

Thames hospice

Counselling support services

| A guide to our services
and how to access them



At Thames Hospice we understand that everyone deals with illness, loss and grief differently. We offer individual and group support tailored to your needs.

Individual counselling

Our Counsellors are available to provide you and your family with emotional and psychological support as you face the diagnosis of a life-limiting condition.

Support for children and families

We help families where there is a child or children (under 18) of a parent with a life-limiting condition. We provide emotional, therapeutic and creative help as well as helping you towards legal, practical and social support. We then offer ongoing individual and group bereavement support. This team also supports other bereaved children in our community when referred by local schools' professionals.

Pastoral care

Our Pastoral Care Team provides emotional, psychological and spiritual support to patients and their loved ones on the Inpatient Unit and to those linked into our Living Well services, as soon as possible after referral and admission, and as appropriate thereafter.

“

Talking things through with you has given me acceptance and hope for the future. ”

Individual bereavement support

Losing someone you love can be painful, stressful and complicated. Individual bereavement support provides opportunities to express your feelings, explore what is happening to you and find supportive ways of living with your loss and grief. We provide up to twelve sessions (in-person and online).

Supportive bereavement groups

First Steps

A small, facilitated support group for those who are recently bereaved. This is held once a week for six sessions to help people find support and solidarity within the group.

Stepping Stones

An informal, facilitated group for those who have been bereaved within the last 12 months. This is a monthly group in a relaxed setting where people benefit from social interaction and mutual support.

Supportive bereavement events

Time to Remember

Personal invitations are sent out for this regular event which helps people remember their loved one with others who experienced loss at a similar time; many people find this occasion a great comfort.

Children & family groups

Bereaved parents can often find the role of raising their children overwhelming and lonely. From time to time, we provide sessions for children and parents with creative activities and reflective space to help families come to terms with their new situation.

Thames Hospice Co-Connect bereavement support

The COVID-19 pandemic has impacted the experience in bereavement of many people. With additional funding from the National Lottery, we can provide individual bereavement support (up to twelve sessions) and access into a weekly support group of six sessions. This provision is available to local bereaved families even if your loved one was not cared for by Thames Hospice previously.

Confidentiality

Our Counselling Team adheres to a professional framework of confidentiality, conduct and ethics, set out by the British Association of Counselling and Psychotherapy (BACP) and the UK Council for Psychotherapy (UKCP).

Accessing our services

Our support is available to Thames Hospice patients and other palliative care patients (aged 16 and over) in East Berkshire and South Buckinghamshire, and their partners, carers, parents, children, siblings and other family members. Ongoing bereavement support is also available to family members within the first 12 months of bereavement as described herein.

If you or someone you know would benefit from our services, please speak to your Community or Hospital Palliative Care Team, your GP or District Nurse, or call Thames Hospice on **01753 842121** and ask for Counselling Support Services. Information is also available on our website at www.thameshospice.org.uk

Your local Hospice

Our vision, mission and values are the heart of Thames Hospice, who we are and what we strive to achieve.

Our Vision

Quality of life, to the end of life, for everyone.

Our Mission

We aim to provide and enable excellent care, comfort and choice to people facing life-limiting illnesses in the community through partnership with our patients, their loved ones and colleagues.

Our Values



Compassion

Compassion for everyone in a safe and caring environment



Ambition

The desire and determination to serve everyone in our community



Respect

Respect for everyone's dignity



Excellence

Committed to excellence in everything we do



About us

Proudly serving the community for more than 35 years, we are a leading UK Hospice providing inpatient and community palliative and end-of-life care services to people aged 16 and over across East Berkshire and South Buckinghamshire. Treating everyone with kindness and compassion and providing a safe and caring environment is at the heart of everything we do to support those facing a life-limiting illness.

We are committed to delivering and demonstrating excellence and the highest quality nursing, medical and therapeutic care within our Hospice and in patients' homes, supporting the physical, social and psychological needs of our patients and their loved ones. Our highly skilled doctors and nurses work with patients and their families to develop a complete programme of care tailored to their needs, treating everyone with dignity and respect.

Our services are free of charge to all who need us, thanks to the generosity of our amazing community and organisations, as well as our incredible volunteers who give their time to support the best possible end-of-life care for local people. It costs over £12 million every year to keep our Hospice running and we rely on charitable support for over 50% of the funds we need annually to provide our services 365 days a year to the people who need us most.

If you would like to make a donation, access our services or become a volunteer, please visit www.thameshospice.org.uk or call **01753 842121**

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Charity No. 1108298

Inspected and rated

Outstanding ☆

