

Who Can Access Adult Bereavement Counselling?

Adult counselling (age 18+) at East Cheshire Hospice is available to carers, family and close friends of people who have died in the two years preceding referral where loved ones accessed Hospice services in some way. For example via :

- The Inpatient Unit
- The Outpatient Department
- The Sunflower Wellbeing Centre
- Hospice @ Home Service
- Community Services
- The Dementia Service

Counselling is available to those living within the East Cheshire Hospice geographical boundary (East Cheshire or the High Peak area of Derbyshire) and who are registered with a local GP within these areas.

Who Can Make Referrals?

Referrals can be made by :

- GPs
- Health Professionals
- The person requiring counselling (ie a self-referral)

How Can Referrals Be Made?

Referrals are made by completing the East Cheshire Hospice Referral Form on the East Cheshire Website:

<https://www.eastcheshirehospice.org.uk/wp-content/uploads/2021/07/Adult-Bereavement-Referral-Form-General-July-2021.doc>

All referrals must be made via the NHS e-mail account :

cmicb-cheshire.echospicefsbereavement@nhs.net

What Will Counselling Consist of?

Each referral will be assessed according to need and the following options are available :

- 1:1 counselling
- Small bereavement group counselling/support

Following acceptance of a referral, an initial assessment is made via a telephone call, following which an appointment will be made for either 1:1 counselling or group counselling.

- 1:1 counselling consists of up to 8 weekly sessions of up to 50 minutes long.
- Small bereavement group work – to be attended as advised dependent upon the initial consultation, therapy, group setting and activity.

Should you have any further queries about referrals to our Service, please contact the Adult Bereavement Service on 01625 665 691.