

# Bereavement Support

Lychgate Funerals supporting families



Belinda Hodson provides our Lychgate families with bereavement support when it is required. Her approach is non-judgemental; valuing and respecting peoples' beliefs about life and

life after death, whatever they may be.

Belinda has lived in Wellington since 1987 and is married to Mark. She began counselling in 2007 after 20 years working in telecommunications and government.

Now a fully registered NZAC counsellor and certified trauma responder when accidents, deaths or suicides occur, Belinda understands that each person's response to the death of a loved one is unique.

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*Caring for you and your family in your time of need*

## Grief Care and Support

In recognition that, often, our grief needs time and space to be acknowledged, Lychgate Funerals offers bereavement support to assist in this process.

Gaining support and talking with someone outside our immediate circle can help us alleviate some of the feelings associated with grief and assist us by helping us understand how grief affects us.

A death in any circumstance is an upheaval, both emotionally and practically, sometimes we find that we need to make decisions and adjustments which are unfamiliar to us.

It can be of tremendous reassurance having someone listen to us at a vulnerable time.

## How can Lychgate help?

Whilst we all experience loss differently, it is most commonly during the period after the funeral, when friends and family have returned to their daily routines that we find ourselves struggling to adjust and cope.

Our grief care and support service includes making contact after the funeral to offer a listening ear and discuss whether this service might be of help at this time.

## Is there a charge for our service?

We believe bereavement support to be an integral part of our service to families and to that end there is no charge for two sessions. If you would like continued support after that, we can discuss your individual needs and look at options together.

## Who can use our bereavement support?

Any member of a family who has used Lychgate for the funeral arrangements for their loved one. We will automatically contact you in the month following the funeral but you are also very welcome to contact us at any time.

## What can you expect from our service?

- To be listened to
- To be treated with care and respect
- To have your feelings acknowledged
- To gain an understanding of your grief
- Confidentiality

## Community Support Resources



### Skylight NZ

**Phone (NZ):** 0800 299 100 or 04 939 6767

**International:** +64 4 939 6767

**Email:** info@skylight.org.nz

**Street Address:** Level 3, 5-7 Vivian Street, Te Aro, Wellington 6011, New Zealand.

**Postal address:** PO Box 7309, Newtown, Wellington 6242, New Zealand.



### Sands New Zealand

Sands NZ PO Box 136, Hamilton 3240

**Phone Chairperson:** 027 710 5130

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### WSD Wellington/Hutt Valley

**Phone:** 04 499 5520

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