



**Dr. Bill Webster returns to Wales in Spring...**

**ISSUE 14**  
November 2012



# Consolo

B E R E A V E M E N T S U P P O R T N E W S L E T T E R



## STOP PRESS!

Dr. Bill Webster will return to Wales in the Spring. As well as a seminar for helping the bereaved, he will be leading a two day Grief Support Facilitation Course out of which will emerge a series of Community Grief Support programmes. If this is of interest to you, please contact James Tovey on 01633 266848 or email james@toveybros.co.uk.



There have been a few changes at bereavement support charity CRUSE. The organisation has relocated its offices from Caerphilly to the following address: Orion

Suite, The Centre for Business, Enterprise Way, Newport NP20 2AQ, telephone 01633 251982. Neil Morgan is the new area administrator and will be the first point of contact for people seeking a referral to CRUSE. John Moss has been appointed as development officer, a new role which will involve him in actively developing new services and liaising with the community to secure sustainable funding streams.

There will be a RoadPeace service at St. Mary's Priory, Abergavenny on Saturday, November 17th at 4pm for all those affected by Road Traffic Accidents.



Tovey Bros will be sponsoring two 'Light Up A Life' Remembrance Services, one at St. Julian's Methodist Church, Caerleon Road, Newport on Tuesday 11th December and another at St. Basil's Church, Bassaleg on the same day. Both services commence at 7pm.

**St David's Hospice Care**  
Bringing care home

**This year's services commence at 19.00**

Date	Church
Tuesday 4th December	St Hilda's Church, Griffithstown
Tuesday 4th December	Abergavenny Methodist Church
Wednesday 5th December	Llanrhyon Methodist Church
Wednesday 5th December	St. Martin's Church, Caerphilly
Thursday 6th December	St Mary's Church, Brecon
Thursday 6th December	Chepstow Methodist Church
Tuesday 11th December	St Julian's Methodist, Newport
Tuesday 11th December	St Basil's Church, Bassaleg
Wednesday 12th December	St Mary's Church, Risca
Wednesday 12th December	Caldicot Methodist Church

**Light Up A Life 2012**  
Remembrance Services

Your time to celebrate the lives of your loved ones.

For more information or to make a donation Tel: 01633 851051  
Visit: www.stdavidshospicecare.org e-mail: enquiries@stdavidshospicecare.org

To receive 'Consolo' via email please contact: info@toveybros.co.uk

*So, here we are again, fast approaching another Christmas. While, for most people, the festive season will be much the same as those of previous years, for many it will be their first Christmas without a loved one and that changes everything at a fundamental level even if, on the surface, everything appears to be pretty much the same as Christmases past. Traditionally, we place huge expectations on Christmas as the 'season to be jolly' so when THIS Christmas is different because someone we care about is missing we naturally struggle with our feelings. In fact, the Christmas season is, for many, the time of year when we feel most acutely the depth of our loss.*



With this in mind, Tovey Bros is making available free copies of Dr. Bill Webster's publication 'A Not So Jolly Christmas'. This 16 page booklet examines why Christmas is so difficult and provides advice and strategies for coping during the holiday period. The booklet also contains suggestions to help children cope with loss and an interactive exercise to help people decide which activities and traditions are important and which can be dispensed with for this one year so as not to place unnecessary stress and



pressure on oneself at what is already a very difficult time. To request your free copy of the booklet call Tovey Bros on 01633 266848.

Additional advice can be found on The Centre for the Grief Journey's website which can be accessed via Tovey Bros' web site, [http://www.toveybros.co.uk/our\\_help.htm](http://www.toveybros.co.uk/our_help.htm). Finally, may I take this opportunity to wish our readers all the peace, comfort and blessings of the Christmas season.

James Tovey



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Website: www.toveybros.co.uk





**Bereavement Support at St. Anne's Hospice...**



**Inaugural 'Beginning at the End' conference is a runaway success...**



**Our regular readers will remember that we reported the sad news that Hold out a Hand, the Newport-based bereavement support charity, run by Mike Coombes, had closed earlier this year due to lack of funding. We are now pleased to tell you that Mike has returned to helping the bereaved in his new role as Bereavement Support Co-ordinator at St. Anne's Hospice, Malpas, Newport.**

Mike is bringing his extensive experience of working with the bereaved to bear in his new position which provides one-to-one counselling, support groups and access to social activities for those whose loved ones have died at the hospice. With Christmas approaching, a particularly difficult time for the bereaved, especially those for whom this will be their first Christmas without a loved one, Mike is running his popular "Coping with Christmas" sessions to help them through this sad time. Anyone who has lost a relative at St. Anne's in the last year is welcome to attend and

can contact Mike on 01633 820300 for more details.

We are pleased that Mike's skills and commitment to helping the bereaved are not lost to the people of Newport and look forward to working with him again in the future in developing new services in the area.



Difficult work but always smiling.

**The last duty of care owed to patients, residents or clients is ensuring that their final days and hours are spent with their loved one in as stress-free an environment as possible. The practical support and arrangements that need to be made can make the difference between removing or causing additional distress.**

On May 9th 2012 Aneurin Bevan Health Board, supported by Tovey Bros, held an inaugural conference to highlight key issues and good practice aimed at ensuring that relatives were supported around the time that their loved one dies. The event was fully

booked with 165 attending. Clinical staff from the community, hospital and the nursing and residential home sectors, working across all specialities, attended as well as clerical support staff who have contact with bereaved relatives.

Renowned bereavement expert, Dr. Bill Webster from Canada's Centre for the Grief Journey, chaired the conference sensitively and with good humour. The morning speakers made valuable, insightful contributions and the topics covered included the good work done in hospital and the community, award winning developments in fast tracking dying patients home from

hospital and a very moving account from a wife who took her husband home to die so that he could fulfil, amongst other things, a final fishing trip. After lunch delegates attended a number of workshops relating to the theme of the day and had an opportunity to share their thoughts, experiences and practice.

Attendee feedback on the conference indicated that the day was an overwhelming success; as a result, there are plans to make this a bi-annual event. If you would like more information about the conference content you can email

**Jane.Price2@wales.nhs.uk.**



St. Anne's Hospice – Gwent's own Hospice – and below, St. Joseph's Hospital, dedicated to the total care of every patient.



**Memorial Services...**

**Memorial services, arranged by the staff of the Royal Gwent Hospital, are held in the chapel of St. Woolos Hospital every two months for the bereaved.**

During these short services there is an opportunity for your loved one's name to be read and a candle lit in their memory. The next service date in 2012 is December 3rd and the dates for 2013 are January 10th, March 6th, May 8th and July 3rd.

The services begin at 7.00pm and complimentary refreshments are available afterwards in the hospital restaurant.

The next annual memorial service for anyone who has lost a baby or a child will be held at 3pm on Sunday 2nd June 2013. This service also takes place in the chapel of St. Woolos Hospital and offers the opportunity for your child's name to be read and candles to be lit in their memory. We welcome all family members, including children, to attend and you are invited to stay afterwards for tea and cakes which are also served in the chapel.

For further information concerning any of these memorial services, please contact the Chaplaincy Department at the Royal Gwent Hospital on 01633 234263.

