

Redbridge Bereavement Service

Grief support, close to home

Compassionate support for
children, young people, adults
and families across Redbridge
living with grief and loss

Free • Confidential • Inclusive

We provide this support in different languages.

Please get in touch to let us know your preferred language.

CONTACT US, either email

 **bv@sfh.org.uk**, scan the **QR code**

to access free support. Or call us on

 **01708 753 319**

Saint
Francis
Hospice
Caring for you

Scan me



Registered with
FUNDRAISING
REGULATOR



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Saint Francis Hospice is a registered charity, number 275913.

“Grief reminds us how deeply we have loved.”

What is grief?

Grief is a natural response to losing someone important.

People experience grief in many ways. Some may feel sadness, anger, numbness, anxiety or loneliness. Others may struggle with sleep, concentration or daily life.

There is no right or wrong way to grieve.

Culture, faith, family traditions and personal beliefs may shape how grief is experienced and expressed.

Who is the Redbridge Bereavement Service for?

We support:

- Children and young people
- Adults
- Parents and carers
- Families
- People affected by recent or past bereavement
- Individuals experiencing sudden, traumatic or complex loss

This includes bereavement following:

- illness
- sudden death
- suicide
- homicide
- multiple losses
- anticipated death



We welcome people from all communities, cultures, faiths and backgrounds across Redbridge.

Interpreter support can be arranged where possible.

How we can help

Support may include:

- One-to-one conversations with a counsellor
- Emotional wellbeing support
- Bereavement assessments
- Support for children and young people
- Family support
- Signposting to other services and community resources

Support can take place:

- By telephone
- Online
- In community venues
- In schools
- At Saint Francis Hospice
- In other suitable local settings

Respecting culture, faith and community

Many people find strength and comfort through family, faith leaders, places of worship and their community following a bereavement.

Our service is intended to work alongside these important sources of support by offering additional emotional support in a safe, respectful and confidential environment.

We aim to provide support that respects:

- Faith
- Culture
- Traditions
- Family values
- Individual beliefs and practices



Support for children and young people

Children and young people may grieve differently from adults.

They may:

- Become withdrawn
- Struggle at school
- Become anxious or angry
- Ask repeated questions
- Worry about family members
- Seem unaffected at times

We provide age-appropriate support for children and young people and can work alongside families and schools where appropriate.



Redbridge Bereavement Service - Contact Us

To make a referral, please complete our online referral form, either scan the QR code below or go to: [Saint Francis Hospice - Community Bereavement](https://www.sfh.org.uk/community-bereavement). For more information or to enquire, you can call or email using the details below, and a member of the Family & Individual Support team will contact you.

Scan me



bv@sfh.org.uk



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When should I seek support?

You do not have to cope alone. You may benefit from support if:

- Grief is affecting daily life
- You feel overwhelmed or isolated
- Your child or family is struggling
- You would like someone to talk to
- You need additional emotional support

How to access support

You can:

- Self-refer
- Ask your GP
- Speak to your school
- Ask a healthcare or community professional to refer you



About Saint Francis Hospice

Saint Francis Hospice, rated outstanding by the CQC, is an expert in providing care for people in our community with palliative and end of life care needs.

We provide support and care for any person from any faith or cultural background diagnosed with a serious life-limiting illness and living in Havering, Barking and Dagenham, Redbridge, Brentwood or parts of West Essex. Saint Francis Hospice has been offering expert, compassionate advice and support for over 40 years.

Confidentiality

At Saint Francis Hospice we are committed to upholding your rights to confidentiality and protecting your privacy. We will treat your information with respect. Keep it secure and comply with the requirements of the Data Protection Act 2018 including GDPR. Our privacy notice is available on request or by visiting our website www.sfh.org.uk.

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