

Let's Talk: Counselling, Bereavement and Psychological Support



What is grief?

Grief is a natural and normal response to any type of loss we experience throughout our lives. The process of adjusting to life without your loved one can be both a painful and lonely experience.

Depending on the personal circumstances surrounding your loss and your own life experiences, the intensity and length of the grief process can vary. There is no timeline by which you are expected to have finished grieving and we all grieve in our own way.

Many people go through several stages of grief when they have experienced a loss. These are:

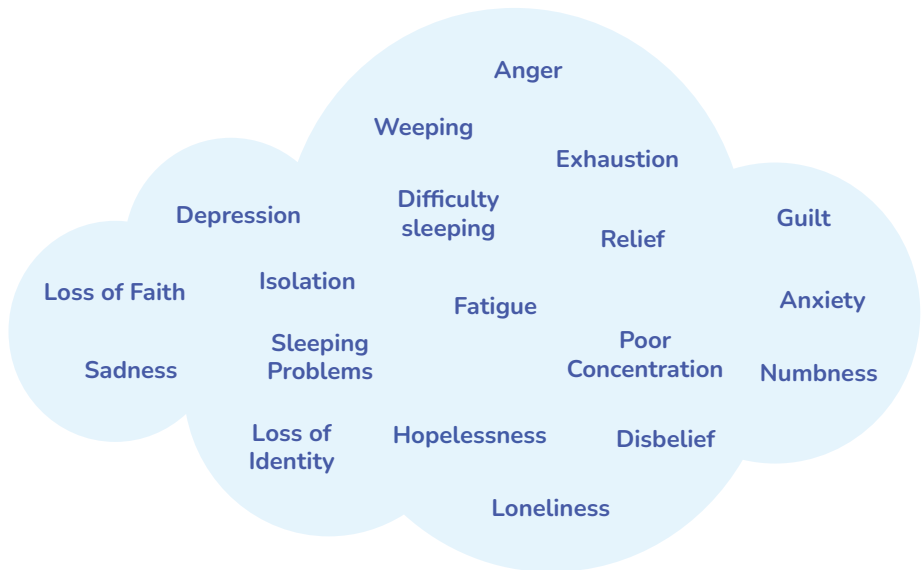
- **Denial** – “This isn't happening!”
- **Anger** – “Why is this happening? Who is to blame?”
- **Bargaining** – “Bring them back, and I promise I will....”
- **Depression** – “I'm too sad to do anything.”
- **Acceptance** – “I have accepted this has happened”.

You may or may not go through these stages, or you may go through them in a different order. Whatever your experience, it is important to be patient with yourself - there is no right or wrong way to feel. Loss is a very individual experience, with every reaction to grief as unique as the person who has died.



What reactions might I experience?

Although how you grieve is unique, you may experience common reactions, such as:



Some people can also experience physical symptoms of grief which can be very distressing. These can include chest pain, panic attacks, general body aches and nausea.

If you are worried about any physical symptoms you may be experiencing, or feel overwhelmed by negative thoughts, you should contact your GP to discuss your concerns. If you feel unable to approach your GP, we have included a list of support organisations, which you can contact directly for immediate support.

How long will I feel this way?

After the initial shock has settled you may experience intense feelings of loss and grief which may feel all-consuming. For the majority of people the pain of grief will slowly start to subside as you process your feelings, and you will be better able to focus on the happy memories you shared together. There may be times, particularly around significant dates, when you once again feel overwhelmed by grief. These feelings should lessen with time. As time passes your life should slowly begin to feel more enjoyable and meaningful again.

What can I expect from my friends and family?

You may find that some of your friends and family are very supportive, and will take an active role in supporting you through your grief. You may also find that people you were usually close to may distance themselves from you. This may be because they are worried they will say the wrong thing and upset you further, or they may also be struggling with their own emotions surrounding your bereavement. Sometimes it could be beneficial to explain to your family and friends specifically how they can support you, and that you appreciate any help they can give.

What might help me cope?

- Giving yourself time to grieve and adjust
- Making a conscious effort to eat and sleep regularly
- Taking the time to look after yourself
- Spending time with supportive friends and family
- Avoiding making snap decisions
- Explaining your situation to your employer before returning to work
- Trying to maintain links with like-minded people (E.g. Church or social circles)
- Accessing help if you are struggling
- Picking up new hobbies when you feel motivated
- Taking regular exercise and getting some fresh air

Bereavement Support at Moya Cole Hospice

At Moya Cole Hospice bereavement support is provided by our Let's Talk Team. Our team of practitioners provide specialist 1:1 therapy, as well as a bereavement group, to help you at this difficult time. Our confidential service provides support for both those facing bereavement, and those who have already experienced loss. Often, it can be beneficial to have an opportunity to discuss your feelings with somebody who is not personally connected to you.

We offer counselling, bereavement support and psychological support. Sessions are currently available in person, via the telephone or a secure online video platform.

How to access the Let's Talk Team and what happens next

Whenever you feel ready to talk please make contact. We understand that every person grieves in their own time, whether that is weeks, months or longer. Moya Cole Hospice bereavement service will always be here for you whenever you feel ready to reach out for support.

This is a free service and you do not have to go through your GP or any other professional.

Your first appointment will be an assessment with a member of the Let's Talk Team. They will enable you to talk about what has happened to you and both you and the therapist will look at the different support options available and together make a plan for the best way forward.

If you decide after your initial appointment that therapy is right for you, you will be appointed a therapist who will support you on a weekly basis. At this point, we will ascertain your preference for accessing ongoing sessions – face to face, telephone or video. Sessions are time limited and an individual session lasts up to 50 minutes. We will review how you are finding sessions with your therapist and whether they are helping. Once sessions come to an end we will help you consider other support options if necessary.

To talk with someone about how Moya Cole Hospice Let's Talk Service can help you, please contact:

The Let's Talk Team at Moya Cole Hospice

Heald Green 0161 498 3 668/661

Little Hulton 0161 702 5 413/414

Email: enquiries@moyacole.org.uk

Adult Bereavement Contacts

The Black, African and Asian Therapy Network:

Psychological support for individuals
from ethnic minorities.

Telephone: 07946 582012

Website: <https://www.baatn.org.uk/>

Care Concern Loss and Bereavement Service:

Bereavement and loss counselling for
all Greater Manchester Communities.

Telephone: 0161 796 0807

Email: care.concern@hotmail.co.uk

Cruse Bereavement Care Helpline:

Support for all bereaved people.

Telephone: 0808 808 1677

Mon-Fri 9:30am-5:00pm

Tues, Wed & Thurs 9:30am-8:00pm

Weekends 10:00am-2:00pm

Online Cruse Chat:

[https://www.cruse.org.uk/get-help/
crusechat](https://www.cruse.org.uk/get-help/crusechat)

Mon- Fri 9:00am-9:00pm

Website: <https://www.cruse.org.uk/>

Good Grief Trust:

A support and advice service led by
people who have experienced loss.

Email: hello@thegoodgrieftrust.org

Website: [https://www.
thegoodgrieftrust.org/](https://www.thegoodgrieftrust.org/)

Greater Manchester Bereavement Service:

Telephone: 0161 983 0902

Mon-Fri 9:00am-5:00pm

Wed 9:00am-8:00pm

Email: salccg.gm.bs@nhs.net

Website: [https://greater
manchesterbereavement-
service.org.uk/](https://greatermanchesterbereavement-service.org.uk/)

Jewish Bereavement Counselling Service:

Telephone: 020 8951 3881

Email: enquiries@jbcs.org.uk

Website: <https://jbcs.org.uk/>

Survivors of Bereavement by Suicide

Telephone: 0300 111 5065

Mon-Sun 9:00am-9:00pm

Email: email.support@uksobs.org

Website: <https://uksobs.org/>

The Samaritans:

24/7 Helpline: 116 123

24/7 Email: jo@samaritans.org

Manchester and Salford: 0161 236
8000

Stockport: 0330 094 5717

Website: [https://www.samaritans.
org/](https://www.samaritans.org/)

The Silver Line

General support for older people

Telephone: 0800 4708 090

The WAY Foundation:

Support for young widowed people
(younger than 50).

Telephone: 0300 012 4929

Website: [https://www.
widowedandyoung.org.uk/](https://www.widowedandyoung.org.uk/)

Young People Services

Winston's Wish

Support for grieving children and their families.

Helpline: 08088 020 021

Mon-Fri 9:00am-5:00pm

Email: ask@winstonswish.org

Website: <https://www.winstonswish.org/>

Beechwood Cancer Care Centre

Supporting adults, children & young people when there's serious illness or bereavement in the family.

Telephone: 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Website:

www.beechwoodcancercare.org.uk

The Gaddum Centre

Children and families' bereavement service (Manchester & Salford)

Telephone: 0161 834 6069

Email: info@gaddum.org.uk

42nd Street

Support for young people aged 13-25 under stress (Manchester, Salford & Trafford)

Telephone: 0161 228 7321

Mon-Fri 9:30am-5:00pm

Email: theteam@42ndstreet.org.uk

Website: www.42ndstreet.org.uk



Get in touch

Moya Cole Hospice, Heald Green:

2 Hardy Field Lane, Heald Green,
Cheadle, SK8 3SZ

The Being You Centre: 0161 498 3612
Main hospice switchboard: 0161 437
8136

Moya Cole Hospice, Little Hulton:

Meadowsweet Lane, Off Peel Lane, Little
Hulton, Worsley, M28 0FE

The Being You Centre: 0161 702 5416
Main hospice switchboard: 0161 702
8181

24-hour advice line

Patients, carers and healthcare professionals can get advice around the clock on:
0800 970 7970 (Heald Green) and 0808 144 2860 (Little Hulton).

The advice line is for medical help and advice only.
Please direct general enquiries to the main hospice numbers above.

Get more information

We have a wide range of information and leaflets available in a variety of formats and languages. Please get in touch for more information via one of the main hospice telephone numbers.

Comments and feedback

We welcome your feedback. You can visit www.moyacole.org.uk/feedback, talk to a member of staff or fill in comments card (found near the red posting boxes around our sites). Formal complaints can be made in writing to our Chief Executive at our Heald Green address.

Find out more about us

You can find out more about Moya Cole Hospice on our website,
www.moyacole.org.uk.

General enquiries can be emailed to enquiries@moyacole.org.uk