



OUT OF THE COUNSELLING ROOM AND INTO THE FOREST



East Cheshire Hospice Forest Therapy Group

“The forest group provides an amazingly supportive and welcoming lifeline for those suffering with grief and bereavement. The wonderful facilitators/counsellors, supportive activities, healing environment and peer support combine to provide a source of healing and to restore my faith in my own ability to keep living and to find a way forward.” - E. July 2023

East Cheshire Hospice Bereavement Services also offer 1:1 counselling face to face, over the telephone and online, plus groups and workshops.

If you are interested in finding out more about our Bereavement Services, or would like to talk to our Bereavement Team, please contact:
cmicb-cheshire.echospicefsbereavement@nhs.net
or call 01625 708936

FEEDBACK FROM THE FOREST

“The forest walk and talk group was an amazing thing to be part of. So often we feel isolated in our own grief and don't want to show our true emotions to others who may not completely understand what you're actually going through, but being part of this group helped you realise how everyone is feeling and we are all feeling the same kind of emotions or have felt that way and have got through that particular stage, which makes you feel stronger and know you are getting somewhere. We all got on so well and really bonded and was so sad it finished. We are all going to keep in touch to talk and arrange walks which feels the right thing to do. Thank you to East Cheshire Hospice for arranging this and particular thanks to Helen and Carol for the expert care and guidance.”

“The leaders Helen and Carol were excellent they allowed people to speak without being interrupted. I liked the bit of structure just to say what sort of a week we had experienced and the structured times of sharing whilst walking. The informality of the rest of the time was great to be able to talk, listen or just to walk in silence.”

“This Forest Therapy was crucial for me, finding a wonderful group of people all honest and beautifully kind that gave me a wee ray of relief and hope in a very dark time. Being surrounded by nature and able to reflect was priceless. Thank you to the superb ladies [Counsellors] running it and to the Hospice.”

“I would highly recommend these sessions for anyone who has lost someone close to them, who died or had support at the Hospice.”

“Being in the forest and reflecting on everything around me gave a sense of calm and peace which has been missing. Just the act of being surrounded by nature, with a group of people who didn't judge if I cried made me feel safe and relaxed. Given gentle prompts from [Counsellor] Helen opened a new way of expressing my grief.”

