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The Bereavement Support group was exactly what I needed! I went along to the first session and actually laughed for the first time in 14 months!
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After losing her husband 14 months ago, Lynn began to feel terribly lonely and isolated.

After a while she started to feel really unwell, numerous visits to the doctors, plus several rounds of antibiotics and tests later, Lynn began to wonder if her grief was affecting her health. She knew she had to get help, she sought counselling.

The only bereavement service in the town was a one to one counselling service, but not feeling ready to open up to the counsellor, the experience only left Lynn

feeling more isolated. She decided not to go back.

Then Lynn was referred to the Warwick Bereavement Support group which had just started in response to the high numbers of bereaved pensioner households in the town.

As Lynn explained, “The Bereavement Support group was exactly what I needed! There’s no pressure in the group, if I don’t want to talk, I knew I didn’t have to, I could just sit and listen. I’ve really enjoyed the friendship within the group and being able to be a

The Together Network partners with churches and local organisations to bring about positive change in their communities, like this project in Warwick.

support to other people as well. Just being able to help someone from my experience has been so helpful to me.”

Your gift today could transform a life like Mary’s.
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