

## Who we are?

St Benedict's Hospice Family Support Counsellor is based at the hospice 3 days a week and is available to support families and children where a parent or close family member is receiving care from St. Benedict's.

The service is provided by a counsellor from Sunderland Counselling Service, based at the hospice.

The counselling provided is free of charge.

Our counsellor is fully trained and qualified and receives regular supervision. Sunderland Counselling Service is an organisational member of the British Association of Counselling and Psychotherapy (BACP) and our counsellors adhere to the BACP Ethical Framework in their Practice.

Where our services do not appear to be appropriate for an individual we will ensure that the person is helped to access a more appropriate service if required. We are also able to signpost to other support services. You have the right to make a complaint and have it investigated thoroughly, quickly and impartially, and be informed of the result. If you need to, you can ask someone to support you with this, such as a friend or family member.

### To make referrals or for general enquiries you can contact

Michelle Robinson

Family Support Counsellor

Based at

St Benedict's Hospice

St Benedict's Way

Ryhope

Sunderland

SR2 0NY

**Tel: 0191 512 8400 Ext: 38426**



## Family Support Counselling



**St. Benedict's Hospice**  
& Centre for Specialist  
Palliative Care

## What is family support counselling?

Family support counselling can help when coming to terms with the changing face of a life limiting illness and the difficulties this brings to the surface.

- ◆ The work may be one off informal contact with the family altogether
- ◆ Or one-to-one work with the parent
- ◆ Or one-to-one work with the child
- ◆ It may involve play or art sessions with the young person
- ◆ Support can be accessed at the Hospice or at a suitable community venue
- ◆ Support can be tailored to the family's need

Often it can be difficult to talk to those closest to you. Sharing these experiences and feelings with someone outside of your immediate family can prove helpful.



## Children & Grief

Just like adults children react to the changes in a family when a key member is very ill or dies.

Sometimes these changes cause children to feel vulnerable and unstable and these worries can cause anxiety and upset, even in very young children.

These anxieties may show in a behaviour change, regression, mood alterations, outbursts of anger or a change in their eating and sleeping habits, to name but a few.

Even though a child may not know the full extent of the disease progression this does not mean that they remain oblivious to the subtle changes occurring in the family.

Bite size chunks of age appropriate information can help a child not feel excluded by those closest and this will help them begin to process their feelings of grief and loss in a more manageable way.

## What do we offer?

We offer short-term counselling (up to 8 sessions ) to children 16 and under whose parent or close family member is being supported by St . Benedict's Hospice.

Support and counselling for parents can be negotiated according to the family's need.

### Confidentiality

All aspects of your counselling are treated with confidentiality.

An exception to this occurs when we have reason for thinking that there is a risk of serious harm either to you or to another person, including children.

We are committed to equality of access to our services and undertake not to discriminate against anyone for any reason.



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