



Bright Hope

in North West Leicestershire

Giving support when you need it

**Fortnightly
drop-in
group**



REMEMBERING

Bereavement Support

A safe space for feelings and emotions

info@brighthope-nwl.org.uk • 01530 648 553

www.brighthope-nwl.org.uk



Bereavement Support

Taking place in a quiet area within Bright Hope House, this service aims to support people who have been bereaved, regardless of how long ago

What is a Bereavement Support Service?

Our Bereavement Support Service is a drop-in session aimed at providing bereaved people with access to information and support, as well as a safe place to share their story and talk about their emotions, thoughts and feelings.



Understanding Grief

Everybody experiences grief, loss and bereavement in unique ways. There are no stages or phases to the grieving process. However, often some thoughts and feelings are usual and can be experienced in a similar way by lots of people:

In the early days you may feel shocked, or nothing at all.

You may experience waves of pain or mood swings.

You may feel guilty about things that happened before the death.

You may have trouble sleeping or need more sleep than usual.

You may feel sick or panicky.

Over time feelings usually become less intense but it can't be predicted when this will happen, nor can it be or forced it to come sooner.

How does the Bereavement Support Service work?

The Bereavement Support Service operates on a drop-in basis on alternate Mondays at Bright Hope House from 10am until 11.30am. You can come as frequently as you want to and stay for as long as you wish.

Who can attend?

Our Bereavement Support Service is open to anyone aged 18 years and over, who has been bereaved, no matter what the circumstances.

Who runs the service?

This service is a joint venture between Bright Hope in North West Leicestershire and LOROS. As a charity we have worked closely with LOROS for a number of years, and this is another step in the relationship between the two charities.

Will I have to pay?

All services provided by the charity are free to the person receiving them, however they come at a cost to the charity.

Bright Hope in North West Leicestershire currently costs in excess of £300,000 a year to run. We would appreciate it if people using our services made a donation for the support they have received.

Smoking/Vaping

Bright Hope House is a no smoking/vaping building. Please use the outdoor designated smoking area.

Mobile Phones

Guests are welcome to have mobile phones whilst in the group. Please be considerate to other guests regarding the volume of ring tones and the times of incoming calls.





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Our mission and vision:

Bright Hope offers a range of non-clinical, therapeutic and social care services in North West Leicestershire.

The charity supports adults with a life limiting condition, or one that leads to a reduction in quality of life, as well as offering support to their partner, carer or family.

About us:

Bright Hope in North West Leicestershire is a local charity, which prides itself on the existing range of valuable services provided for those over 18 years living with a life limiting illness, or other conditions that significantly limit the quality of life.

We also recognise the vital role of those in caring roles. We strive to ensure support for family members and carers, enabling them to recharge their batteries and take a well-earned break.

It is possible to self-refer to all of our services apart from counselling, which must be made by a health or social care professional.

The full range of our services and online referral form can be found on our website, or please contact us by any of the ways below.

For further details contact us at:
Bright Hope House,
Talbot Lane, Swannington, Leicestershire LE67 8QT

info@brighthope-nwl.org.uk or call **01530 648 553**
www.brighthope-nwl.org.uk



Charitable Incorporated
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