



# Kingston **Bereavement** Service

*Support, counselling and  
understanding in bereavement*

## Impact Statement 2017 - 2018

### What we have done this year

#### Adult Bereavement Service Project



*The Adult Service received 438 referrals in the year ending March 2018 an increase on the previous year. We carried out 268 assessments (21% increase) and 205 clients completed therapy (13%), we also delivered 1,948 hours of counselling (13% increase).*



*The number of clients experiencing psychological distress at their first session was 139, by the end of counselling this had reduced to 61.*



*109 final evaluation forms were completed by clients; 91% found the counselling very helpful, 8% quite helpful and 1% not helpful.*



*68% of clients experienced a significant reduction in psychological distress.*



*202 clients completed pre and post counselling CORE forms, a 34% increase on the previous year.*

**I was made to feel  
welcome, safe and  
worthwhile**

**A calm  
place to  
talk and  
come to  
understand  
more of my  
feelings**

**I think it's a great  
organisation. I'm  
glad my doctor  
referred me here**

**It was a positive  
experience. I had the  
chance to go through the  
process of grief and  
understand my emotions  
at different stages**



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*This year the demand for our service increased by 17%, we received 103 referrals.*



*25 referrals were received from parents seeking advice, information and support regarding their children. By providing these packages of support to parents, a further 34 children and young people were supported.*



*A further 40 contacts by telephone or via our website have enabled us to provide advice and information to parents, carers and professionals enabling a further 28 children and young people to have support through their bereavement.*



*We have worked with 20 professional organisations this year (an increase of 100%), delivering training or in a consultative capacity when bereavement is impacting on children and young people whom they support.*

**"I feel better about myself and more able to cope."**

**Boy aged 12 bereaved of his grandfather (his male role model)**

**"He is now able to express himself and calms down more quickly"**

**Mother of 7 year old boy who had experienced multiple family bereavements**

**"(The counsellor) was lovely and it was easy for S to talk to her. A fantastic service that I wished had been around for my older daughter when she needed similar help some years ago"**

**Mother of 14 year old girl bereaved of her brother**

**Talking about my dad dying relieved the pressure and allowed me to see more clearly.**

**(Girl aged 17)**