

**Bereavement: What does it
feel like?**

*'Since he died, people seem to be
avoiding me ...'*

'Night time is the worst'

*'I can't talk to my family about how I
feel'*

'I feel lost at weekends'

*'I'm tired all the time, but I just can't
sleep'*

'The days seem endless....'

'I can't concentrate and just feel numb'

**BBS gratefully acknowledges
funding from:**

Abbey (Bradford)

Bradford SW PCT

Farnell InOne

Health Improvement Fund

Lloyds TSB Foundation

National Lottery Awards for All

Nationwide Foundation

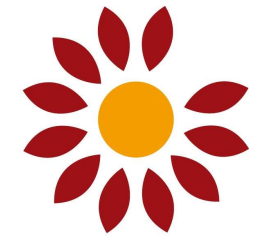
Nuffield (Phoenix) Foundation

Social Services (Elderly)

Sovereign Healthcare

Our clients, local faith groups
and from the efforts of our members

**If you would like to make
a donation please go to
www.bradfordbereavement.org.uk**



Bradford Bereavement
SUPPORT

Our aim is to provide a high quality
counselling service for people in the
Bradford area who have been bereaved.

**The service is free and
confidential**

Call us on our confidential phone line

01214 619 522

Monday to Friday
between 09.30am and 1.30pm

At other times, please leave a message
and we will get back to you

University of Bradford
Phoenix South West Building
Off Shearbridge Road
Bradford
BD7 1NX

Registered Charity No: 1092447

Why bereavement counselling?

Everyone responds differently to bereavement and working through grief takes time. *Some common feelings can be:*

Profound sadness and pain - at the loss of someone important in our lives.

Guilt - perhaps there was something we feel we could or should have done.

Anger - even towards the person who has died.

Talking to relatives and friends may be an important part of expressing grief and coming to terms with it. However, it can be helpful to talk to someone not personally involved who will listen without needing to talk about themselves, who won't say 'pull yourself together' or 'it's time you got on with your life'.

Anniversaries or other reminders can bring powerful memories which are very personal and there are days and events that might mean so much to one person and nothing to others.

A bereavement counsellor who listens and accepts your thoughts and feelings can ease

the grieving, encourage the healing process and help you to move forward

Who is it for?

Anyone aged 16 years or above in the Bradford area who has been bereaved can contact Bradford Bereavement Support. Our aim is to offer everyone equal access to our service irrespective of age, sexual orientation, religion or belief, ethnic background, disability or culture. It is a free service and confidentiality is assured. **Appointments**

We can only make appointments with the bereaved personally although we welcome requests for information from concerned professionals, relatives and friends. **How long does it take?**

Counselling sessions are usually an hour long. The number of sessions is 12. There will be opportunities to review progress and the decision to end counselling is yours.

BBS has quiet rooms available for meeting clients in many areas of Bradford. In special circumstances, home visits can be arranged.

Website: www.bradfordbereavement.org.uk

E-mail: info@bradfordbereavement.org.uk

What is Bradford Bereavement Support?

Bradford Bereavement Support was established in 1984 by a group of concerned volunteers and has developed a team of trained volunteer counsellors

who offer individual bereavement counselling. They have all undergone rigorous training in counselling skills and bereavement issues.

Before working with clients, these counsellors have been carefully assessed. They receive continuing training and regular supervision by a qualified professional counsellor.

The organisation is non-profit making, has a voluntary management committee and is entirely dependent upon a range of grants and donations.

Bradford Bereavement Support provides counselling skills training, workshops and an advice and consultancy service for other organisations or individuals who may encounter issues of death, loss and grief.