

Second Steps



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Help in the second
stage of bereavement



second STEPS

This group is for those who have attended 'First Steps' but still feel that they need a little more help.

For more information about Second Steps, please contact pafs@pth.org.uk or 01252 729430.

For information about Living Well, call 01252 913040

Living
Well



Second Steps

what are these groups?

Our 'Second Steps' group is available for those further along in their grief journey, as well as for those who have attended 'First Steps' but still feel that they need a little more help.

It has a slightly different focus and considers what individuals now need in order to live with their loss.

what are the benefits?

The objective of this group is to try and help you understand what you may be going through and identify what may help you through the early stages of grieving.

what happens in these sessions?

It is a small group, organised by one of our Counsellors and a volunteer and facilitates discussions around grief.

is transport to the venue available?

There is public transport to both sites as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

when are the groups held?

It runs over six sessions, held fortnightly at the Hospice on a Thursday morning.

do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, they can ask a member of staff, or visit our website.