



## Bereavement Service Self-Referral for Bereavement Support

The Bereavement Support Service is part of the Patient and Family Support Team. We offer support to the family and friends of patients known to Arthur Rank Hospice.

At a time of bereavement each of us will experience grief in our own individual way. Sometimes we manage with the support of family and friends, at other times we may find it helpful to talk with someone outside of that circle. It is natural to feel very distressed immediately following the death of a loved one and this time of grieving is not usually something that we would wish to intervene in. However, if after 6-8 weeks after your loved one has died you find that you are not coping or that your emotions are overwhelming, it may be appropriate to seek help from the Arthur Rank Hospice Bereavement Support Service.

We offer one-to-one sessions and/or monthly group support at our Bereavement Support Group. These services are free and available to the family and friends of patients who lived in South Cambridgeshire, including Cambridge City and East Cambridgeshire. Please check with us if you are unsure if this service is available to you. The appointments take place by telephone or video call.

We also provide information and advice regarding other services that can offer help and support. You may feel that you are currently well supported or that it is too soon to talk, however you are welcome to get in touch with us any time in the future. Some bereavement referrals may be directed to services nearer to the individuals place of residence if their address is not in the locality of the Hospice in Cambridge.

We store personal information in compliance with the General Data Protection Regulation and the Data Protection Act 2018. For further information on how your personal information is used, how we maintain the security of your information and your right to access information we hold on you, our Privacy Notice can be viewed on our website [arhc.org.uk/privacy-policy/](https://arhc.org.uk/privacy-policy/) or please ask a staff member for a copy.

For further information contact the Patient and Family Support Team **01223 675770**  
[patientandfamilysupportteam@arhc.org.uk](mailto:patientandfamilysupportteam@arhc.org.uk).

All information is correct at time of print and may be subject to change. Please visit our website for the most up-to-date information. If you have any feedback or would like this information in a different format or language, please contact us.

# Self Referral Form

You can refer yourself by completing this form and returning it by email **nee.arthurrank@nhs.net** or send it to our address. We will contact you to arrange an assessment appointment where we will discuss your needs.

Your name (in full): .....

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Address: .....

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Postcode: .....

Daytime Telephone Number: .....

Mobile No .....

Can we leave a message: YES  NO

Your date of birth: .....

Name of patient: .....

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Date of death: .....

Your relationship to patient: .....

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Place of death:

Arthur Rank Hospice

At home

Other .....

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Please sign to confirm you have read and understood our Privacy Notice.

Signed: .....

Date: .....