



Bereavement Cafes

Bank Park & Alexandra Park



Last Tuesday of the month
10.00-11.30am

Bank Park Pavilion
Bank Park
Warrington, WA1 1UH

Every second Tuesday of
the month 9.30-11.00am

The Pavilion
Alexandra Park
Stockton Heath, WA4 2UT

The Bereavement Cafes are a chance for anybody who has been bereaved to chat to our team and receive support and information.

The cafes are open to anyone and you don't need to book ahead. You're invited to 'drop in' whenever you wish.

Email: enquiries@stroccos.org.uk Tel: 01925 575 780



www.stroccos.org.uk



Who is it for?

The Bereavement Cafes are open to anyone who has been bereaved.

Scan to find out more



Review Date 24/08/24

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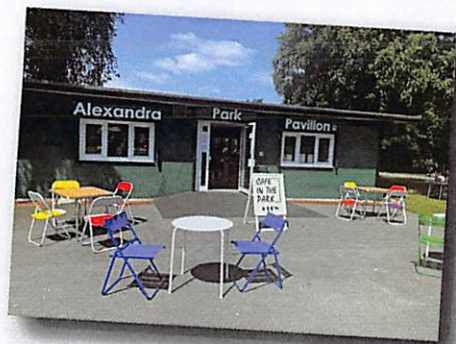


Care Quality Commission
Northwest Citygate, Gallowgate
Newcastle upon Tyne, NE1 4PA
Email: enquiries.northwest@cpq.org.uk

Getting in Touch

Chief Executive Officer,
St Rocco's Hospice
Email: enquiries@stroccos.org.uk

Healthcare Ombudsman
www.ombudsman.org.uk/make-a-complaint
Tel: 0344 015 4033



Why have a bereavement support group?

When someone you love dies it can be one of the most painful things you ever have to endure, and allowing yourself time to grieve and mourn your loss is normal, healthy and essential.

For most people, grief is a normal, if painful, process and the majority of people find their way through with the support of family and friends. However, bereavement brings many challenges and can often lead to a sense of loneliness and isolation when important relationships are changed or lost.

The aim of our groups is to provide a welcoming and safe space where you can come and chat to others sharing similar experiences, enjoy refreshments, and benefit from the input of our complementary therapies team.

Meetings are very informal and you are invited to 'drop in' whenever you wish. The sessions are facilitated by members of staff from St. Rocco's, the counselling and emotional care team and trained volunteers.

How long can I attend the group?

Everyone's response to grief is different and the length of time that people need support can vary a lot. In order to maintain the availability of the group for as many people as possible, group members would normally attend for approximately one year. It is hoped that after this time, you will have gained the resilience and confidence to allow you to move forward.