

survey will highlight differences in practice and help focus future research.

Aims To increase understanding of the following aspects of psychological support services in UK hospices to help identify inequality and guide best practice development:

- Service organisation and structure;
- Types of psychological support available and who delivers them;
- Adequacy of and barriers to service provision.

Methods A 23-item online questionnaire developed for this study based on a literature review and related surveys (Atkin, Vickerstaff & Candy, 2017; Lawrie, Lloyd-Williams & Taylor, 2004; Lloyd-Williams, Friedman & Rudd, 1999; Price, Hotopf, Higginson, Monroe *et al.*, 2006; Russell & Fountain, 2018) and in consultation with experts in palliative medicine and psychological services. The questionnaire will be piloted at nine hospices.

Data collection: The questionnaire will be emailed to all 200 adult hospices in the UK and will be open for six weeks in Summer 2019. It should be completed by one staff member who is closely involved in the organisation and/or delivery of psychological services at each hospice.

Data analysis: Percentages will summarise quantitative responses and statistical tests will be performed to compare groups. Thematic content analysis will be applied to free text responses.

Results and conclusions The results of the survey will be analysed in Autumn 2019. By identifying any variation in services across the UK, as well as examples of, and barriers to, good practice, the results could inform efforts to achieve equality in service provision. The results may also inform development and implementation of psychological interventions tailored to the UK hospice setting.

Supporting Bereavement, Loss and Grief

P-238 WRITING IN BEREAVEMENT – DISCOVERING A NEW NARRATIVE

Sue Spong, Sandy Lawless. *Saint Francis Hospice, Romford, UK*

10.1136/bmjspcare-2019-HUKNC.260

Background We recognised the limitations of our bereavement groups, and were eager to explore grief at a deeper level through a creative medium, guided by national standards (Bereavement Care Service Standards, 2013).

Aims

- To write about our lives, feelings, thoughts, share our writing with others, reflect on past experiences, including service user feedback;
- For group members to discover a new tool allowing them to access their grief in a different way;
- Through group exercises members will discover a new narrative and a new source of meaning to their lives.

Methods Invitations were sent to bereaved people using hospice services. A closed group ran for six sessions, limited to six members and two facilitators, who participated to allow a collegiate approach.

Each session opened with a poem, brought by the group, allowing the group to reflect on their mood, for facilitators to

lead with greater sensitivity adapting to the group needs. Homework was set weekly providing the focus for the first half of the next session. The remainder of the session was used for written exercises using techniques of expressive writing.

Results Evaluation was mainly qualitative, measured by attendance and evaluation forms. Facilitators monitored and reflected weekly. On our first group, anticipated results were confirmed by user evaluation, which informed our next group. Facilitators witnessed aims met, promoting further writing groups, thus ensuring hospice bereavement support reaches a wider level of need.

Conclusions Conclusions and recommendations for the hospice bereavement service is to include this group as a regular service. We recognise the limitations of educational levels, however, skilful facilitation enables a generous group.

Using a different medium has proved to unlock the unspoken – *‘The course helped me to break out of a writing drought, and find courage and vocalise about my late wife.’*

P-239 I'M OVER HERE – A PLAY ABOUT LOVE, LOSS AND HONESTY

Joyce Sweeney. *Ardgowan Hospice, Greenock, UK*

10.1136/bmjspcare-2019-HUKNC.261

Background The play was a co-production between the Ardgowan Hospice Butterfly Service and Greenock Players Youth. It was inspired by true stories, in particular a young person's wish to make a difference and help children like she had been after the death of her father. It was funded thanks to the kind anonymous donation of a couple who had a relative supported by the Butterfly Service.

The young cast perform powerful stories, in the form of monologues, based on real case studies. In taking the child's point of view it communicates important messages to adults about how some of the language and terminology used when someone has died can cause upset and confusion. Some of the phrases that are known to have caused upset in real life are used in the play, i.e. *‘Your mum is in the sky’* and using the phrase *‘Passed away’* to a child who doesn't know it means death. The play demonstrates how they really feel when they have experienced grief.

The play aims to raise awareness of the needs of bereaved children and young people by giving age appropriate information and give them a chance to express their feelings and thoughts about death and dying. Bereaved children should have a voice and not be left as forgotten mourners. It also aims to make adults really think about the language and phrases they use with children. Attempts to protect children and young people from the truth can sometimes leave them confused and alone with their questions, fears and powerful feelings.

The play was initially screened at the Beacon Arts Centre in Greenock on 10 October 2018 to professionals who work with children, with very positive feedback. The play was filmed with the intention of it being used as a resource to help support children and young people dealing with grief and this is currently work-in-progress.