

Coffee Mornings Bereavement Support

what if I need support again?

If you find that you would like to reconnect with the team about your loss, please contact us.

We will discuss with you what service would best meet your needs.

is there anywhere else I can get support?

CRUSE offers bereavement support and you can contact the local office on **01483 565660**.

If you need someone to talk to as a matter of urgency, The Samaritans' number is **08457 909090**.

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, please ask a member of staff, or visit our website.

Thank you.

Patient and Family Support Team Administrators

01252 729430
pafs@pth.org.uk

**Large print version
available on request.**

Phyllis Tuckwell Hospice Care
Waverley Lane, Farnham
Surrey GU9 8BL

The Beacon Centre,
Gill Avenue, Guildford,
Surrey GU2 7WW

Phyllis Tuckwell Memorial Hospice Ltd.
Registered Number 1063033. Registered Charity Number 264501.

Tel: 01252 729400

Email: mail@pth.org.uk

www.pth.org.uk



February 2020



who is this service for?

The service is available to the families and friends of anyone who was under the care of Phyllis Tuckwell Hospice Care.

how can it help me?

For some people, talking to others in a similar situation can be comforting. It can also be supportive as it may reduce the feeling of isolation knowing you are among others who perhaps understand a little of what you are going through.

who attends the group?

It is attended by a mixture of men and women of varying ages and backgrounds.

who attends from Phyllis Tuckwell?

Some of our trained volunteers are there to support you, if you need it. A member of staff is also usually present.

do I need to book a place?

No. It is a drop in, and you don't need to tell us you are coming.

where is it held?

It is held at Squire's Garden Centre, Badshot Lea, just outside Farnham.



when is it held?

On the **first Wednesday of every month, between 10-11.30am**, there is an opportunity for those in the first stages of grieving their loved one to meet up with others in the same situation.

We encourage newly bereaved people to attend this group.

You will be gently encouraged to move on to our second group when the time feels right. This is a larger gathering with an opportunity to socialise, should you choose to.

It is held on the **second Monday of every month, between 10-11.30am**.