

Books about Grief

Books by Lois Tonkin:

- Remembering: A book to Help Grieving People of All Ages.
- Riding the Storms: A Book about Loss and Grief for Older People.
- Helping the Hurt: How to Understand and Help Grieving Children and Teenagers.
- Starting Young: Supporting Children to Deal with Change, Loss and Grief in the Early Childhood Years.

Books by Tom Golden:

- Swallowed by a Snake : The Gift of the Masculine Side of Grieving.
- A Man You Know is Grieving / When a Man Faces Grief.

Book by Amanda Mackenzie:

- From Grief to Healing – A Holistic Guide to Rebuilding Mind, Body & Spirit After Loss

Book by Mary-Frances O'Connor:

- The Surprising Science of How We Learn from Love and Loss

Book by Peter Carnavas:

- Sarah's Heavy Heart

Book by Kyle Mewburn:

- Old Hu-Hu

Book by Michael Rosen:

- Michael Rosen's Sad Book



Where to find us

We are on the Te Whatu Ora Tairāwhiti
Gisborne Hospital grounds,
421 Ormond Road



Get in touch

Hospice Tairāwhiti

If you would like to know more about how the Family /
Whānau Support Team can help you, or to schedule a time
to meet, please call Hospice Tairāwhiti

P: 06 869 0552

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www.hospicetairawhiti.org.nz

November 2023

FAMILY/WHĀNAU SUPPORT SERVICES





Bereavement Support

Our Bereavement Support Services include:

- Grief and Loss Counselling for children, adolescents, adults, and families.
- Carers Support Group.
- Grief and Loss Group.
- Support to access Chaplaincy Services.

Remembrance Service

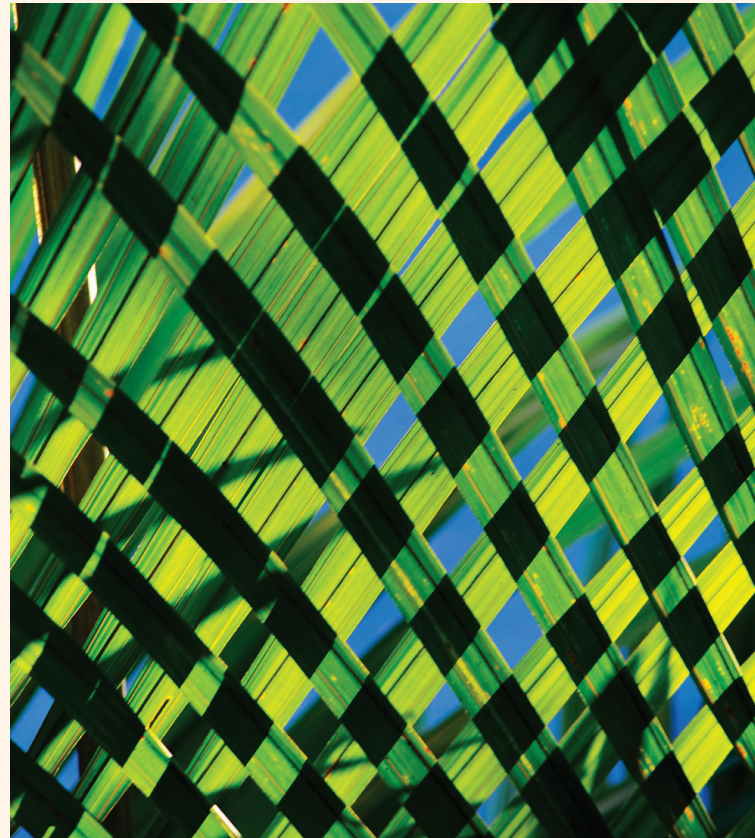
Each year, in May, we come together with families and friends to celebrate and remember the lives of the people we have lost. This service is held at Hospice Tairāwhiti and is led by a spiritual leader within our community..

Social Work Support

Our social worker works with people who are approaching the end of their life, along with their families, people they are close to and their communities. Drawing on experience, skills, and knowledge to support people coping with the effects of what they are going through, including loss and bereavement. The aim is to help you have a good life and a good death.

We work alongside you, other professionals, agencies, and organisations in your community to bring a psychosocial care perspective. This may include:

- Access to community and social support networks and resources
- Knowledge of your entitlements
- How to manage financially
- Housing, including residential care placement
- Support to navigate systems, such as with Work and Income
- Legal aspects, e.g. making a will and setting up powers of attorney
- Family meetings
- Exploring options for immediate needs and long-term planning, e.g. advance care planning



A Brief Guide to Grief

You can grieve for any loss. Grief is a part of life for everyone. It's not only about death: you also grieve if you lose your job, health, relationship, hopes and dreams, pets, or anything else important to you.

Everyone grieves differently. Grief is like a fingerprint; everyone feels it and expresses it differently. Children and teenagers may show their grief in ways you don't expect. Men and women grieve in different ways and often don't understand each other's way. Cultures grieve in different ways. Others may not feel and act as you do, but they may still be grieving.

Grief is more than just sadness. You're normal if you also feel angry, lonely, numb, forgetful, relieved, scared, guilty, betrayed, lost, empty, depressed, and much more.

You can feel grief in your body too. People often have trouble eating or sleeping, feel tense, shaky, aching, exhausted, cold and other physical responses when they have had a big loss.

It can take longer than you expect. Grief is more than a series of stages to go through. If it's a big loss for you, you may find it hard for a long time. It may continue to touch you from time to time for the rest of your life. In the months and years to come, a smell, a song or an anniversary can remind you again of your loss for a little while.

You don't have to get over grief. A big loss is something you try to get used to rather than get over. Your aim is to find ways to live with it; you don't have to like it. If someone has died, you don't have to forget them. Cherish your memories and the place they still hold in your heart.

You can help yourself to cope with loss. You can make choices about how you deal with loss. Talking, crying, sharing memories, writing a journal, reading, music, exercise, praying, making things and distracting yourself all help some people. Find what works for you and make time to do it.

Things will get better. Grieving can be hard. It takes a lot of courage and patience. There are good days and bad days. Take heart; you will get through this.