



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

You Are Not Alone

*“So verily, with the hardship, there is relief.
Verily, with the hardship, there is relief”*

(Quran 94:5-6)



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

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

Islam and Bereavement

Losing a beloved is always a difficult experience. This would be made even worse if a Muslim passed away and the remaining friends & relatives felt they could do nothing to benefit the deceased. As a loving and compassionate religion, Islam would never allow that to happen. Allah and His Messenger (*peace be upon him*) have a wealth of guidance that:

- ensures the bereaving family have means by which they can show their love to the deceased, even after death
- helps the healing process for the remaining family
- ensures the deceased is remembered and valued, even after death
- stops the two most difficult sentiments during a bereavement; hopelessness and helplessness.

This guidance includes:

We should pray for them. This is precisely why we have Salah al-Janaza, which is in essence a prayer of forgiveness for the deceased. In the Holy Qur'an (59: 10), Allah praises Muslims who have the selflessness to pray for the Muslims who have passed away before them.

We can start projects to help humanity, and then dedicate the project in the name of the deceased. This can be building wells in developing countries, helping schools, funding mosques, donating books to libraries and much more. If Zaid for example, builds a well in the name of his deceased father, then the reward for serving humanity will go to Zaid and his father. Such is the benevolence of our Lord.

Grief and suffering are inevitable at the time of death. Yet Islam provides us with the spiritual strength to overcome these difficult times. Firstly, Muslims believe in Taqdir (*divine fate*) which helps the grieving process immensely. This belief reminds Muslims that a person's death is predestined by Allah; no act, medicine or course of action can change the time of death.

Secondly, any pain and distress we feel upon a death is rewarded by our Merciful Lord. Prophet Muhammad (*peace and blessings of Allah be upon him*) said: 'No Muslim is affected with tiredness, illness, worries, discomfort, pain or depression - even a thorn that pricks him - except Allah wipes his [some of his] sins because of it' (*Sahih al-Bukhari*).

Top Tips

Recite the Qur'an and dedicate the reward to the deceased.

Be kind to the relatives of the deceased and help them however we can.

Remember them by talking about their good qualities and their sacrifices.

Visit the graveyard often, pray the Qur'an there, and seek forgiveness on their behalf.

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



Hall Green
Neighbourhood
Network Scheme

