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YOUR BEREAVEMENT  
& LIVING THROUGH IT

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*Bereavement is defined as having had something of value taken away from you.*

*Coming to terms with this loss and adapting to living a different life without the person who has died can take time and a lot of emotional energy.*

*If you can, try to lean on those you trust to help and support you through your grief.*

*Sarah Wheatley*

*With thanks to all those who have helped and supported the writing of this booklet. Particular thanks to those people who have been bereaved and who shared their experiences with the author in the hope that it might support others.*

*This booklet is dedicated to Marjorie & John Millington.  
Their gift of love lives on.*

*Sponsored by John Selby in memory of his wife Lesley-Anne Selby.*

## Your Bereavement & Living Through It

Most of us will be personally touched by death at some stage during our lives, and the death of someone close to us may be the most devastating and overwhelming experience that will ever happen to us.

As we are all unique, so the relationships we have with each other are also unique. We will all react differently following the death of someone close to us and there are no right or wrong ways to cope.

The grief that follows a loss is not an illness but a normal human journey during which the bereaved person adapts to living without their loved one.

Many of us however, may be unprepared for some of the emotions that we experience, and it is hoped that this booklet will help you to know that you are not alone in what you may be feeling.

Whilst this booklet intends to reassure you about the way you may be feeling, it is also recognised that at this very difficult time, decisions have to be made, forms filled out and processes followed.

There is comprehensive information available online at [www.gov.uk/after-a-death](http://www.gov.uk/after-a-death) regarding those practical aspects and a list of addresses and helplines can be found at the end of this booklet.

## How it was in the past

In the past, death was much less medicalised, often happening at home with all the family nearby. The rituals such as wearing black helped everyone to know that someone close to them had died. It was recognised that they were in mourning and in their communities they were given support and understanding and time to come to terms with their loss.

## How it is now

Today, many people die away from their homes, and families are often far away from each other.

The families may meet at the time of the death and the funeral but then often return to their own homes and workplaces without having more than a brief time to come to terms with the death of someone important in their lives.

Life is very busy today, and death is still not easy for many to talk about openly. There is often little time to mourn and reflect upon what has happened before the pressure of day-to-day life takes over again.

## Decisions and choices

Making decisions soon after a death can be very difficult for the bereaved. There are choices to be made regarding burial or cremation and what form the service will take.

Some people organise and plan their own funeral before they die and some specify these wishes in their Wills and these requests must be taken into consideration.

You may still be in a state of shock and confusion at this time and it can be very difficult to do the 'right' thing. However, the funeral service is your opportunity to say 'goodbye' in the way that you feel is right, make the decisions about how the funeral is organised and what it contains.

Favourite pieces of music, hymns, poetry and readings can all be included in your service.

## Take your time

If there are going to be children attending the service, the leader of the service may like to know so that he or she can include them in this very special occasion. Stop and think about what you want to happen at the service and do not be rushed into making decisions.

The person leading the service and funeral directors are happy to support you in all these matters and whatever small detail that may be important to you can be discussed. Making the funeral special and personal can help you to know that you have marked the moment in the way that is right for you and those close to you.

It is the occasion to mark the person's life as you see fit, and it is an important part in the acceptance of the death and the coming to terms with its reality.



*"I tried to maintain my composure and put on a brave face, but I felt abandoned".*

## How are you feeling?

Whilst we all grieve in a very personal and individual manner, certain feelings are commonly experienced after a loss.

You may or may not have these feelings but you may be helped by knowing that they are normal.


## Shock and numbness

We are shocked when someone dies, even if they have been ill and we have been expecting it. The shock can make you feel completely numb and frozen, and often at this stage it is impossible to cry because you are stunned.

If the death was sudden or unexpected there can be feelings of denial and disbelief, that a mistake must have been made and that it cannot have happened.

During this time you may behave as though they are still alive, perhaps expecting them to walk in the door or answer the phone.

This numbness can act as a cushion in the early days of grief when you are having to make decisions, contact relatives and fill out forms, etc. It can be a good idea to have a relative or friend with you at these times to support you.



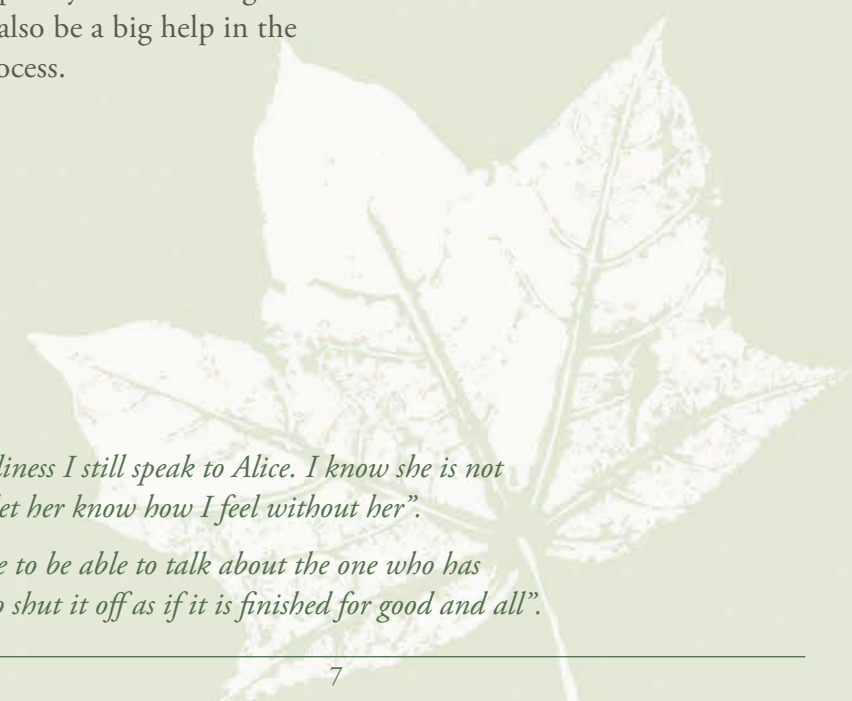
*“I just don’t know how I will feel from one day to the next”.*

## Yearning

The yearning for the person who has died can be very intense, and you may even find yourself physically searching and listening for them at home or when you are outside.

You might think you see them and then realize that they are complete strangers. You may think you hear them speak, and this can be very distressing and leave you feeling empty and alone.

However, talking to the person who has died can bring you comfort and it is a completely normal thing to do. It can also be a big help in the healing process.



*“In my loneliness I still speak to Alice. I know she is not here but I let her know how I feel without her”.*

*“It helps me to be able to talk about the one who has gone, not to shut it off as if it is finished for good and all”.*

## It’s the little things ...

You may find that little things such as a particular smell or a piece of music that has a special meaning for you can bring back memories and strong feelings that prompt an intense yearning for your loved one.

The strength of these feelings can take you by surprise, but as time goes by you will probably find you have them less often.

## Fears and anxieties

The changes that occur when someone close to you dies can make you feel anxious and frightened.

It could be the thought of being left alone and coping with situations on your own, or fears of money difficulties like paying bills and managing day-to-day life without the person you have shared many years of your life with.

The thought of learning how to cook or coping with car and household maintenance can be some of the many fears you may have. It may also be the fear of facing the thought of your own death, perhaps for the first time.

These are all real fears and anxieties. If possible, try to talk them through with your family, friends or carers.

*"If you can, try not to face this tragedy alone, a good friend is vital".*

## Sharing your feelings

You may find that sharing your fears with others and putting them into words will ease the feelings of panic.

Don't feel bad about asking for help, your friends and family may find it difficult to talk to *you* about your loss, but allowing *them* to help you with practical things can help you feel less isolated, and give them the opportunity to support you and share your pain.

## The pain of grief

Grief can affect the mind, body and spirit. You may feel generally exhausted, mentally, physically and emotionally. This is a very draining experience and just getting through the day can be an achievement.

You may experience unsettling dreams, and you may suffer headaches, feel tense, restless or panicky and not be able to sleep or eat properly. You may want to retreat from the world and sleep a lot and find it difficult to concentrate.

Whilst all these symptoms are normal, if you are worried about any of them, you should talk to your doctor, family, friends, carers or those you know who will support you.

Sometimes the pain of your grief can seem unbearable and there can be periods when you feel overwhelmed by emotion and sadness.

*"The grief still sweeps over me in waves sometimes, even after I thought I was getting used to it. The silliest of things can bring it on and it still surprises me how painful it is".*

## One day at a time

These feelings can vary from day to day: one day you may be able to carry on quite normally and another day you may be overcome with grief.

You may want to think about finding a private place where you feel safe so that if you want to cry you are able to without feeling that others are listening. This may be under the pillow or at the bottom of the garden or just wherever is right for you.

If you are unable to cry, don't think you are abnormal as we are all different in the way we react.

You could also try other ways of expressing your emotions, and you may find such things as a well-loved walk or sitting quietly in a peaceful place may offer you something that you cannot get anywhere else at this time.

## Why did this happen?

We all know we are going to die at some point, but we are often still unprepared when it happens to someone we love.

Death can seem cruel and unjust, particularly if it is your child or a young person who has died. It might make no sense and there can be strong feelings of anger and bitterness that this has happened.

Our whole lives can feel shattered and our beliefs and hopes for the future overturned. For most people in time there is a resolution to 'WHY', but for others it will never seem to make sense.

## Talking it through

If you have a religious belief you may want to visit your place of worship or talk to someone who shares your faith. Even if you do not have an active belief you might find that talking to a spiritual leader might help.

If you have a different spiritual element in your life that has comforted and guided you in the past, let it do so now in whatever way seems appropriate.

Your local hospital chaplaincy department, hospice or GP would be pleased to assist you in finding someone to talk with.

## Anger and resentment

Feelings of anger, resentment, remorse and aggression can often be experienced after a death and this can be surprising and alarming.

How can you possibly be angry with someone you have lost because they have died?

You may feel angry that the person who has died has left you to cope alone, and this anger can seem so wrong when it has been someone very close to you.

You may be angry with your god, or those who you think were responsible, or angry with yourself for not being able to prevent it happening.

These feelings are normal, but if you are able to tell someone you trust about them, you are more likely to be able to work through them and find that they are resolved with time.

## Guilt and remorse

We all have things left unsaid and unfinished in our lives, and death takes away the opportunity for us to do anything to change that.

Naturally, we live our lives not knowing exactly when those close to us will die and so when they do die we are often left feeling, 'If only I had said 'sorry' or 'I love you', 'thank you', or 'if only I had been there', or 'why didn't I make them do something earlier'?

You might also experience feelings of relief that the person has died. This is a very unsettling emotion but is often a normal reaction depending on the circumstances.

We are not perfect and neither are our relationships. Coming to terms with that is not always easy and it may be some time before we are able to feel at peace with what has happened.



*"I find myself being angry and jealous of other people whose parents are still alive and mine are not".*

## Loneliness

When we lose someone close to us, our life is changed from that moment on. Coping with those changes and learning to live a new life without that person can be a lonely and isolating experience.

Because of the unique relationships we have with each other, the way we grieve is individual to each of us.

Not only do we miss the regular contact and physical presence of the person who has died, we may feel that without their existence the meaning has gone from our lives. It may seem hard to see a future without them and at times it may be difficult to function normally.

Many people today still find it difficult to talk about death and bereavement and are often at a loss to know what to do or say. In general most bereaved people want their loss to be acknowledged.

## Talking about your loss

If those around you seem to ignore your loss or are reluctant to share feelings with you because they feel awkward or embarrassed, it can increase your sense of isolation and loneliness.

Just saying 'I'm sorry' can make the difference to the bereaved and may give opportunities for both parties to talk more openly.

There are various organisations that support the bereaved and will offer counselling and practical advice as well as being a listening ear, and you may find comfort in sharing some of the things on your mind. This may include looking for a local 'Living after Loss' or other bereavement support group.

You may find that you need to talk to people who knew the person who has died. By sharing mutual memories with others you can reinforce who and what they were and what they meant in your life. It is alright for you to keep a special place in your mind and heart for them.

## Sharing your feelings

It may help you at this time to write down your feelings. This can be in any way you want to: a diary, poems, or a letter to the person who has died. Sometimes just being able to express your feelings in this way can ease the pain and loneliness.

You may never read these again or you may return to them at some point in the future. When reading them at a later date you may be able to see that some things have changed for you, and that some of your feelings have moved on.

After the early days of grief have passed, you may find yourself at the very lowest ebb of your life, and you may move through periods of depression and despair. You may feel that life is not worth living and think that there is no future for you.

You should try not to be too hard on yourself and try to understand that just getting through an hour or a day at a time is an achievement in itself and has taken a great effort.

## The comfort of memories

In most cases, feelings of despair lessen as time goes by, but if you continue to feel like this, it is a good idea to talk to your doctor.

The death of someone close to you, whether it is someone from your family or a friend, can leave a gap in your life that is never completely filled. Anniversaries, birthdays and special occasions can bring with them great sadness that your loved one is not with you to share these occasions.

You may also find that other losses and sadness in your life, such as divorce and family rifts, are accentuated during your bereavement.

The loneliness of your lost relationship can be long-lasting, but with the passage of time, your memories of their life can find a balance as you begin to be able to remember the good and happy times of the past without the raw pain of the early days of grief.

## The loss of a child

The death of your baby, child or a young person is so hard to understand. We do not expect our children to die before us and coping with the emotions that follow can sometimes feel impossible.

You may have feelings of great anger that this can have happened and, alongside this, there is the deep sadness of a life unfulfilled.

Seeing children around you who would be of a similar age can be very distressing and leave you wondering how your own child's life would have been if they had lived.

For children whose brother or sister may have died there may be feelings of guilt that they are still alive, and they may hide their true feelings because they can see the anguish that their parents are going through.

Taking time to talk to each other will give you the opportunity to share feelings and help children feel safe to grieve in the way that is right for them.

## Children need to grieve too

As adults we want to protect our children from pain of any sort if we can. It is a natural reaction. We may feel that it is not a good thing for them to know details of a death or for them to see us upset.

Even very young children notice if there are upsets in the family. If they do not understand what has happened they can become confused and anxious.

We must tell them the truth in a way that they can understand. Not telling the truth or giving a half truth can be harmful and confusing to children.

For example to say to a small child, 'Mummy has gone away' can lead a child to wonder 'Why did mummy go away, was I naughty, will she come back?' and 'If Daddy goes away, will he come back?'

Don't be afraid to show your feelings to children, as this will give them opportunities to express their own feelings.

## Explaining death to a child

Tell children that it's normal to feel sad, scared or anxious and try to emphasise that these feelings won't last forever. Making a point of spending extra time with children in the early days of bereavement will help them to feel secure and also help them recognise that not every thing in their world has changed.

It is important to include children in the funeral service if it is a close family member. If the child chooses not to attend, explain what will happen at the service and assure them that if and when they want to visit the church or grave, that you can do this together.

Explaining that this is a sad time when we are saying goodbye to the person who has died helps them to feel part of all that is happening.

## Sharing memories

You may like to suggest to a child that if they would like to, they can write a private letter or perhaps draw a picture that can be put in the coffin. It can also be of great comfort to a child if they have a special item that belonged to the person who has died.

Talking to children about shared happy memories and recalling family occasions will all help the child to realise that although they will not see this person again, the relationship that they had, and its importance, is not dead and will always be alive.

Children are children and as such, they will react and respond to the death of someone close to them in many different ways and according to their age and maturity.

*At the back of this booklet there is a list of specialist organisations that can support you when you are grieving the loss of a child. There are also many organisations and associations that offer advice, support and guidance when it comes to comforting and guiding a child through the process of grief.*



## Dementia

When someone close to you dies of a dementia-related illness, the bereavement can feel twofold.

There may have been a 'living loss' whilst the person was still alive in that your loved one with dementia has been physically present but often mentally and emotionally absent.

In effect, your loved one was there but unable to react or understand in the same way as before. Their memory problems, personality changes and increased physical needs may have made it hard for you to recognise the person you used to know.

## A loss doubled

The loss of how they were as a whole person can be overwhelmingly sad. The loss of their physical presence compounds this after they have died.

You may experience a mixture of feelings at this time that can often be difficult to make sense of and cope with.

You may feel physically and mentally exhausted, and emotions may include regrets about things said and not said along with anger, resentment and guilt. These early days of bereavement can be very up and down and it may well take some time for your emotions to settle.

You may also feel a deep sense of relief that they have died and their suffering is over and also that the huge burden of care has been lifted from you and your family.

*"Don't feel guilty. You do and did what you felt and thought was right at the time".*

## Feeling bereft

It is common to experience a sense of emptiness and a huge void in your life after a lengthy period of caring for someone with dementia. These are all normal and expected feelings but nevertheless can be troubling.

In time it may help to seek out a support group or a 'Life After Loss' course that will enable you to meet others in similar situations.

Sharing your experiences in a safe environment and being heard can be a helpful part of the grief journey.

*"Sometimes I find it hard to believe that I was the same person as before or even a person at all. At times I felt that I was unravelling through exhaustion".*

## Seeking support

Your doctor, local voluntary or national organisations online should be able to help you find the information about groups and courses that offer support.

Please see addresses at the end of the booklet for more detailed information about support organisations.

## Loss of confidence

When someone close to you dies you may feel that your place in society has changed. You may have been a wife and now you are a widow. Your long-established role is no more, and these changes can lead to a loss of confidence in yourself as a person.

Your identity has changed and learning to adapt to a different life takes time. You may feel very bewildered in the early days of bereavement and even undertaking normal day-to-day tasks may cause you a lot of anxiety and difficulty.

As time goes on, you should look at each day and be aware of all that you have achieved, however small that achievement may have been. This reflection will gradually begin to build up your self-confidence and confirm that you can cope and that your place in society is just a slightly different one now.

*“As I achieved little things each day, I was able to restore faith in myself as someone. I got through the funeral, the first day back at work, and now the first anniversary, and so it builds on itself”.*

## Remembering

As time goes by you may find it hard to believe that a year or indeed many years have passed since your loved one has died. The anniversary of their death can be a particular time when you relive and remember their life and what they meant to you.

For some, the memories of that day will always bring sadness, but alongside that sadness there is also a place for remembering the happier occasions, times when you laughed and smiled and had fun together.

As was said earlier, there are no right or wrong ways to grieve. We are all different, and we all have past experiences that will make us react in our own particular way.

Every death is different and may affect you in different ways: you may be able to carry on almost normally after one death but feel devastated, desperate and unable to cope after another.

## New beginnings

The journey through grief can vary from months to years, but in most cases there gradually comes a time when the sadness finds its natural place in our lives and we can face a different future.

Things will never be the same again, and learning to live a different life takes time and patience.

Some people come to a time when their grief lifts and they can look positively to a new future. Others may struggle with their emotions and be glad to share their feelings with family, friends, carers or someone from an organisation that supports the bereaved.

*“The past is a foreign country: they do things differently there”.*  
*(The Go-Between by L.P. Hartley)*

*“When I think of all our memories, it’s like I have put them all in a book and each time I open that book, I step into that ‘foreign’ place where we were”.*

*“Remembrance is a form of meeting”.* - Kahlil Gibran

## Past, present and future

Although you know that you will not see the person you have loved again, it is possible to find a new place for them in your life.

In time you can come to realise that you don’t have to let go of the past in order to face the future.

You can be happy again and it is alright to be happy.

## Look after yourself

**Try to look after yourself:** eat regular meals and try to allow yourself to get sufficient sleep. If you can, it is also a good idea to make a point of going outside and taking a short walk for a bit of fresh air.

**Follow your feelings:** If you feel sad and need a cry, find a safe place to do so as it may release some of your emotions. If you feel angry find a way to release your anger safely: a brisk walk, some gardening or other exercise might help.

## Take the time you need

**Try not to make any decisions in a hurry:** whether it is deciding about the funeral service, moving house or sorting out the belongings of the person who has died, go at your own pace.

**Have a photo visible to chat to or even to shout at from time to time.**

**Make the first move:** if friends or family appear to be awkward or embarrassed about your loss, think about making the first move, they are probably just afraid of upsetting you. They may be grateful that they can talk openly and honestly to you.

## Be kind to yourself

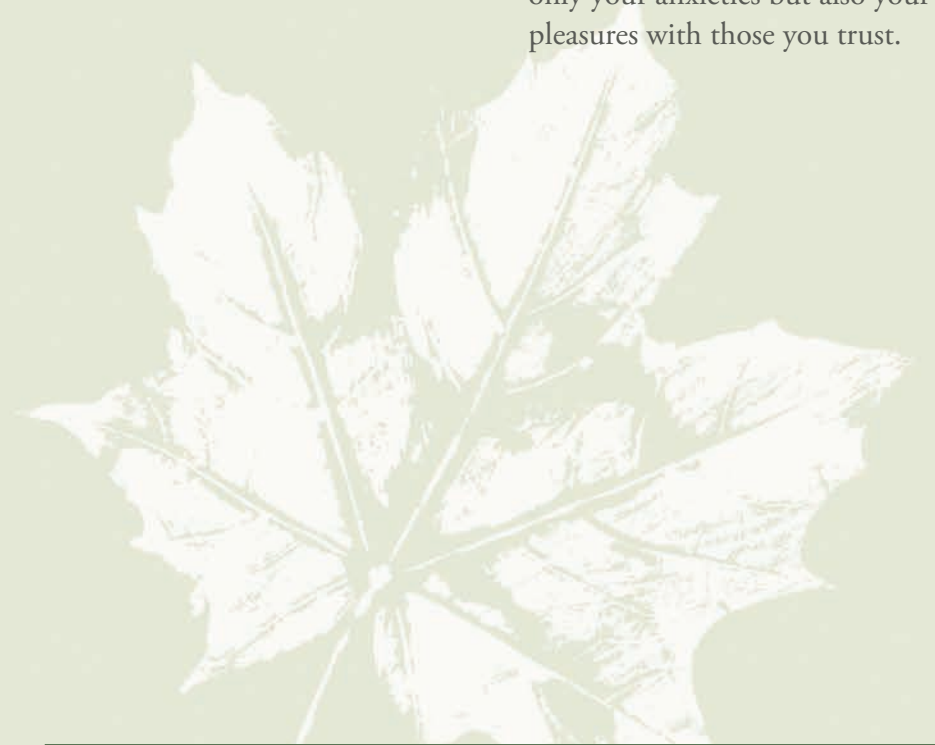
**Hour by hour, day by day:** when things are difficult and you are struggling to make sense of what is happening, just take it hour by hour. Getting through days like this is an achievement.

**Your emotions may frighten you at times:** you may feel things in a way that you never have before. If you are worried about any of them, talk to your doctor, trusted friends or other professionals.

## Ask if you need support

**There are people who can help:** if you want to talk to someone and share your feelings but don't know who to turn to, it is worth remembering that there are many trusted organisations that are dedicated to supporting you, listening and giving you the help you need.

**When it feels right for you:** when the time feels right, take up new opportunities, plan little things for the future and try to share not only your anxieties but also your pleasures with those you trust.



*If you need someone to talk to and don't know where to turn, please know that there are many well-established professional organisations out there to confidentially and sympathetically guide and support you when you have lost someone you love.*



### **Registration of Births, Deaths & Marriages**

The official government website giving you a step-by-step guide to what you must do when someone dies. Clear and informative online instructions to guide you through the process.

[www.gov.uk/after-a-death](http://www.gov.uk/after-a-death)

### **'Tell Us Once'**

Part of 'What to do when someone dies: step-by-step, guide and checklist', this is a free government service that lets you report a death to most government organisations in one go. When you register the death, your registrar will let you know if the service is available in your area, and give you the phone number. They can also give you a unique reference number if you would prefer to use the Tell Us Once online service.

[gov.uk/tell-us-once](http://gov.uk/tell-us-once)

### **Age UK**

Provide life-enhancing services and vital support to people in later life. Age UK and their local partners deliver a broad range of services across the UK.

Advice Line: 0800 678 1602  
[www.ageuk.org.uk](http://www.ageuk.org.uk)

### **Alzheimer's Society**

Alzheimer's Society is a national support and research charity for people with dementia and their carers. They provide information and support through their publications, website and helpline.

National Helpline: 0300 222  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **At A Loss**

An extensive 'one-stop-shop' website to help you find local and appropriate bereavement support. It covers a broad range of services and has a Griefchat service for those in need of immediate support. Please see their website for details.

[www.ataloss.org](http://www.ataloss.org)

### **Bereavement UK**

A website hub for bereavement support and information worldwide. It provides online support and information 24 hours a day 365 days a year with useful reference resources on death, dying, bereavement, funerals and self-help counselling.

<http://www.bereavement.co.uk>

### **BRAKE – The Road Safety Charity**

Brake runs an accredited, expert helpline and provides support literature to help bereaved and seriously-injured road crash victims cope with their grief, deal with bewildering practical matters and access the help and support they need.

Victim Helpline: 0808 8000 401  
Telephone: 01484 559 909  
[www.brake.org.uk](http://www.brake.org.uk)

### **Care For The Family**

A registered national charity dedicated to supporting and strengthening family life. They provide parenting, relationship and bereavement support through events, resources, courses, training and volunteer networks.

Telephone: 029 2081 0800  
[www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)

### **Child Bereavement UK**

Child Bereavement UK supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement. They provide confidential support, information and guidance to families throughout the UK.

Telephone: 0800 02 888 40  
[www.childbereavementuk.org](http://www.childbereavementuk.org)

### **Child Death Helpline**

A dedicated helpline that offers support to anyone affected by the death of a child of any age and under any circumstances, however recent or long ago. Please check their website for helpline hours.

Helpline: 0800 282 986 (landlines)  
Helpline: 0808 800 6019 (mobiles)  
[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

### **The Compassionate Friends**

An organisation that offers support after the death of a child of any age and from any cause. Support is available to you through online services, a telephone hotline, information resources, local groups and supportive events.

Helpline: 0345 123 2304  
<http://www.tcf.org.uk>

### **Cruse Bereavement Care**

Cruse supports people after the death of someone close. Their trained volunteers offer confidential face-to-face, telephone, email and website support, with both national and local services. They also have services specifically for children and young people.

Phone: 0808 808 1677  
[www.cruse.org.uk](http://www.cruse.org.uk)

### **Hope Again**

The youth website of Cruse Bereavement Care is a safe place where youth can learn from other young people how to cope with grief and feel less alone.

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

### **Grief Encounter**

Online support website for bereaved children and teenagers. There is a telephone helpline and access to multiple resources that can help young people communicate how they feel. There is also a Teen Guide on bereavement with quotes, advice and shared experiences from other bereaved young people.

Helpline: 0808 802 0111  
[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

### **The Lullaby Trust**

The Lullaby Trust offers confidential bereavement support to anyone affected by the sudden and unexpected death of a baby or young child. Please refer to their website for services, information, advice, resources and helpline hours.

Support Helpline: 0808 802 6868  
[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

### **Samaritans**

Samaritans is available 24-hours a day, 365 days a year to provide emotional support for people who are experiencing despair, distress or suicidal feelings.

Hotline: 116123  
[www.samaritans.org](http://www.samaritans.org)

### **SAMM**

SAMM is a national UK Charity supporting families bereaved by Murder and Manslaughter. They also provide advice and training to many agencies on issues relevant to the traumatically bereaved.

Helplines: 0121 472 2912  
Helplines: 0845 872 3440  
<https://www.samm.org.uk>

### **SANDS**

Supporting parents who have experienced a stillbirth or neonatal death. SANDS provides bereavement support services on a local and national level. These include the Sands Freephone helpline, mobile app, online community, family support packs, memory boxes and over 100 regional support groups run by trained Befrienders.

Helpline: 0808 164 3332  
[www.sands.org.uk](http://www.sands.org.uk)

### **The Silver Line**

The Silver Line is the only free confidential helpline providing information, friendship and advice to people 55 and over. The helpline is open 24 hours a day, every day of the year. They also offer telephone friendship where they match volunteers with older people based on their interests, facilitate group calls, and help to connect people with local services in their area.

Helpline: 0800 4 70 80 90  
<http://www.thesilverline.org.uk>

### **SOBS**

Survivors of Bereavement by Suicide (SOBS) is there to meet the needs and break the isolation experienced by those bereaved by suicide. They are a self-help organisation that aims to provide a safe and confidential environment in which bereaved people can share their experiences and feelings, and give and gain support from each other.

National Helpline: 0300 111 5065  
<https://uksobs.org>

### **WAY - Widowed & Young**

A national charity in the UK for people aged 50 or under who have lost their partner. This is a peer-to-peer support group operating with a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through.

[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

### **Winston's Wish**

Giving hope to grieving children. The resource is free of charge to bereaved parents and provides information about a child's grief responses, guides parents what to say to children up to the age of 18 years and offers practical guidance on how to support them.

Helpline: 08088 020 021  
[www.winstonswish.org](http://www.winstonswish.org)

*Many of the organisation websites listed here provide recommendations on fiction and non-fiction publications, and reference resources that may also offer you comfort and a way forward through grief.*

*If you'd like to order more copies of this booklet, please email: [contact@livingthroughloss.co.uk](mailto:contact@livingthroughloss.co.uk)*



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Sarah Wheatley is a retired Specialist Palliative Care Nurse who worked for many years in East Sussex, supporting patients and their families with life-limiting illnesses. She wrote this booklet with the help and support of colleagues, patients and their families with the intention and hope that it would offer support, information and understanding to all those experiencing the loss of a loved one.

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**YOUR BEREAVEMENT**  
🌀 **LIVING THROUGH IT**

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