

Bereavement Services



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**YORK
ST JOHN
UNIVERSITY**

Est.
2016

YORK ST JOHN
**COMMUNITIES
CENTRE**

E: ysjcc@yorks.ac.uk | T: 01904 876072 | www.yorks.ac.uk/ysjcc

A message from Dr John Wilson, the Director of Bereavement Services.

“ I have counselled bereaved people for 25 years. It has taught me that everyone grieves in their own way. Some need more support than others.

My book, *The Plain Guide to Grief* has helped thousands of people like you. It can reassure you and help you decide what support you need. Not many people need counselling, with one in two people managing well with the support of friends and family. Most of the people we meet that do want support, just need a little reassurance from support groups, drop-in bereavements cafes or a few-one to-one sessions with an experienced listener.

Of everyone else, around one in eight to one in ten people need counselling from an expert specialist. Whether it's our drop in cafes, a listening ear or specialist counselling, or our bereavement groups, our service will support you.



Dr John Wilson - Director of Bereavement Services, Dr Trish Hobman – Director of Therapeutic Services, Professor Lynne Gabriel OBE – Founder and Director

Why Bereavement Support?

“I can't see the point, it won't bring them back” - Sadly, it won't, but we can help you with recalling happy memories, looking at your photographs and hearing your stories of life with them. People find that this can help that sense of loss and brings them back in some way.

“Am I going mad?” - We get asked that a lot. Here are some of the many ways that people tell us about their grief. ALL of them are normal. Usually things get easier over time, but if you have lost your partner or your child, it can take months or years for all of this to pass. Counselling can help with any that persist.

“What do I need? I can't decide.” - In the turmoil of your grief, especially in the early days, it's hard to decide what you need, and that's where we can help you. Contact our service, or come to a bereavement café, and we can help you decide what you need.

- Spontaneously bursting into tears
- Having good and bad days, but never knowing in advance what a day will be like.
- Not feeling in control
- Feeling guilty and angry
- Being irritable with other people
- Avoiding photographs and music which are painful reminders
- Avoiding certain thoughts
- Some thoughts go round and round in your head
- Avoiding places that are a reminder
- Forgetting things
- Not being able to concentrate
- Difficulty sleeping

Café

The Centre holds several drop-in sessions throughout the year for bereaved people to help them understand what they are going through. When you are bereaved of someone you loved, the emotions you feel can be confusing. Bereavement counsellors and other helpers will be there to listen to people's stories. Each person's grief is unique, but we will teach a little about the grief journey most people go through, and you may recognise yourself in what we say.

Bereavement Café sessions will be held on

Wednesdays from 1.00 to 3.00pm every other month, please visit our website to check upcoming dates.

yorks.ac.uk/bereavement-services

"This was a really welcoming and useful session we shared a lot together in a short time."

Bereavement Cafe Attendee

Support Group

In our 12-week, online, free support group you will have the opportunity to talk about your feelings with others who have gone through a similar experience and can relate to your experiences. It's a space for everyone to listen and mutually support each other. It won't take away the pain, but it can help to share it with people who want to listen.

Counselling

The Centre provides a counselling service, which can help people who are bereaved. So how does counselling help? Grief takes its own time, and never completely goes away. So counselling isn't about 'ending your grief', or 'curing' you, because grief isn't an illness. Grief is a normal, healthy response to bereavement and loss. We can help you to make sense of what has happened and help you learn to cope without your lost loved-one. Most people end up finding it easier to cope, even though part of them is still grieving.



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Accessing services

You can self-refer to counselling or the support group by completing our online self-referral form, which is available on our website at: www.yorksj.ac.uk/ysjcc. Following submission of your form via the website, you will be contacted by a trained member of the Centre office team to finalise information and to identify next steps. The bereavement café is a drop-in space.

Opening times

Our counselling service is open from Monday to Wednesday from 9am to 9pm, and Thursday and Friday from 9am to 5pm. We aim to provide sessions on dates and times that suit your requirements, although cannot guarantee an evening or daytime appointment.

Contact

You can find out more information about everything contained within this leaflet by visiting www.yorksj.ac.uk/ysjcc. Furthermore, you can e-mail ysjcc@yorksj.ac.uk or call 01904 876072, and leave a message on our confidential telephone lines, and we will return your call as soon as possible.

Where is the Centre

The Centre operates online and from our beautiful premises at 32 -34 Clarence Street. The entrance is via the rear, which backs onto the YSJ University campus. Follow the road into the University by 30 Clarence Street and turn left towards Brook Street. The City of York Council car parks Union Terrace and Lord Mayor's Walk are available nearby.

Just Giving

Your donation makes a great difference! It supports us to cover the costs of providing free services such as our community language school, bereavement group and cafés, student suicide support group, and drop-ins. As our income grows, so too does our team of co-ordinators, assessors, supervisors, counsellors, coaches, and group facilitators. Anything that you are able to donate can help support the work we do and the services that we offer to our community.



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