

The Meadows Medical Practice

Opening Times

Mon: 8:00 am – 6:30 pm

Tue: 8:00 am – 6:30 pm

Wed: 8:00 am – 6:30 pm

Thu: 8:00 am – 6:30 pm

Fri: 8:00 am – 6:30 pm

Sat: CLOSED

Sun: CLOSED

Telephone number

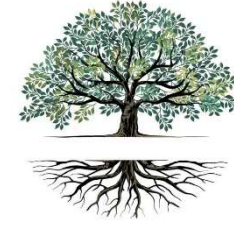
(Please note when contacting The Meadows Medical Practice
your call will be recorded)

Main Number [01588 640573](tel:01588640573)

Out of hours: 111

Website address: [Contact us - The Meadows Medical Practice](#)

Email : wemandprees@nhs.net



The Meadows Medical Practice

Bereavement Support Leaflet

Helping You Through Loss

Turnpike Meadow

Clun

Shropshire

SY7 8HZ

We Are Here for You

We understand that losing a loved one is one of life's most difficult experiences. Grief affects everyone differently and can feel overwhelming. Please know that you are not alone and that support is available, we are here to help guide you through this time.

Learning to Live with Grief

Grief can be incredibly difficult and overwhelming. It's important to be gentle with yourself and take steps to care for your well-being as you navigate through it.

Here are some ways to support yourself during this time:

- **Talk to Someone:** Reach out to a friend, family member, or a professional. Sharing your thoughts and feelings can help lighten the emotional burden.
- **Exercise:** Even light activity, like a short walk, can boost your mood and help relieve stress.
- **Diet and Sleep:** Try to maintain regular, nourishing meals and a consistent sleep schedule. Your body needs care, especially now.
- **Stick to a Routine:** Having a daily structure can provide a sense of stability and normalcy during an emotionally turbulent time.

When to Seek More Support

Grief has no timeline, but if you find that:

- Your feelings are not improving with time
- You feel stuck, numb, or unable to function day-to-day
- You are struggling with anxiety, depression, or suicidal thoughts

Please contact your GP or one of the services listed in this leaflet. Let us support you through this difficult time.

GP Practice Support

If you are experiencing bereavement, support is available through your GP practice.

- You can speak to your **GP** about how you are feeling during this difficult time.
- Our **Social Prescriber – Zara Bacevich** can offer first-line emotional support and help you begin to manage your grief.

Bereavement Counselling and Support Services in Shropshire

- **Shropshire Bereavement Support (SBS)**

Offers free, confidential support for people experiencing bereavement.

Phone: 0345 678 9028

Website: www.shropshire.gov.uk/bereavement

- **Severn Hospice**

Provides support for families who have lost someone under hospice care, including counselling and group sessions.

Phone: 01743 236565

Website: www.severnhospice.org.uk

- **Cruse Bereavement Support**

A national charity offering bereavement counselling by phone or online.

Phone: 0808 808 1677

Website: www.cruse.org.uk

- **Samaritans (24/7 listening support)**

Phone: 116 123

Website: www.samaritans.org

Dealing with Practical Matters

After a death, there are important steps to take, including registering the death and arranging the funeral. You can find guidance here:

Shropshire Council – What to do after someone dies

Website: www.shropshire.gov.uk/registrars/what-to-do-when-someone-dies/

Phone: 0345 678 9016