



BEREAVEMENT SUPPORT GROUP

A friendly and welcoming space where everyone is welcome.

First Tuesday of Every Month
10 am - 12 noon
Hazel Grove Baptist Church

Join Sarah, from Alcocks/Hills, and a lovely group of friendly faces at our monthly Bereavement Support Group.

All are welcome to join us at this safe, warm, and welcoming space to chat with others in a similar situation.

Light refreshments are provided.



Support Services: Charities and Organisations

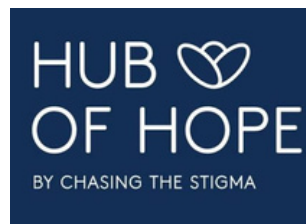
Bereavement Support

- Greater Manchester Bereavement Service
- Beacon Counselling
- Beechwood House
- Moya Cole Hospice
- Francis House Children's Hospice
- Cruse Bereavement Support
- Child Bereavement UK
- Sue Ryder
- The Good Grief Trust



Mental Health Support

- NHS Talking Therapies
- Mind
- Samaritans
- Mentell
- Crisis Helplines
- CALM
- SoBs
- Hub of Hope



Here For You
At life's most difficult times

Understanding Grief

Grief can evoke a spectrum of emotions, including sadness, anger, relief, guilt, emptiness, and loneliness.

Individual Grief Journeys

Each person's journey through grief is unique, and there is no standard or correct way to grieve - it's a deeply personal experience and an entirely natural process.

Many people find comfort and support through family and friends, or from specialist organisations, like those mentioned in this leaflet.

0161 428 2097

info@jasfunerals.co.uk

www.jasfunerals.co.uk



Helpful Tips for Navigating Grief



Allow yourself to feel

Grief comes in waves. Do not try to numb the pain, hide your feelings, or rush the process. Allow yourself to cry, be angry, and feel whatever emotions naturally arise.

Focus on self-care basics

Your mind and body are connected. Combat fatigue by maintaining a simple routine for sleeping, eating healthy meals, and doing gentle physical activities like walking.

Set boundaries

You have limited emotional energy, so it is perfectly fine to say "no" to social events that feel too draining. Postpone major life-altering decisions for up to a year, if possible.

Stay connected

Do not isolate yourself. Lean on your support system, even if it feels difficult. If you do not want to talk, simply being in the presence of trusted family or friends can bring comfort.

Seek dedicated support

If you are struggling, reach out to professional counselling or local peer support groups where people understand your experience.

SAIFCare

As a member of the trade association, the National Society of Allied and Independent Funeral Directors (SAIF), we have access to their support resources including SAIFCare.



This means the families we serve have exclusive access to SAIFCare's free bereavement care helpline and online chat service, staffed by trained bereavement specialists.

If you feel that you are struggling following the death of someone close, please contact us, and we will be able to assist you in getting the support you need.

The SAIFCare team is there to offer a listening ear and give reliable information about a range of help and services available near you.

Bereavement Care Line

0800 917 7224

9am to 9pm, Monday - Friday

Email Support

help@saifcare.org.uk

9am to 9pm, Monday - Friday

Online Chat Box - available at:

- saif.org.uk
- funeraladvice.org
- saifcare.org.uk



GriefChat

We are committed to ensuring that professional bereavement support is **free** and available to everyone in need.



To facilitate this, we've partnered with **GriefChat**, which allows you to connect with a professional bereavement counsellor through live instant chat.

There is **no cost to you** and it is available **Monday to Friday, 9am to 9pm**.

During these hours, a chat box will automatically appear on our website, inviting you to engage in a conversation if you feel the need to talk to someone.

www.jasfunerals.co.uk

www.ghfunerals.co.uk

Memorial Postbox

Outside our Funeral Home in Cheadle, we have a Letters to Loved Ones Memorial Postbox, where children and families can post letters or messages to someone they have lost.



Writing a letter can be a way to express emotions, reflect on memories, say the things you wish you could still say, or simply say goodbye.