

Abstract O-27 Table 1

Rank	Inpatients	% of patients received	Outpatients	% of patients received
1	Mobility	73	Exercise programme	71
2	Transfer practice	55	Mobility	47
3	Equipment/aid provision	48	Breathlessness management	36
4	Exercise programme	45	Fatigue management	18
5	Stairs practice	30	Equipment/aid provision	16

**Conclusion** Within UK hospice rehabilitation services, greater therapy input is typically provided to inpatients as compared to outpatients within each episode of care. The type of therapy intervention also appears to be setting dependant, with inpatient therapy focusing on basic mobility and other functional tasks and outpatient therapy on exercise and supported self-management.

## Poster presentations

### Bereavement, loss and grief

#### P-1 'REMEMBERING DOESN'T HAVE TO BE SAD': GRANT FUNDED HOSPICE ACTIVITY DAYS AND WEEKENDS FOR TEENAGERS, CHILDREN AND FAMILIES

Sarah Wardell, Sarah Popplestone-Helm. *St Richard's Hospice, Worcester, UK*

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The need for bereavement support in adult hospices for bereaved children and young people continues to grow. The hospice family support service has recorded an increase of 232% over a two year period in referrals for bereavement group support for families bereaved by expected, sudden and unexpected death within the local community. A new way of managing this increase in referrals was developed and has been trialled over a two year period. Teenage Activity Days and Children and Family Activity Weekends have been developed, offering additional support options for bereaved families. The aims of these groups are to improve emotional wellbeing, improve family relationships and enable families to learn positive coping strategies. These innovative groups provide an alternative means of support. The Teenage Activity Day addresses the gap previously present in group support for teenagers, focusing on developing communication with others through outdoor group activities whilst telling their story. The Children and Family Activity Weekend enables younger children to attend with a parent or carer who remains with them throughout the weekend; working on communication between the child/ren and parent/carer building their relationship following the bereavement, this also includes team building exercises such as climbing and kayaking in an outdoor arena. Following a pilot of both events in 2016, a bid was submitted to the small grants section of the BBC Children In Need fund to cover four more events in 2017 – this was successful and funding was secured. The first weekend in 2017 has taken place, demonstrating benefit for the whole family. Feedback

has been very positive: 'It was awesome' 'I don't feel as shy now; I've met other children who feel the same as me' 'Remembering doesn't have to be sad' These one-off events for families promote communication and relationship building within the family whilst addressing the key issues surrounding the bereavement.

#### P-2 BRIDGING THE GAP – CREATION OF A LIFESPAN BEREAVEMENT SERVICE

Jane Hazeldine. *Earl Mountbatten Hospice, Isle of Wight, UK*

10.1136/bmjspcare-2017-hospice.29

**The gap** Together with our partners, the CCG and the LA, we recognised a need for open access children's bereavement services which offered wide-ranging and well-tailored support to bereaved children and their families. A significant gap also existed in professional support for parents of bereaved children. **The Service** The broad-based service we developed encompasses art, drama and music therapy alongside traditional talking and family therapy. These now link seamlessly with hospice-run adult bereavement services to offer a single, life-span, open-access service for any bereaved child or family member. We now offer groups where psychologists, music therapists and community artists provide monthly individual and group sessions for children and their families and weekly groups for children where they can access art, drama and music, and meet other children in a similar position. We operate responsively and liaise with parents, teachers and mental health services and gather service-user feedback to monitor quality.

**Outcomes and Demand** We have noticed a significant and increasing demand for these new services. Our referrals have increased significantly and these also now come from a greater variety of sources as more schools and external services become aware. Results show that services of this type are important and necessary and that there is significant demand for such a responsive, multi-faceted and well-resourced project. In particular we are finding that the lack of service boundaries and the seamless linkages across traditional age barriers are very well evaluated. We will continue to expand the service in line with demand and are proud of what we have achieved. We will be highlighting the process and challenges of service setup and explain how partnership working has been vital to success. Results of our ongoing evaluation will also be presented.

#### P-3 THE BEREAVEMENT JOURNEY: MAKING THE RIGHT CONNEXIONS

Julia Russell, Rebecca Trower, Anne Cullen. *Princess Alice Hospice, Surrey, UK*

10.1136/bmjspcare-2017-hospice.30

**Background** This poster presents a hospice project to improve support for bereaved people, through an integrated approach across Bereavement, Fundraising and Communications departments.

**Aims** User feedback, evaluations and research showed that: People needed more continuity of support in early bereavement. We need to make it easier for people to access information about commemorating their loved one, though physical