ahead with confidence.
Website: dyingmatters.org.uk

Support for young people

Grief can be especially hard for children and teenagers to make sense of. They may express it through behaviour, questions, silence – or things that feel hard to explain. Whether your child has experienced a recent loss or is struggling with feelings that surface later, there are people and services here to help.

Sunbeams - Rotherham Hospice

Sunbeams is our dedicated bereavement support service for school-aged children and teenagers.

We offer:

- One-to-one bespoke services for children and young people
- Group sessions and creative activities
- Guidance for parents, carers and schools
- Support for the whole family after a bereavement

We create a safe, friendly environment where young people can explore their feelings at their own pace – through talking, playing, drawing, or just being.

Phone: 01709 966 000 / 07561 107 775
Email: sunbeams@rotherhamhospice.org.uk
Website: rotherhamhospice.org.uk

National organisations for children and families

Amparo

Offers support to children and families after a suicide, helping them understand and process their grief.
Phone: 0330 088 9255
Website: amparo.org.uk

Child Bereavement UK

Support for children, young people and families after the death of someone important to them.
Phone: 0800 02 888 40
Website: childbereavementuk.org

Childline

Free, confidential helpline for any child or young person who needs someone to talk to – about anything at all.
Phone: 0800 1111
Website: childline.org.uk

Grief Encounter
Offers one-to-one counselling, group support and creative therapies. Also publishes books and resources on grief for young people.
Phone: 020 8446 7452
Website: griefencounter.org

SOBS (via RD4U)
RD4U is Cruse Bereavement's youth branch – created by and for young people navigating grief after a suicide.
Phone: 0808 808 1677
Website: rd4u.org.uk

Winston's Wish
Support for children, young people and families after the death of someone important to them.
Phone: 0800 02 888 40
Website: childbereavementuk.org

Information networks and resources

Child Bereavement Network
A national hub for resources, guidance and information for grieving children and those supporting them.
Phone: 020 7843 6309
Website: childhoodbereavementnetwork.org.uk

Child Bereavement UK – Youth Information
Age-appropriate information for children and teenagers facing bereavement.
Phone: 0845 357 1000
Website: childbereavement.org.uk



About Rotherham Hospice

We're a local, independent charity providing personalised end of life care for people across Rotherham. Whether at home or in our hospice, our focus is on what matters most to each individual – and offering comfort, dignity and choice throughout.

We care for around 1,700 people and their families every year. That includes support during illness, and bereavement care afterwards.

If you'd like to support us – by sharing your story, joining an event, making a donation, or volunteering – we'd love to hear from you. There's no pressure, but every bit of support helps us be there for someone else when they need it most.

More info at: rotherhamhospice.org.uk/support-us

Registered Charity No. 700356

Talk to us

If you'd like to speak to someone or access any of our bereavement services:

Call us
01709 966 000
(ask for the Counselling and Bereavement Team)

Visit
rotherhamhospice.org.uk

Email
reception@rotherhamhospice.org.uk

Pop in for a chat
Rotherham Hospice
Broom Road
Rotherham
South Yorkshire
S60 2SW

Rotherham Hospice
Living Life's Wishes