

Some things that can help:

- Finding a daily routine that suits your present circumstances
- Talking to others about how you are coping
- Recognising your needs and allowing yourself to respond to them
- Taking one day at a time
- Making a consultation with your doctor for a check-up
- Seeking out people and places that give you comfort
- Moderating your alcohol intake
- Gentle exercise and eating well

Palliative Care Service Bereavement Support

For more information:

Please call 4985 0330 during office hours and ask to speak to a Social Worker.

Email:

BereavementEnquiries@calvarymater.org.au

Calvary Mater Newcastle
Department of Palliative Care
Awabakal Country
Locked Mail Bag 7
Hunter Region Mail Centre NSW 2310

About Calvary

Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation. Our mission is to provide quality, compassionate health care to the most vulnerable, including those reaching the end of their life. With over 18,000 staff and volunteers, we have a national network of 14 Public and Private Hospitals, 72 Residential Care and Retirement Communities and 19 Community Care service centres.



Mater Newcastle

Awabakal Country,
Locked Mail Bag 7, HRMC, NSW 2310, Australia
www.calvarymater.org.au

Last updated: August 2022

*Front cover image: Scene from Morpeth Common.
Photography by Douglas Bellamy*

Bereavement Support

Palliative Care Service



Mater Newcastle

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Mater Newcastle is a public hospital within the Hunter New England Local Health District network.

Some experiences of grief

The experience of death and grief affects us all in different ways. You may experience some of the following:

- Sadness or crying
- Disbelief
- Despair
- Feeling alone
- Shock
- Confusion
- Guilt or anger
- Relief
- Laughter
- Low self-esteem and/or confidence
- Loss of identity
- Loss of interest or concentration
- Abandonment
- Fear of losing control
- Disorganisation
- Tiredness or sleeplessness
- Anxiety, fear or panic
- Resentment
- Struggle with new life patterns and with decision making
- Physical sensations

We are a free service specialising in bereavement

To assist you or a family member at this difficult time we offer:

- Counselling
- Telephone support
- Support groups
- Walking groups
- Information about what to expect during the bereavement time
- Remembrance services

Counselling

At this time of profound transition and adjustment, counselling provides a supportive space to talk openly and confidentially about feelings and concerns.

Counselling may assist you to understand yourself better, to develop strategies to cope with the experience of grief, and to explore the changes and challenges of rebuilding a meaningful life.

We work with individuals, families and couples, respecting the values, beliefs and the uniqueness of each person.

Support groups

Support groups provide a caring, non-judgemental and confidential environment where you can find understanding and support through listening and sharing with others in a similar situation.

It is an opportunity to learn more about grief, discover personal strengths and explore ways of coping. The groups are facilitated by staff from the bereavement team.

Remembrance service

A remembrance service is held in the hospital Chapel on a quarterly basis.

An invitation is extended to families who have had a person close to them die in the previous months to gather together to remember and honour that significant person in a meaningful way.

We are a non-denominational service.