



Candlelight Remembrance

5 tips for self-care before and after the Candlelight Remembrance event

Ways to be kind to yourself when grieving:

1: Look after your own health

Grief can reduce or suppress your immune system, making you more susceptible to coming down with illnesses, including depression. Make sure you sleep, eat, take exercise, treat yourself to the things you enjoy and see a GP if you feel unwell or low for a period of time.

2: It's okay to not be okay

Crying and feeling sad is a natural reaction to grief. Allow yourself the time and space to feel sad and be kind to yourself. You are likely to feel many emotions, including anger. Be patient with your feelings, even when you do not like them.

3: Don't give yourself a hard time

It is normal to think about what has happened and to have regrets. You may be thinking you wished you had done or said something differently. This is a natural response. Forgive yourself and try to let these thoughts go.

4: Share how you are feeling

Talking to others helps. Sharing how you are feeling will help you to make sense of what has happened. Don't worry about feeling stuck and saying the same things to people. This is natural and okay. Friends and family are often the best people to talk with and are ready to listen. Sometimes they may feel too close and be struggling with their own feelings, but there is always someone that you can talk with and who will be there for you.

5: Ask for help

Reaching out and asking for help can be difficult, but there are people and organisations that are there for you. People are there to listen and to offer support and they will not judge you.



Demelza
Hospice Care for Children

Demelza support available

Directly following Candlelight: Zoom Session (for adults and families)

Sunday 13 December 2020: 11:30–12:30

After Candlelight join Demelza staff and other bereaved families to discuss your feelings and emotions in a friendly and supportive environment.

Additional Candlelight Zoom Sessions (for adults)

Tuesday 15 December 2020: 18:00–19:00

Tuesday 22 December 2020: 18:00–19:00

These online Zoom sessions are open to all bereaved Demelza adults to attend, and provide a space to discuss how you are feeling, meet other bereaved adults and chat in a friendly and supportive environment.

Bereavement Cafés

Monday 7 December 2020: 12:00–13:00

Monday 14 December 2020: 12:00–13:00

Monday 21 December 2020: 12:00–13:00

The Demelza Bereavement Café aims to connect Demelza families, across Sussex, South East London and Kent, to support each other through grief and loss. We recognise that often the best support can be found in spending time with others who have had a similar experience, whilst also being able to seek support with your own unique and personal feelings and emotions, if you need to.

At the virtual cafes and regular café events, you will be able to meet other bereaved families with a shared connection. When we are able to meet in person we will do so, supplementing the virtual cafes with face-to-face events in the community.

For all Zoom sessions, please see your Candlelight confirmation email, or email familysupportdepartment@demelza.org.uk for details.

Bereaved Families Facebook Group

A new Facebook Group for bereaved families has been set up as a place to share information, experiences and to build a supportive community for families with a similar experience. If you'd like to request to join the group please **click here** and then click 'Request to Join group'. Your request will be reviewed/approved by a group administrator.

Call Us

You can call the Family Support Line (Mon-Fri 10:00–16:00 only) on 01795 845280

For Zoom details for any of the sessions above, or to access support please email familysupportdepartment@demelza.org.uk or call Family Support Line on 01795 845280 (10:00–16:00 Mon–Fri only)