Further Help
We can offer further help and advice if people have problems of a highly personal nature, calling on our highly skilled hospice staff, one to one support is available if necessary.

8 Tips when Grieving:
• Choose to take charge of your life, and don’t let your loss always take centre stage.
• Remember to be good to yourself. Love, honour and value yourself.
• Watch out for signs of depression, and don’t delay in getting professional help when you need it.
• When people offer to help, accept the offer and suggest specific things that they can do.
• Educate yourself about the grief process. Information is empowering.
• Trust your instincts. Most of the time they’ll lead you in the right direction.
• Grieve for your losses, and then allow yourself to dream new dreams.
• Seek support from others. There is great strength in knowing you are not alone.

St. Andrew’s Hospice provides statistical information for NHS Lanarkshire.

Bereavement Support Offers:
• Support for people who have suffered bereavement
• Sensitivity, empathy and reassurance
• A safe place to go and talk and to be accepted
• Information and appropriate advice
• Friendship and contact
• Someone to contact on a bad day
• Counselling and practical help

For more information or if you want this leaflet in a different format or language, please email: hospice@st-andrews-hospice.com.

St. Andrew’s Hospice provides statistical information for NHS Lanarkshire.

As a Hospice, we have opted in to Adults with Incapacity Part 4.

The Head of Clinical Services at the Hospice, would welcome any comments, suggestions or complaints you may have about the service. If you do have a complaint that is not answered to your satisfaction, you can pass this on to the regulator of the Hospice; Healthcare Improvement Scotland at the following address:

Healthcare Improvement Scotland
Gyle Square, 1 South Gyle Crescent, Edinburgh EH12 9EB

St. Andrew’s Hospice (Lanarkshire) Ltd is a charity registered in Scotland No: SC010159

The head of Clinical Services at the Hospice, would welcome any comments, suggestions or complaints you may have about the service. If you do have a complaint that is not answered to your satisfaction, you can pass this on to the regulator of the Hospice; Healthcare Improvement Scotland at the following address:

Healthcare Improvement Scotland
Gyle Square, 1 South Gyle Crescent, Edinburgh EH12 9EB

St. Andrew’s Hospice (Lanarkshire) Ltd is a charity registered in Scotland No: SC010159
Bereavement Support

Have you recently lost a loved one?

Are you in need of some help or advice?

Is your family fed up listening to you?

Do your friends stay away because they are uncertain how to deal with your emotions or how to offer help?

If your answer is YES to the above questions you may like to come to one of the following:

Bereavement Support Group (Adults)

This group meets on the second and fourth Thursday of each month at 2.00pm.

Individual Counselling

Available by appointment, just ring Support Services and they will be pleased to make arrangements to see you. Direct lines on: 01236 772022 & 772024.

Bereavement Support Group (Young People)

There you will meet people in similar situations and this may help you to put things into perspective and to regain your confidence.

For details of meetings, call Bereavement Support Co-ordinator on 01236 772024.

Children’s Drop-in

Every Friday after School 4.30pm - 6.00pm in St. Andrew’s Hospice.

Seasons for Growth Young People’s Programme

The Seasons for Growth Programme was initially designed as a programme for young people aged 6 - 18 years.

- Level 1 (ages 6 - 8 years)
- Level 2 (ages 9 - 10 years)
- Level 3 (ages 11 - 12 years)
- Level 4 (ages 13 - 15 years)
- Level 5 (ages 16 - 18 years)