



Reaching Out

When someone close to us dies it can be the most painful experience. If you are struggling and need someone to talk to, LOROS is here to support you.

loros.co.uk

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you*
and *your family*

Bereavement Support services

The services we provide

The LOROS Bereavement Support service aims to provide bereaved people with access to information and support as well as a safe and supported place to share their story and talk about emotions, thoughts and feelings.

You can access the service by asking your GP or other health professional to refer you to the LOROS Bereavement Service or attending our bereavement hubs, where referral is not required.

The support we provide

- Closed group support eight sessions held at LOROS
- Community Bereavement Hubs
- One to one support eight to ten sessions held at LOROS

Eight week group support sessions held at LOROS Hospice

If you have suffered a bereavement following a palliative or long-term illness and feel you would benefit

from further support, please ask your GP or other health professional to refer you to our LOROS Counselling service.

Our Counselling and Bereavement service will then assess you via a self-assessment form which we will ask you to complete and return to us. We will make contact to discuss the most appropriate service for you.

Groups are run fortnightly on a Monday afternoon, based at the hospice site on Groby Road in Leicester. Trained bereavement volunteers run these groups which enable individuals to connect with others who have also experienced a bereavement.

“My six years of facilitating groups have been both challenging and rewarding. Grief shows itself in many ways, the only link is loss.

To experience a group grow from the uncertainty of speaking out about their deepest pain to becoming a safe place where love, support, laughter is humbling to witness”

**Carole Cottam,
Bereavement Volunteer**

"I have used the LOROS Counselling service on a number of occasion due to family deaths. They were so supportive and enabled me to deal with my losses. I wanted to give something back to LOROS and felt the Bereavement Support Service was the way forward for me to support others."

**Sandra Taylor,
Bereavement Volunteer**

Community hubs

This service offers community hubs across Leicester, Leicestershire and Rutland, to offer support for those bereaved. Anyone can attend, irrespective of who has died and the cause of that death.

There is no need for an appointment, you can attend the session. The hubs take place weekly or bi-weekly and are supported by trained bereavement volunteers. The location and times of each hub can be found on the LOROS website.

One to one support sessions at LOROS

Where a one to one sessions are the most appropriate service for you, a volunteer will provide eight to ten sessions.

A session lasts an hour and can be weekly or fortnightly depending on what best meets your needs.

Understanding bereavement

Everybody experiences grief, loss and bereavement in their own unique way. There are no stages or phases to the grieving process. However, some thoughts and feelings are usual and can be experienced in a similar way, for example:

- In the early days you may feel totally overwhelmed, shocked, or you may feel nothing at all.
- You may experience waves of intense pain or mood swings.
- You may feel guilty about things which happened before the death, or about how you feel.
- You may have trouble sleeping or need more sleep than usual.
- You may feel sick and anxious

Over time feelings usually become less intense but you can't predict when it will happen, or force it to come sooner.

LOROS Bereavement Support service is here to support you.

This leaflet is updated regularly. For the most up to date information please visit <https://loros.co.uk/our-care>.

In cases of comments or complaints, please contact:

Chief Executive, or Director of Care Services, LOROS, Groby Road, Leicester LE3 9QE or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

If you would like this information in another language or format please telephone 0116 231 8435 or email info@loros.co.uk

جیسے ایزی ریڈ یا بریل میں چاہتے ہیں تو براہ کرم 0116 231 8435 پر
ٹیلی فون کریں یا اگر آپ یہ معلومات کسی دوسری زبان یا فارمیٹ
پر ای میل کریں info@loros.co.uk

ਜੇਕਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਜਿਵੇਂ ਕਿ ਈਜ਼ੀ ਰੀਡ
ਜਾਂ ਬ੍ਰੇਲ, ਕਿਰਪਾ ਕਰਕੇ 0116 231 8435 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ info@loros.co.uk 'ਤੇ ਈਮੇਲ ਕਰੋ

Jeśli chcesz uzyskać te informacje w innym języku lub formie, np. Easy Read lub Braille'a, zadzwoń pod numer 0116 231 8435 lub wyślij e-mail na adres info@loros.co.uk



Being there for you
and your family

LOROS Groby Road, Leicester LE3

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✉ bereavementsupport@loros.co.uk

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