

**'We are here to listen  
and offer support'**

The group, run by a team of volunteers, meets  
every **fourth Thursday** in the month at:

**Trinity Hall**  
(Holy Trinity Church)  
Mossford Green  
**Barkingside**  
Essex, IG6 2BX

The group meets:

**Times: 1:45pm to 3:15pm**

Thursday 26<sup>th</sup> February 2009  
Thursday 26<sup>th</sup> March 2009  
Thursday 23<sup>rd</sup> April 2009  
Thursday 28<sup>th</sup> May 2009  
Thursday 25<sup>th</sup> June 2009  
Thursday 23<sup>rd</sup> July 2009  
Thursday 27<sup>th</sup> August 2009  
Thursday 24<sup>th</sup> September 2009  
Thursday 22<sup>nd</sup> October 2009  
Thursday 26<sup>th</sup> November 2009  
Thursday 17<sup>th</sup> December 2009

For more information, please contact  
**Stephanie Butler**, on:

**020 8529 8882**

**H L HAWES & SON LTD**  
Independently Owned Funeral Directors  
& Monumental Masons (est 1847)

Registered No. 357568 England / VAT 597166981

[www.hlhawes.co.uk](http://www.hlhawes.co.uk)

**Commended for 'Customer Service'  
in the Thames Gateway  
Business Awards 2008 & 2007**

106 Tanners Lane, **Barkingside**  
Essex, IG6 1QE

**Tel: 020 8550 4047**

153 Station Rd, **Nth Chingford**  
London, E4 6AG

**Tel: 020 8559 3235**

196 Chingford Mount Rd, **Sth Chingford**  
London, E4 8JR

**Tel: 020 8529 8882**

**COPING WITH BEREAVEMENT?  
GRIEVING THE LOSS OF A  
LOVED ONE?**

**'Reaching out the hand  
of Friendship'**



**Bereavement Aftercare  
& Support Group**

**Telephone: 020 8529 8882**



## 'Sometimes it helps just to talk to someone'

As part of our aftercare service, H L Hawes & Son Ltd, offer a monthly Bereavement Aftercare & Support Group.

The aim of the bereavement group is to provide a support service not just to our clients, but to **ANY** bereaved person, irrespective of their age, creed, religion and length of bereavement.



Run by a team of volunteers, the group does not provide counselling but merely a venue where the bereaved can meet over a cup of tea, coffee and biscuit and talk to others who are in similar situations, and who know exactly what you are going through.

Attending a meeting for the first time can be daunting. However, you will be welcomed by those who are merely there to listen and offer their support and hand in friendship.

Sometimes it helps just to talk to someone and sometimes it helps just to know that someone is there to listen.

## 'Coming to terms with a loss'

The death of a family member or friend can be one of the most traumatic experiences in anyone's life and many people find it hard to come to terms with such a loss.

Whilst most people find the strength to cope with the bereavement immediately following a death; it is after the funeral when life is supposed to return to normal that many experience the natural effects of grief.

As independent funeral directors, we believe we have an important responsibility to care for our families, not just by offering support during the funeral, but especially through the difficult time that may follow.

Coping with bereavement is often a solitary process, often faced without the aid of family or professional help.

There is no single way to grieve. Everyone is different and each person grieves in his or her own way. However, some stages of grief are commonly experienced by people when they are bereaved.



It is important to remember that there is no set timescale for reaching these stages, but it can help to know what the stages are in order to help you through the journey .

## 'Recognising the 'Five Stages' of Bereavement'

### Denial

In the denial stage we refuse to believe what has happened.

### Anger

We get angry. The anger can manifest itself in many ways.

### Bargaining

Bargaining can be with ourselves or if you are religious, with your god. Often we will offer something to try to take away the reality and pain of what has happened.

### Depression

Depressions is a very likely outcome for all people that grieve for a loss. This is considered the most difficult stage of all the five stages to deal with.

### Acceptance

The final stage of grief. It is when you realise that life has to go on. You may still have thoughts of a loved one, but less intense and less frequent. You can here accept your loss and should now be able to regain your energy and goals for the future.

It may take some time to get here but you will.