Everyone will experience bereavement at some point in their life. How we react to grief and the time it takes to grieve is different for each person. Bereavement involves many different feelings. These feelings take time to work through and the process cannot be hurried. Gradually as time passes the pain of loss normally diminishes.

For some individuals however, an illness or an admission to hospital may trigger thoughts and feelings about the losses they have experienced in their lives. This can re-awaken the strong emotions associated with the death or the loss all over again.

Grief can raise many feelings and emotions, some of which may be quite frightening. Belief Communities can be an important source of support and help to the bereaved and often provide someone who the bereaved can talk to about the feelings associated with grief.

Listening to the person’s stories, their thoughts, memories, fears and doubts are some of the most important ways we can support the bereaved.

This meeting will provide a forum for belief groups to discuss and share the various sources of support available for the bereaved within Fife.

For further information and booking form contact Theresa Rodigan on 01592 648153 or email theresa.rodigan1@nhs.net