

Who we are

St Benedict's Hospice Bereavement Counselling Service offers counselling to bereaved families and carers. It is provided by counsellors from Sunderland Counselling Service, a local charity. The counselling provided is for adults and is free of charge.

Our counsellors are fully qualified and accredited with the British Association for Counselling and Psychotherapy (BACP) and receive regular supervision. Sunderland Counselling Service is an organisational member of the BACP and our counsellors adhere to the BACP Ethical Framework in their practice.

You have the right to make a complaint and have it investigated thoroughly, impartially and quickly, and be informed of the result. If you need to, you can ask someone to support you with this, such as a friend or family member.

For general enquiries you can contact:

To discuss arranging an appointment or enquire further please contact Gail Senior, our Bereavement Counselling Secretary on 0191 512 8400 between 9am and 3pm Monday to Friday.

Details will then be taken and passed to one of our Hospice Bereavement Counsellors/Co-ordinators to offer you support, Ali West or Kathryn Lee.

St Benedict's Hospice
St Benedict's Way
Ryhope
Sunderland
SR2 0NY

Main Reception: 0191 512 8400

Website: www.stbenedicts.co.uk

*Supported by St Benedicts Hospice charity
Registered charity number 1019410*

This information was correct at the time of publication. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the information and you should discuss this with the clinical staff at the time of your appointment.

Production date: January 2020
Review date: Dec 2023

STSFT/1199



St. Benedict's Hospice
& Centre for Specialist
Palliative Care

Bereavement Counselling Service



South Tyneside and Sunderland
NHS Foundation Trust

What is counselling?

Counselling can provide a confidential, safe place where you can feel accepted, listened to and understood. Counselling is not advice or telling you what to do. You are in control and you decide what you want to talk about.

When you are struggling to cope with the loss of a loved one it can feel overwhelming. Grief is painful and you may experience thoughts, feelings and physical symptoms that you didn't expect.

Often it can be difficult to talk to those close to you. Sharing these experiences and feelings with someone outside of your immediate situation can help you find your way through the painful process of grieving.



What do we offer?

After assessment, we offer up to six sessions of counselling to anyone with a family member or friend who has been supported by St Benedict's Hospice either as an inpatient, through the Day Care Service or as an outpatient by the Palliative Care Teams.

A bereavement support group also runs monthly, please contact us on the number on the reverse for more information.



Confidentiality

You can expect all aspects of your counselling to be treated with confidentiality and to have our confidentiality policy fully explained to you by your counsellor. Confidentiality may be breached where we have reason for thinking that there is a risk of serious harm either to you or to another person, including children. You can ask for a copy of our confidentiality policy if you wish.

We are happy to hear directly from anyone who thinks they might need bereavement support. We also accept referrals from St Benedict's Hospice staff, GPs, Consultants or anyone else involved in the patient's care.

We ask that these referrals are always made with the client's consent and knowledge.

Where our services do not appear to be appropriate for an individual we will ensure that the person is helped to access a more appropriate service if required. We are also able to signpost to other support services.

We are committed to equality of access to our services and undertake not to discriminate against anyone for any reason.