Rutland online Bereavement Help Point

Many of us are aware of how difficult and lonely people can feel when they are bereaved and talking to others in a similar situation can help, hence why we have set up an online Bereavement Help Point for people of Rutland.

Initially set up as a face-to-face support service in Ketton, but due to Covid we have had to rethink how we can provide support and have adapted the service like many others to online.

The Bereavement Help Point is an online drop-in service that aims to provide bereaved people with a place where they can access information and support, where they can talk to others and share their emotions with others in a safe online environment with other local people. It does not matter when your bereavement was it could have been very recently or several years ago the Help Point is for all.

The Help Point has been set up by local residents, Ketton Parish Council, LOROS, Sue Ryder Thorpe Hall and Dove Cottage, with support from the Whitebread Trust and Community Foundation.

It is run by volunteers who have undergone training and are supported by our local Hospices.

If you are bereaved and would like to come along the virtual Bereavement Help points run every 2 and 4 Thursday of the month 10-1130am

For further information about the Bereavement Help Point please ring 01572 722630 or rutland@dovecottage.org

FURTHER LOCAL SUPPORT

Cruse Bourne and Stamford offers local one to one counselling sessions stamford@cruse.org.uk
07715 527611

Dove Cottage Local bereavement support office@dovecottage.org
01949 860303

Dying Matters in Rutland website https://www.dyingmattersinrutland.org/coping-with-grief

LOROS (Leicester, Leicestershire and Rutland Organisation for the Relief Of Suffering) offers bereavement support and one to one counselling info@loros.co.uk **0116 231 3771**

Oakham Team Ministry bereavement support local, all faith, one-to-one and group support
office@oakhamteam.org.uk
01572 724007

Sue Ryder, Thorpe Hall, Peterborough offers local support one to one counselling sessions thorpehall@sueryder.org
01733 225 900

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THE WHITE BREAD TRUST

St Giles Hospice Care

Dove Cottage Day Hospice

LOROS Hospice Care for Leicester, Leicestershire & Rutland

OAKHAM TEAM MINISTRY

Dying Matters in Rutland

Sue Ryder palliative, neurological and bereavement support

LORD-LIEUTENANT

KETTON

PROJECT PARTNERS

THE BEREAVEMENT HELP POINT

COMMUNITY • INFORMATION • SUPPORT • ADVICE

RUTLAND
VIRTUAL via ZOOM

2nd and 4th Thursday of the month 10-11.30 am

What are Bereavement Help Points?

The Virtual Bereavement Help Point is an online service that provides bereaved people with a safe virtual place where they can access information and support, where they can talk to others and share their emotions with the flexibility of it being locally based and accessible when they feel they need support.

We want the Virtual Bereavement Help Point to be a safe and supportive place to access bereavement support

Why not contact us and find out more about the support we offer

WE HOPE YOU WILL

- Listen sensitively to each other
- Show respect to each other
- Respect the different views each individual may hold
- Recognise that each person's grief is unique to them
- Respect each other's right to find **their** own path through **their** own bereavement
- Offer support but not tell others what to do
- Respect each individual's right to confidentiality

The partners in this project are not responsible for issues that arise between attendees outside the confines of each individual Bereavement Help Point unless there is a breach of our code of conduct.

IN RETURN
the Bereavement Help point will

- Offer a virtual drop-in bereavement service where they can access information on bereavement issues
- Offer our community a safe, supportive area to talk about their bereavement
- Ensure that everyone has a chance to speak
- Ensure that everyone is listened to
- Not tolerate abusive behaviour
- Respect confidentiality at all times unless we feel the person is in danger
- What we won't do is offer a 1:1 counselling service at the Bereavement Help Point but this may be accessible via referral