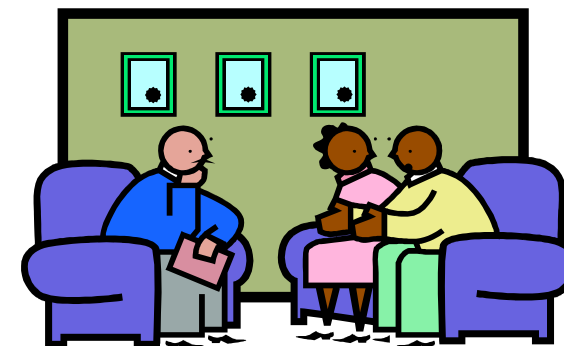




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## Bereavement Counselling & Support Services



*Specialist professional counselling  
and support for those who have*

*Cancer Help (Preston) Ltd.*  
Registered Charity No: 1032828  
Reg. Office: Vine House  
22 Cromwell Rd  
Ribbleton Preston  
PR2 6YB  
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## Who is Bereavement Support for?

*Bereavement support is for anyone who has lost a loved one through cancer. It is for relatives, carers and close friends who are experiencing emotional and psychological distress as result of their loss and are struggling to cope and come to terms with their circumstances.*

*Programmes of individual counselling and group support are matched to the needs of each individual. Help is available at any stage following a loss and our services are accessed by the newly bereaved and also by those who have been grieving for some time.*

*Counselling and support is also available for anyone who is preparing for death or the death of a loved one. Counselling and bereavement support is also useful for people who are coping but who simply need a bit of help to stay strong and to manage the challenges they face.*



## What is Bereavement Counselling and how can it help?

- Counselling is a form of therapy or rather a way of helping an individual cope with their circumstances.
- Counselling involves a discreet, confidential partnership in which anything can be discussed or recalled or addressed in a sensitive and professional manner.
- The relationship between counsellor and client should be characterised by respect, honesty, warmth and understanding.
- It focuses on the individual's experiences and allows them to talk about their circumstances and the things that are worrying them.
- The counsellor or therapist will be a specialist professional and will be able to listen to a person's problems and concerns and help them find ways of coping and managing their circumstances.
- Croston House's counselling and bereavement support service can help link people into other specialist services via professional liaison and referral. It can also

## Types of Bereavement Support and Counselling

There are many different types of bereavement support, counselling and therapy but at Croston House the prevailing approach is described as person-centred. It is a sensitive way of working that allows the individual to work at their own pace and to talk about things that are important to them. Sometimes some individuals need more structure and direction from their therapist and their needs will be assessed when they attend the centre.

It may be that you wish to be supported as an individual, couple, or family group. Our sensitive and flexible approach will enable us to help you in the most appropriate way for your circumstances and needs. Counselling and bereavement support is available in the following formats:

- **One to One**  
One relative/carer with one counsellor.
- **Couple**  
One couple or pair with one counsellor.
- **Group**  
Three or more individuals and one therapist/nurse working in an informal group setting.
- **Family**  
Two or more immediate family members and/or carers with one counsellor.
- **All bereavement support and counselling services are provided on a block and review basis.**  
You will be offered a block of six appointments and will be reviewed on the sixth session. Other blocks of appointments will be offered according to need.
- **Duration**  
Each appointment lasts for one hour. Group support lasts

## Are you experiencing problems coming to terms with any of the following?

- \*Loss of a Loved One
- \*Death/Dying
- \*Terminal Illness
- \*Grief
- \*Bereavement
- \*Sadness
- \*Feeling Overwhelmed
- \*Need Help /Support
- \*Physical Symptoms
- \*Family Concerns
- \*Communicating with Family
- \*Fear & Anxiety
- \*Depression
- \*Feeling Isolated
- \*If any of these issues affect you call...