

# Bereavement Support Group

## Reply Slip

For patients of  
**The Wellbridge Practice,  
Meadow Lane, Wool**

**To enquire about joining the  
next Bereavement Support  
Group, simply complete and  
tear-off this reply slip and  
return it to the surgery**

**Or phone  
01929 462376**



Sometimes it's difficult to express how you are feeling, or you don't want to burden your loved ones. No matter how long ago you were bereaved your pain may still feel acute.

We know that when you share an experience the emotion surrounding the event can be lessened, you would begin to notice an increased feeling of well being and this can have a positive affect on your daily life.

Although we may not be able to take away your pain, our experienced bereavement support group might be able to help. If you want to and when you are ready we can provide a safe place for you to revisit memories, good as well as painful ones with people who are also grieving

For more information,  
call Jackie Pope  
on 01929 462376

*(Jackie is an experienced bereavement counsellor and a registered member of the British Association for Counselling and Psychotherapy.)*



**The Wellbridge Practice**

Meadow Lane, Wool, Nr Wareham BH20 6DR

Tel: (01929) 462376

# The Wellbridge Surgery

## BEREAVEMENT SUPPORT GROUP

## INFORMATION LEAFLET



Bereavement Support Groups offer an opportunity to join with others who are experiencing similar losses and issues.

Contained in this leaflet are some details about the Bereavement Support Group which you may find useful.

### **What is involved in being part of a group?**

The group will run for eight sessions and provide a place to meet other people who have experienced loss.

Our focus will be to provide a Safe place with opportunity to Share thoughts and feelings.

At the start of each session the Group leader will emphasise a code of strict confidentiality

Tea and coffee will be available.

### **Where will the groups meet?**

We will meet at  
The Wellbridge Practice,  
Meadow Lane, Wool,  
Dorset. NH20 6DR

### **How do you join a group?**

If you are interested in attending a support group, please complete the tear-off response slip place In an envelope and return it to Jackie Pope at the surgery.

### **When will the group meet?**

The 8 group sessions will take place at the same time and on The same day every week for 1.5 hours.

### **Who will lead the group?**

Experienced members of the Bereavement Team will lead the groups. They will welcome and help you talk about your own personal Situations if and when you feel Comfortable and ready to share.

### **How can you find out more?**

If you are interested and would like more information about joining the next support group, or have any concerns or questions please call Jackie Pope (Bereavement Team Leader) on 01929 462376.

Or complete the attached slip. She or one of her team will talk to you by phone or arrange a time for you to meet up at the surgery.

**All enquiries are dealt with in the strictest confidence.**



## **Bereavement Support Group Reply Slip**

**If you would like to find out more about our Bereavement Support Group, or would like to join one please complete this tear-off slip and return it to The Wellbridge Practice and someone will contact you.**

**You can hand it in to reception or post to us. Your details will be kept in strictest confidence and will not be passed on to anyone else.**

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**Your Name:**

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**Your address:**

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**Contact number:**

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**Best time and day for someone to contact you:**

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Signed:

Date: