



The recent pandemic has had a significant impact on so many people, including staff who have lost residents in Care Homes.

The experience of losing somebody is different for each individual and so your journey through grief will be unique to you. You may experience physical symptoms as well as emotional ones. Your mood might swing between feelings of despair and anger, and intense sadness and fear. You might feel tired and lethargic, or hyperactive and unable to settle. Such feelings are to be expected and may be exacerbated by the many changes we are all currently facing in our day-to-day lives. However, we believe that by talking through your thoughts and feelings, you may be able to find a way forward.

What support is available?

Treetops Hospice Care is offering support and counselling to Care Home staff who work in the southern Derbyshire and Derby city areas.

We are here to support you if you have experienced a personal bereavement, or if a death or deaths of residents in your Care Home is having a significant impact. We are also here to offer support if you are feeling the stress and strain of working through the COVID-19 pandemic.



We can offer you support either through online media, such as Zoom, or face-to-face within our bespoke counselling centre. These sessions can be a one off one-to-one session to talk through your experiences, or regular sessions on a one-to-one basis.

We can also offer informal group sessions in your Care Home where several colleagues can meet together to talk through the challenges brought about by COVID-19. We would offer to bring some homemade hospice cake along to the session as well.

Who offers the support?

Support is provided by a team of qualified counsellors, student counsellors and trained bereavement support volunteers.

How do I access support?

You can refer yourself for individual counselling support by telephone or email.

Care Home Managers should contact us to arrange an informal group session.

How much does it cost?

There are no charges to Care Home staff for this service.

Therapeutic Services, Treetops Hospice Care, Derby Road, Risley,
Derbyshire, DE72 3SS
0115 949 6944
therapy@treetopshospice.org.uk
www.treetopshospice.org.uk