

## **Counselling and Bereavement Service**

Hospice Taranaki has a range of services available for patients, families and significant others.

**This Service is free of charge**

### **WE OFFER**

- ◇ Individual counselling
- ◇ Couples/family counselling
- ◇ Counselling for children
- ◇ Bereavement support
- ◇ Carers Support Group
- ◇ Bereavement Support Group
- ◇ Biographies/life reviews
- ◇ Memorial services

**To enquire or access any of these services please phone**

**Jenny or Jane  
(06) 753 7830, extn 8669**

This service is available in both North and South Taranaki

**Individual Counselling** for patients, family members and significant others.

This service is also available after bereavement. To make an appointment, please phone (06) 753 7830, extn 8669.

### **Couple/Family Counselling**

Illness and bereavement within a family can bring special problems, relationships between couples and interactions between parents and children can change. Some family members find it more difficult to talk about the illness or its effects on relationships and family life.

Sometimes it can be helpful to discuss these issues with a counsellor.

### **Counselling for Children**

We recognise that counselling for children is a specialised field. We refer out to counsellors specifically trained and who have experience in dealing with children.

### **Bereavement Support**

We follow up all families 6 months after bereavement. A letter is sent out to all next of kin and then our trained bereavement volunteers will follow up with a phone call to ascertain how the families are doing and if they require any of our services.

All families and significant others can access our services at any time.

### **Patient Support Group**

This group is held at Te Rangimarie Hospice twice each year and runs for four weeks. It provides an opportunity for those under Hospice care to share their experiences in a safe information environment. Different issues are explored each week including "How am I making sense of all the changes I am faced with?" Those who have taken

part in the group have commented how helpful it has been to share some of their hopes and challenges with other people who are in a similar situation.

### **Carer Support Group**

This group is held twice a year and is for the carers of patients. It runs for 6 weeks. It provides an opportunity to discuss, in a supportive environment, issues that arise when caring for a terminally ill family member. Guest speakers including social worker, palliative care doctor and community nurse are brought in to provide information.

### **Bereavement Support Group**

This group is held twice a year and it runs for 6 weeks. Participants explore their experience of grief, of their experience of life and death of their loved one, and of their journey up until now.

We look at ways of understanding grief and learning to live with all that has changed in life.

### **Memorial Service**

The Memorial Service takes place in June and November. Family members of Hospice patients are invited to the service which is held in the hospital chapel. Afternoon tea is provided in the Iona Lounge at Te Rangimarie.

### **Biographies/Life Reviews**

Hospice Taranaki has biography teams in both North and South Taranaki. The biography service gives a patient an opportunity to tell their story in their own way and with their own words. Our biography volunteers are carefully selected and trained in biography recording. They will visit you in your home at times that are suitable for you. The finished biography is then presented to the patient for their satisfaction and enjoyment.

**The Counselling and Bereavement Service has two trained counsellors, both belonging to NZAC**

**We have regular supervision and you are welcome to ask about our training and experience**

**We will visit you in your home, or you can choose to come to the Te Rangimarie Hospice**

**Appointments will be made at times that are suitable for you**

**Please feel free to make enquiries about our service**

**24 hour Nursing Service**

**Counselling and Bereavement Service**

**Monday-Friday 8.30am—5.00pm**

**Or appointments to suit**



**COUNSELLING  
AND  
BEREAVEMENT  
SERVICE**



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