

# Bereavement Support

"We are here for you long after the funeral of your loved one."

If you would like bereavement support, we are able to offer free sessions with Michelle Rushton, who has been working within the bereavement and funeral sector, supporting people with their grief for many years. She has worked for a large bereavement charity offering bereavement support, and has qualifications in counselling and bereavement. The sessions can either be in person (in your home or at our premises), via telephone, email or zoom, whichever you are most comfortable with. Michelle states "It does not matter how long ago your bereavement was, please get in touch if you would like some support, as there is no time limit on grief."

If you would like to arrange an appointment to see Michelle, please get in touch.

You can also contact Cruse Bereavement Support, who offer free support. They have some excellent information on their website offering practical information about grief and what can help. Please visit their website [www.cruse.org.uk](http://www.cruse.org.uk). We can not recommend Cruse Bereavement Support highly enough, they have been leading the way, supporting the bereaved since 1959.

There are many other wonderful charities offering free bereavement support, who specialise in different types of bereavement, such as the death of a baby, child, suicide, support for children dealing with the loss of a parent etc. If you would like the details of the various charities who can offer specialised bereavement support, please get in touch and Michelle will send the relevant information out to you.

There are also regional and local bereavement groups available for support. Some are specialised such as the charity WAY, for widows 50 and under (or they offer a group for widows 51 and over). If this is something you would be interested in, please get in touch for information to be sent to you.

