

First Steps



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

Help in the first
stage of bereavement



first STEPS

This small group aims to help the bereaved understand the emotions that they may be experiencing and identify what may help them.

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

For information about Living Well, call **01252 913040**

Living
Well



First Steps

what are these groups?

This is a group for those experiencing the first stages of bereavement.

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 this initial stage 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?

We offer six sessions which are held fortnightly on a Thursday morning at the Hospice.

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.