



Let's Talk Bereavement

Inclusive Conversations for Life's Most Difficult Times

Understanding Grief

Grief is a natural response to loss. It is shaped by experience, culture, belief, and ability. There is no single way to grieve, and no fixed timeline. Grief may follow death, but it can also arise from other significant losses or changes.

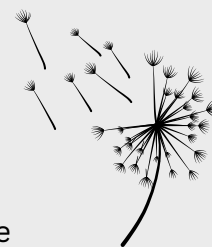
No One Way to Grieve

Grief is individual and often unpredictable. People may experience a range of thoughts, feelings, and behaviours, and these may change over time. Models such as "stages of grief" can be helpful for some, but they do not apply to everyone. Support should always be guided by the individual.

Different Types of Grief

People may experience different forms of grief, for example:

- **Anticipatory** grief - A sense of loss before a death or significant change
- **Delayed** grief - Grief that is not fully felt until later
- **Disenfranchised** grief - Grief that is not recognised or openly acknowledged
- **Complicated** grief - Ongoing difficulty coping with the impact of loss over time



Inclusive Support

Some people may need additional support to understand and process grief, including those with learning disabilities, autism, dementia, or communication differences.

Effective support includes:

- Being honest and clear in communication
- Using language and approaches that fit the person
- Allowing time, repetition, and space to process
- Noticing behaviour as well as spoken words
- Keeping support consistent

Supporting Someone in Grief

- Be present and listen
- Avoid rushing or trying to fix things
- Offer advice only if asked
- Recognise there is no set timeline for grief

Looking After Yourself

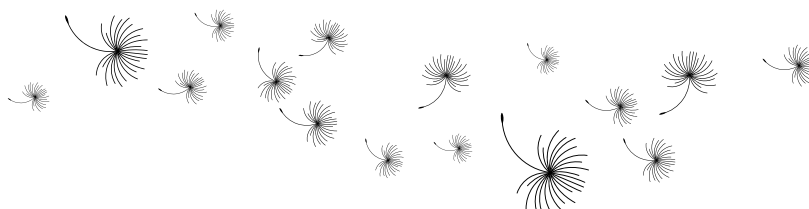
- Supporting others through loss can be emotional
- Notice how it affects you
- Take time to pause and rest
- Talk to someone you trust
- Set boundaries where needed
- Remember that looking after yourself is part of supporting others

Further Support

Some people may need additional support with grief. This could include support from people they trust, as well as bereavement, health, or community services.

Professional Awareness

- Be aware of when someone may need additional or specialist support
- Escalate concerns appropriately where needed
- Use supervision, debrief, or wellbeing supports





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Inclusive Bereavement Awareness Sessions, In Person or Online

This flyer highlights some of the themes we explore in detail in our sessions.

Sessions focus on inclusive conversations around grief, loss, and supporting people through difficult times, including those with additional support needs or other communication differences.

Using discussion, reflection, and practical real-world examples, we aim to help people feel more confident having these sensitive but important conversations.

Sessions can be adapted for workplaces, community settings, and support services. For further information, please contact:

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Useful External Resources


Child Bereavement UK
0800 02 888 40

Every life matters 
07908 537541


Cruse Bereavement Support
0300 600 3434


ADDICTION FAMILY SUPPORT
0300 888 3853

Recommended Internet Reading

Victoria and Stuart Project

<https://www.victoriaandstuart.com/>

National Autistic Society

www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement/autistic-adults
www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement/professionals

Cruse

www.cruse.org.uk/about/blog/supporting-people-with-learning-disabilities-through-grief-and-bereavement

NHS

selfhelp.cntw.nhs.uk/self-help-guides/bereavement

