

# Caring for your wellbeing

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We care about you and your loved ones, and we aim to understand and meet their needs. We have a team of Counsellors, Spiritual Carers, Therapists, and Bereavement Volunteers whose focus is on supporting you and your loved ones emotionally and spiritually.

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## Counselling

Our trained and experienced Counsellors are here to listen to you and your family's emotional concerns and support you.

At the hospice, we offer one-to-one support as well as bereavement support groups, and art therapy to help support your wellbeing.

We understand that bereavement can be isolating and can provoke strong emotions that can be difficult to talk about and manage. We offer a safe and confidential space to talk about your feelings with one of our trained Bereavement Volunteers or Counsellors.

## Spiritual Care

We promise to see you as a person and not 'just' as a patient with an illness, or a carer for a patient. Through listening, caring, understanding, and connecting we will help you be yourself.

Our colleagues and volunteers in our Spiritual Care Team have expertise in spiritual wellbeing. The team come from diverse religious and spiritual backgrounds and can offer pastoral, religious and spiritual support for patients and their families of all faiths and no faith.

Our Spiritual Care Rooms are fully equipped to cater to the spiritual needs of all. We encourage friends and relatives to make use of these rooms to pray, remember, appreciate or simply to spend time in the tranquil space.

## Child Bereavement

We offer you expert support for the children in your family and those caring for them. Our dedicated Children's Healing and Therapeutic Support (CHATS) Team, work with children at home, in our Children's Room at our Selly Park site, in support groups, and alongside schools.

We can support children with their needs using play, talking, and creative activities to help them express feelings, ask questions, and find ways of coping and making memories.

We can also support you as a parent/carer with your emotions and

questions about how best to support a child. We tailor the support for your child and family depending upon their age, personality and interests.

## Art therapy

Sometimes people can find it hard to express how they're feeling verbally and find it easier to share their emotions creatively. Activities, such as drawing or painting, give that person a different outlet for their thoughts and feelings. We offer art therapy for those who would like an alternative way to express themselves during their healing and grieving journey.



## Find out more

More information can be found on our website:

[www.birminghamhospice.org.uk](http://www.birminghamhospice.org.uk)

Call us on 0121 472 1191 for our Selly Park site or 0121 465 2000 for our Erdington site and ask to speak to a member of the Wellbeing Team.