

HELP & COMFORT



BEREAVEMENT SUPPORT GROUPS

I attended a presentation given by Canadian, Dr Bill Webster. The talk was aimed at local people who were suffering the loss of a loved one and struggling to come to terms with their bereavement.

The presentation given made such an impact that just four weeks since he left the U.K, the START (Support for Today And Reassurance for Tomorrow) Bereavement Group was established.

The presentation feedback from the local community highlighted the fact that many grieving people found themselves feeling abandoned at the very time they need help most.

At present there is a very limited provision in North Kirklees for a private place to mourn, where grief is validated and where people can get help to work through their own grief process.

START runs specialist courses and provides a safe and caring environment where people can express and share their emotions and pain. They are open to absolutely anyone in North Kirklees who is struggling to come to terms with their bereavement and will be totally voluntary and free of charge.

The group meets once a week over a six-week period, and follow the grief journey. The programme includes group discussions and videos of other people's experiences, as well as one-to-one guidance and follow-up meetings.

If you would like to attend a course or for further information, please contact me on: 01924 465402.