

## Wellbeing and Support

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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, confidential space to explore your thoughts and feelings with one of our trained counsellors, who help you to help yourself.

## 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 volunteers in the Spiritual Care Team have expertise in spiritual wellbeing. The team come from a range of diverse 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 for most people's spiritual needs. 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 works 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 or carer with your emotions and questions about how best to help a child. We tailor the support for your child and family depending on 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 a different outlet for your 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

Scan the QR code to learn more about the Wellbeing Team by visiting our hospice webpage.



Alternatively, call our switchboard on 0121 269 5000 and ask for a Wellbeing Team member or send an email using the addresses below:

**wellbeingsellypark@birmingham  
hospice.org.uk**  
**wellbeingerdington@birmingham  
hospice.org.uk**