

### **Mission Statement**

To provide compassionate palliative care to individuals with a life-limiting illness, their families and carers through high quality, specialist, holistic support.

### **Vision Statement**

Working in collaboration with our supportive community, we will strive for excellence and seek innovation in providing specialist, multi professional, palliative care to patients, their families and carers in the hospice and in their own homes.



**Foyle Hospice**  
61 Culmore Road, Derry/Londonderry, BT48 8JE  
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# Forget-Me-Not Bereavement Support Group



**For the Community, by the Community**

**The loss of someone we love is one of the most intensely painful experiences any person can suffer. Not only is it painful to experience, but also distressing to witness.**

Grieving over death is a natural and necessary process that most people are able to experience and emerge from in a healthy manner. However, some people may feel they need further support to talk about their loss and issues which might be distressing or difficult to discuss with other family members.

Our group would hope to give you an opportunity to share and discuss some of the difficulties you may be experiencing following your bereavement.

The “Forget-Me-Not” Bereavement Support Group meets twice a year, usually in February - March and September - October.

Following bereavement, families who have had hospice care 20-24 weeks prior to the date of commencement will receive a letter from the Support Group inviting them to attend the 6 week programme.

## **The aims and objectives of our group are:**

- **To give people a safe place in which to share their stories.**
- **To hear others, and be heard.**
- **To express their feelings in relation to their loss.**
- **To facilitate the tasks of grieving.**
- **Accepting the reality of loss.**
- **Facing the pain of grief.**
- **Re-adjusting to a life that has changed.**
- **Re-investing emotional energy and so enable you to move on in your life.**

The group will meet one evening per week for six weeks. It is facilitated by Hospice nursing staff and volunteers

7.30 pm – 9.00 pm  
Day Therapy Unit, Foyle Hospice  
61 Culmore Road, BT48 8JE

**(028) 71 351010**

**For further information please email  
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