

Beth Johnson Foundation

# Bereavement Friendship Project

Helping to rebuild connections after loss



Unfortunately, there is no guidebook for grief. But talking openly to others who have experienced bereavement can help you reconnect with people, reduce feelings of isolation, and provide support to build a life around your loss.

The Beth Johnson Foundation **Bereavement Friendship Project** offers free 1:1 telephone befriending and group social support opportunities for people aged 50+ living in Stoke-on-Trent or North Staffordshire.



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## **Everyone is different**

No two people will experience grieving in the same way. From numbness to anger, from disbelief to guilt, there's no set pattern to the grieving process. Everything can seem more difficult following a bereavement. Many people find it is not something they get over, but it is something they learn to live with.

## **Grief has no time limit**

When someone close dies we may grieve for them for a very long time. Even when we think we have finished with grieving something may remind us of our loss and bring back feelings of grief. We recognise that grief has no time limit and we welcome people to our group regardless of how long ago the bereavement took place.

## **It's good to talk**

Our telephone befriending service offers a chance to chat to trained volunteers who can provide a listening ear and emotional support, helping you to re-connect and build up the confidence to join our groups.

Our befrienders do not provide a counselling service, but they are good listeners. They will talk to you about your bereavement and whatever is on your mind.

Anything you discuss with your telephone befriender will be confidential. This means that personal and sensitive information will not normally be disclosed to people outside of the bereavement friendship project service.

In exceptional circumstances we may need to disclose information to others because of a concern that you or other people are at risk of harm.

## **Share support, access useful information**

The Bereavement Friendship Groups provide an opportunity to meet others in a similar situation, and to find information on coping with both the practical and emotional aspects of losing a relative or friend.

Our community groups meet once a month, or you can join our weekly online group using your computer, tablet or smartphone.

## How to get help

Please let us know if you or someone you know has been affected by bereavement and needs our help. You can ask a family member, friend or anyone involved in your care to contact us on your behalf – all they need is your permission to do so.

## Our contact Details

**Amanda - Project Coordinator**

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**Email: [bereavement@bjf.org.uk](mailto:bereavement@bjf.org.uk)**

**The Beth Johnson Foundation is a national charity  
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