

Who we are?

St Benedict's Hospice Family Support Counsellor is based at the hospice three days a week and is available to support families and children where a parent or close family member is receiving care from St Benedict's Hospice.

The service is free of charge and provided by a fully trained and qualified counsellor From Sunderland Counselling Service.

Sunderland Counselling Service is an organisational member of the British Association of Counselling and Psychotherapy (BACP) and our counsellors adhere to the BACP Ethical Framework in their Practice.

Where our services do not appear to be appropriate for an individual we will ensure that the person is guided to access a more appropriate service if required.

We are also able to signpost to other support services.

You have the right to make a complaint and have it investigated thoroughly, quickly and impartially, 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, Secretary to our Family Support Counsellor on 0191 512 8400 between the hours of 9am and 3pm Monday to Friday.

Details will then be taken and passed to our hospice family counsellor to offer support.

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.

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

Family Support Counselling

NHS

South Tyneside and Sunderland
NHS Foundation Trust

What is family support counselling?

Family support counselling can help when coming to terms with the changes a life limiting illness brings and the difficulties this involves.

- The work may involve informal contact with the family all together
- One-to-one work with the parent
- One-to-one work with the child
- Play or art sessions with the young person
- Support can be tailored to the individual family's need

Often it can be difficult to talk to those closest to you, sharing these experiences and feelings with someone outside of your immediate family can prove helpful.



Children & Grief

Just like adults children react to the Changes that happen in a family when a family member is very ill or dies.

Sometimes these changes cause children to feel vulnerable and unstable and these worries can cause anxiety and upset, even in very young children.

These anxieties may show in a behaviour change, regression, mood alterations, outbursts of anger or a change in their eating and sleeping habits, to name but a few.

Even though a child may not know the full extent of the disease progression this does not mean that they remain oblivious to the subtle changes occurring in the family.

Bite size chunks of age appropriate information can help a child not feel excluded by those closest and this will help them begin to process their feelings of grief and loss in a more manageable way.

What do we offer?

We offer short-term counselling (up to 8 sessions) to children 18 and under whose parent or close family member is being supported by St Benedict's Hospice.

Support can be accessed within the Hospice or at a suitable community venue.

Confidentiality

All aspects of your counselling are treated with confidentiality.

An exception to this occurs when we have reason for thinking that there is a risk of serious harm either to you or to another person, including children.

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

