



SOUTHERN AREA HOSPICE SERVICES



BEREAVEMENT SERVICES

Southern Area Hospice Services offer bereavement support to those bereaved by a palliative illness.

WHO CAN ACCESS BEREAVEMENT SERVICES?

Anyone who has been bereaved due to a palliative illness living in the Southern Trust Area.

HOW TO ACCESS BEREAVEMENT SERVICES

- Call our Patient & Family Support Team Manager on 028 3026 7711 or email communityservices@southernareahospiceservices.org
- Visit the website www.southernareahospiceservices.org/community-outreach-services
- Scan to access referral form.



SOUTHERN AREA HOSPICE SERVICES BEREAVEMENT SERVICES

CONTACT

NEWRY HUB

St John's House, Courtney Hill, Newry,
Co Down, BT34 2EB
Tel: (028) 3026 7711

DUNGANNON HUB

South Tyrone Hospital
Floor D, Carland Road, Dungannon,
Co. Tyrone, BT71 4AU
Tel: (028) 3756 5395

www.southernareahospiceservices.org

We are here to help

Bereavement affects everyone differently. It is important to give yourself time to grieve. Adjusting to living without your loved one can be very difficult. You may find it helpful to talk to an experienced member of our team about how their death is affecting you, and how you are coping.

We have a number of services available to support you. These can take place in your own home or in our Hospice Hubs in Newry and Dungannon.

Together we can make a plan that will best support you.

Your plan may include:

Complementary Therapy

Complementary therapies such as reflexology or massage reduce stress, relieve anxiety and increase your general sense of health and wellbeing. There are six sessions available to you.

Drop-In Cafe



Bereavement Drop-In Cafe is a space to chat to our team and others who have been bereaved.

Every Wednesday, 10.30am - 12.00pm in our Newry and Dungannon Hubs.
Please call to let us know you will be attending.

Walking Group



A gentle walk for you to connect with others. Exercise, fresh air, and coffee shops are all good for both your physical

and mental health. We would love you to join us! The venue alternates between Newry and Dungannon areas each week on a Thursday.



Check out upcoming dates on our website.

Counselling

Our bereavement counsellors are trained to help you process the feelings you have as you go through the stages of grief and adapt to a different way of life. Our team can arrange this if required.

Bereavement Groups



Throughout the year we offer a varied programme of group work, such as art

therapy, music therapy and horticulture.

Family Night

A monthly night for families with children and young people under 18 to meet for food, games and support.



Check out upcoming dates on our website.