

Loss, Grief and Bereavement

HELPLINE - 0300 12133088

This fact sheet aims to offer some guidance as to where help and support may be available for you if you are experiencing loss or bereavement.

We will all certainly experience loss in some form or other during our childhood or adult life. This may not only be bereavement of a family member, a child, a close friend or the premature end of a pregnancy but could be any of the following common experiences facing any of us:

- The death of a trusted pet or working dog
- Employment issues
- Illness or disability which significantly changes your life style or those around you
- The end of a marriage or close partnership
- The loss of financial security Retirement leading to a significant change in your day to day life
- Loss of a home

However, the more significant the loss the more intense the feeling of grief.

Everyone grieves differently and this can depend upon many factors including your personality, coping style, life experiences, faith and the support around you. There is no “normal” timetable for grieving. Your intense feelings of loss could last for days, months or years. A new loss may resurrect for you a previous loss which may even be way in your past. BE PATIENT WITH YOURSELF AND ALLOW THE PROCESS TO NATURALLY UNFOLD.

The majority of people don't need counselling, but they do need friends, colleagues and family members who can listen.

I suspect that the most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we give each other is our attention. And especially if it is given from the heart. When people are talking there's no need to do anything but receive them. Listen to what they are saying. Care about it. Most times, caring about it is even more important than understanding it.

(Remen, 1996)

Charity No: 1008924 - www.gamekeeperswelfaretrust.com - gamekeeperwtrust@btinternet.com

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Common symptoms of grief and loss:

- Shock and disbelief
- Numbness
- Sadness
- Guilt
- Anger
- Fear
- Physical symptoms (sleeplessness, poor appetite, lacking in energy, forgetfulness)

There is no order as to how these symptoms may affect us. Coping with grief and loss

Get support from:

- Friends and family
- Your faith
- A support group
- Therapist or grief counselor

Take care of yourself:

- Acknowledge your feelings
- Express your feelings in a tangible way (by writing, prepare a photo album or collect mementos for a memory box)
- Look after your physical health
- Don't allow others tell you how you should feel
- Plan for "grief triggers" eg birthdays, anniversaries, holidays such as Christmas, date of death
- It's ok to ask for help

When grief does not go away:

If you feel stuck in an intense state of loss or grief you may need professional advice. A good place to start to unravel these feelings is with your GP who should be able to identify ways of supporting you in your journey back to a position where you are able to cope with the changes in your life.

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Organisations which may be helpful to you dealing with the practical and emotional issues of loss and bereavement:

www.cruse.org.uk A leading charity for bereaved adults and children. Face to face and group support is delivered by trained bereavement volunteers across the UK. They also have useful books and leaflets aimed at the bereaved. HELPLINE 0844 477 9400

www.samaritans.org.uk 24 hours a day 365 days a year talking support. This can be about anything troubling you. You do not need to be suicidal. Just having someone to talk to that is not family or friends can be tremendously helpful. HELPLINE 08457 909090

www.dwp.gov.uk Department of Works and Pensions produces a useful leaflet "What to do after a death in England and Wales" (D49) which can be read online or should be available at your local Jobcentre Plus.

www.winstonswish.org.uk A leading child bereavement charity which offers practical support and guidance to bereaved children and their families. HELPLINE 08452 030405

www.nhschoices Their bereavement section has useful videos online and written advice which includes coping after a suicide.

www.childbereavementuk.org Supports families when a baby or child of any age has died or is dying or when a child is facing bereavement. 01494 568900

www.miscarriageassociation.org.uk Helpful support and information for individuals, family, friends, colleagues and professionals. HELPLINE 01924 200799

And of course:

www.thegamekeeperswelfaretrust.com An organisation which exists to support gamekeepers, stalkers and ghillies and their dependents past and present. HELPLINE 0300 12133088

If in doubt on any issue, ask!

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