



Grief is a normal process of life but we understand that this can be overwhelming

## You Are Not Alone

*“The anguish of loss is terrible, but in a sense the deceased lives on in the hearts and minds of all who have known them.”*



The “Kindness project” team are here to provide support and help you cope after the death of a loved one – to book an appointment with one of our volunteers;

Call Bahu Trust on 0121 440 4096

Email [friends@bahustrust.org](mailto:friends@bahustrust.org)

Visit <https://bahustrust.org/the-kindness-project/>



## Humanism and Bereavement

You can shed tears that they have gone  
or you can smile because they lived.

You can close your eyes and pray that they'll come back  
or you can open your eyes and see all that they've left

Your heart can be empty because you can't see them  
or you can be full of the love you have shared

You can turn your back on tomorrow and live yesterday  
or you can be happy for tomorrow because of yesterday

You can remember them and only that they have gone  
or you can cherish their memory and let it live on

You can cry and close your mind, be empty and turn your back  
or you can do what they would want, smile,  
open your eyes, love and go on.

from *"Remember Me"*, written in 1982 by English painter and poet David Harkins

As Humanists we believe that everything in the world, in the universe, including the human condition can be explained by natural laws and natural forces. We make sense of the world through logic, reason, and evidence, and always seek to treat those around us with warmth, understanding, and respect. Humanists believe we only have one life, here on earth, and we believe it is important to live that life well and help others to do the same. We do not believe in an afterlife or any deities.

We also believe that it is possible to work out what's right and wrong and good and bad for ourselves without relying on a sacred text, but believing that the meaning and value of life is found within ourselves and in how we live our lives.

Active listening is the key to supporting the bereaved. Gently encourage them to talk about their feelings and what the deceased meant to them. We seek comfort in considering how the deceased's life affected others and recalling what was important and meaningful to them.

The anguish of loss is terrible, but in a sense the deceased lives on in the hearts and minds of all who have known them. The deceased's life affected the lives of those around them in many different ways and changed them a bit. They in turn will affect others so a small part of the deceased will continue spreading out through time and generations like ripples spreading on a pond.

Over half the UK population says they are not religious and among younger people it is over 70%.

## Top Tips

The bereaved may appreciate advice on organizing an appropriate non-religious funeral and will find this website helpful. <https://humanism.org.uk/ceremonies/non-religious-funerals/>

For information about Humanism see <https://humanism.org.uk/>

**Seek help and guidance**, if you're experiencing symptoms of grief talk to someone close straight away

**Express your feelings** in a tangible or creative way. Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say

**Try to maintain your hobbies and interests**

There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others can help you come to terms with your loss and aid the grieving process.

**Don't let anyone tell you how to feel, and don't tell yourself how to feel either**

Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment.

**Plan ahead for grief "triggers."**

Anniversaries, holidays, and milestones can reawaken memories and feelings. Talk to family & friends ahead of time about their expectations and agree on strategies to honour the person you loved.

**Look after your physical health**

The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising.

**Reconnect with Nature**

It has been proven to help with the grieving process. Go for long walks in the park or just take time out in the garden.

# Contact Us

| Organisation                                | Community Offer Now  | Contact Number  | Email Address<br>Web Page   |
|---|--|---|---|
| <b>Bahu Trust</b>                           | The "Kindness Project", bereavement support and a befriending service to anyone living in the Hall Green Constituency          | Call <b>0121 440 4096</b> and ask for Abdullah Rehman   | <a href="mailto:friends@bahustrust.org">friends@bahustrust.org</a><br><br><a href="https://bahustrust.org/the-kindness-project/">https://bahustrust.org/the-kindness-project/</a> |
| <b>Cruse Birmingham</b>                     | Bereavement Service  | General Enquiries <b>0121 687 8011</b><br>10am - 4pm<br>Self-Referrals <b>0121 687 8010</b> leave a message and this will be returned via call. In need of urgent support call <b>0808 808 1677</b> | <a href="https://www.cruse-birmingham.co.uk/">https://www.cruse-birmingham.co.uk/</a>   |
| <b>Birmingham Bereavement Advice Centre</b> | Bereavement  | <b>0800 634 9494</b><br>Mon – Fri<br>9am - 5pm  | <a href="http://www.bereavementadvice.org">www.bereavementadvice.org</a>  |
| <b>Governments Support</b>                  | funeral costs  | N/A   | Get help with funeral costs ( <i>Funeral Expenses Payment</i> ) - GOV.UK ( <a href="http://www.gov.uk">www.gov.uk</a> )   |
| <b>St Mary's Hospice</b>                    | Bereavement Telephone Service Free one to one support to those who are struggling with the loss of a loved one due to Covid-19 | <b>07966165193</b>  | <a href="http://www.birmingham-hospice.org.uk/community-bereavement-service">www.birmingham-hospice.org.uk/community-bereavement-service</a>                                      |



**Hall Green**  
Neighbourhood  
Network Scheme

