



demelza



# Bereavement support

At Demelza, we understand that your experience of loss is personal to you; there is no one way, or right way, to manage grief. Because of this, our bereavement support threads throughout our service and is about supporting families' unique journey. Our bereavement team will be available to support the spiritual, cultural and emotional needs of your whole family.

Our bereavement support is ongoing, we will continue to be there for you and your family for as long as you need us.

## Counselling

When life presents challenges to us it can be hard to find the space and opportunity to look at them and to explore feelings around this. Trained counsellors at Demelza enable this to happen within individual sessions held either face to face, online or via the phone. Following an assessment, staff will talk with you about how and when counselling may be most helpful and support you in taking this forward.

Counselling is available to adults who are not accessing any other therapeutic intervention. Please be aware there is likely to be a waiting list in operation for counselling. To make a referral please contact us by phone or email.

## Creative therapies

We have a team of trained art and music therapists, a dance movement therapist, and a reflexologist who can offer blocks of sessions at a Demelza site, within an educational setting for siblings, in your own home or online. Once a referral has been made, a member of the

team will contact you to book a telephone consultation to discuss the options available to you depending on your needs and your location.

Creative therapies are available for children, young people and adults who are not accessing any other therapeutic intervention.

Please be aware there is likely to be a waiting list in operation for creative therapies. To make a referral please contact us by phone or email.

Therapies available:

- Kent:  
Art therapy, music therapy, reflexology
- South East London:  
Art therapy, music therapy
- East Sussex:  
Music therapy, dance movement therapy

## Facebook group

A friendly, closed group for bereaved families offering support and information from others who are accessing the Demelza bereavement service. This will also be a useful way of hearing about news, events and opportunities from the bereavement team.

There is no obligation to be an active member, it's fine to post and be involved as much or as little as you are comfortable with. To join login to Facebook and search: 'Demelza Bereaved Families' and request to join. Demelza colleagues will then accept your request and access will be available. For any queries, please contact us by phone or email.

## Bereaved grandparents group

Join Cathy and meet other bereaved grandparents at the Sittingbourne Hospice. This group supports bereaved grandparents, encouraging people to come together, share experiences and support each other. No need to book, just come along. Our venue is fully accessible and light refreshments will be available. For any queries, please contact us by phone or email.

**Group information:  
Meeting the last  
Wednesday of each  
month, 7pm - 8pm,  
Resources Room,  
Demelza Kent.**

## Bereaved dads and male carers group

Join Dave and meet other dads, carers and other bereaved male family members who understand what it's like to lose a child and the challenges of learning to manage this painful experience. Dave and the other attendees will welcome you and together you will be able to create and be part of a supportive group. Our venue is fully accessible and light refreshments will be available. For any queries, please contact us by phone or email.

**Date:**

**Time:**

**Location:**

**Date:**

**Time:**

**Location:**

## Demelza cafés

We offer regular, relaxed opportunities in person, or virtually for bereaved family members to come together and chat, share memories or seek support and guidance. No need to book, just come along and you will be warmly welcomed.

**Date:**

**Time:**

**Location:**

**Date:**

**Time:**

**Location:**

## Virtual cafés

Join Jo and Margot at our friendly virtual cafés which take place fortnightly on Teams. It's OK to come along and just listen to others, choosing not to share. The main focus of the group is to meet and support one another.

**Date:**

**Time:**

**Teams ID:**

**Passcode:**

**Date:**

**Time:**

**Teams ID:**

**Passcode:**

## Creative sharing group

Join Jo to talk, offer support and share memories whilst working on planned projects throughout the year. The focus on the groups is wellbeing and support through creativity. The group will meet online via Teams and in person from time to time.

**Date:**

**Time:**

**Teams ID:**

**Passcode:**

**Date:**

**Time:**

**Teams ID:**

**Passcode:**

## Sibling support

Sibling support is offered in a variety of ways dependant on the needs each child or young person. Demelza can offer support and guidance to help understanding grief and loss within a safe, supportive environment or, bring together children and young people who have shared experiencing of a sibling dying.

Sibling support may be in the form of creative therapies, or spending time with other bereaved siblings at an activity, outing or online group. For any queries, or to be kept up to date on sibling events and activities, please contact us by phone or email.

## In Touch e-newsletter

(Sent every 6 weeks by email)

Our newsletter from a member of the bereavement team to keep you 'in touch' with relevant Demelza information and dates for groups, sessions and events.

## Bereavement events

Demelza offer several events each year for bereaved families to attend. These may be memory events offering time and space for reflection and remembrance, crafting activities and a special keepsake dedicated to your child, or social events where you can meet the team and other bereaved families in a relaxed environment. For families who are unable to travel to events, Demelza may be able to arrange a volunteer driver so please do make contact if this is something

that would be helpful. Additionally, each memory event will offer the option to attend a virtual version of the event should coming to the hospice be difficult. Families will be invited to attend events, three months following the death of their child.

## Befriending

If you are experiencing loneliness or social isolation, Demelza may be able to put you in touch with one of our trained and experienced befriending volunteers who can offer friendship and a listening ear over the phone or a coffee.

## Practical support

Specially trained volunteers can help you with a range of short term or one-off activities, such as driving you to appointments, putting together furniture or decorating a room. All volunteers hold current DBS clearance.

**If you would like to make a referral or discuss any of the support available please call, text or WhatsApp 07719 044929 or email [familysupport@demelza.org.uk](mailto:familysupport@demelza.org.uk)**



**@demelzacharity**

### **Demelza Kent (Registered Office)**

Rook Lane, Bobbing,  
Sittingbourne, Kent,  
ME9 8DZ  
T: 01795 845200

### **Demelza South East London**

5 Wensley Close,  
Eltham, London,  
SE9 5AB  
T: 020 8859 9800

### **Demelza East Sussex**

150a Bexhill Road,  
St Leonards-on-Sea,  
East Sussex, TN38 8BL  
T: 01323 446461

Find out more at:

**[demelza.org.uk](https://demelza.org.uk)**

Registered Charity No. 1039651