

BEREAVEMENT SUPPORT GROUP

BARKINGSIDE

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

## GRIEVING THE LOSS OF A LOVE ONE



**“Sometimes it helps just to talk to someone”**

Sponsored by

H L HAWES & SON LTD

Tel: 020 8550 4047

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

As part of our aftercare service, we offer an informal monthly Bereavement Group which is open 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 you can meet 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 the bereaved, 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 us 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*

A depression 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 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 should now be able to regain your energy and goals for the future. It may take some time to get here but you will.

## 'Venue and Dates of 2016 Bereavement Group Meetings'

The group meet **every fourth Thursday** in the month at: **The Parish Hall** (*Holy Trinity Church, Mossford Green, BARKINGSIDE, Essex IG6 2BX.*

**The group meet between 1:45pm to 3:15pm on:**

Thursday 28<sup>th</sup> January 2016

Thursday 25<sup>th</sup> February 2016

Thursday 24<sup>th</sup> March 2016

Thursday 28<sup>th</sup> April 2016

Thursday 26<sup>th</sup> May 2016

Thursday 23<sup>rd</sup> June 2016

Thursday 28<sup>th</sup> July 2016

Thursday 25<sup>th</sup> August 2016

Thursday 22<sup>nd</sup> September 2016

Thursday 27<sup>th</sup> October 2016

Thursday 24<sup>th</sup> November 2016





**H L HAWES & SON LTD**  
**Independent Funeral Directors**  
**& Monumental Masons (est. 1847)**

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