



# Light at the end of the tunnel

**L**OSING somebody we love is always a painful time in anybody's life. Often, we are immediately swept up in a tide of practicalities, such as registering the death and organising the funeral. This can be particularly daunting, especially if you haven't been in this situation before.

For some people, this is something to focus on instead of allowing the grieving process to begin.

So it is that, when you are no longer surrounded by family and friends, the reality of your loss hits home for the first time.

Grief is a highly personal thing and everyone reacts differently to bereavement, though there is a recognised pattern of grief which most people go through after the loss of someone close.

Initially you may simply feel numb. It is believed this is a coping mechanism to enable you to get through sorting out practical arrangements and family pressures.

This feeling may be replaced by a deep yearning for the person who has died.

It is often difficult to concentrate or to sleep. It is quite common to feel guilty, dwelling on arguments you may have had or regretting the things you didn't say.

During this period of bereavement you may feel you are

on a rollercoaster of emotions, feeling weepy one minute, angry the next. You shouldn't try and fight these feelings – it is all part of the grieving process and it is important to get these emotions out in the open.

Following a bereavement, many people find they need some extra love and support from relatives and friends. You need them to listen to you and to offer practical help with the everyday tasks that you may find it difficult to focus on.

But, if you don't feel you have anyone to turn to, don't suffer in silence. There are many counselling and support organisations which can offer a helping hand if you are finding it hard to cope.

Grief counsellors, psychiatrists and other specialists are available to help you cope with your loss, along with support groups and special helplines. Sometimes it is easier to talk to someone who isn't close to you or emotionally involved.

There is no way of knowing how long the grieving process will take as everyone's circumstances are different.

Over time the pain, sadness and depression do begin to lessen. You may still have bad days but you will eventually begin to feel more positive about life in general – able to see light at the end of the tunnel.



Getting over the loss of a loved is always a traumatic time for family and friends

## SUPPORT GROUPS AND HELPLINES



- The Samaritans – 08457 90 90 90 – [www.samaritans.org](http://www.samaritans.org) – email: [jo@samaritans.org](mailto:jo@samaritans.org)
- Cruse Bereavement Care – 0844 477 9400 – [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)
- The Compassionate Friends – 0845 123 2304 – [www.tcf.org.uk](http://www.tcf.org.uk)
- The Child Death Helpline – 0800 282 986 – [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)
- The Stillbirth and Neonatal Death Society (SANDS) – 020 7436 5881 – [www.uk-sands.org](http://www.uk-sands.org)
- Survivors of Bereavement by Suicide (SOBS) – 0844 561 6855 – [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)
- RoadPeace – 0845 4500 355 – [www.roadpeace.org](http://www.roadpeace.org)
- Pet Bereavement Support Service – 0800 096 6606 – [www.bluecross.org.uk](http://www.bluecross.org.uk)

## HENRY JONES (Criccieth) Ltd Funeral Directors

Complete Funeral Service  
Private Chapel of Rest

Chapel Terrace, Criccieth, Gwynedd  
Telephone (01766) 522854

## † Gareth Williams (John Williams & Son)

24 hrs. CARING PERSONAL SERVICE

PRIVATE CHAPEL OF REST

Tel: (01766) 830441

27 JONES STREET, BLAENAU FFESTINIOG

## JOHN HUGHES A'I FAB Arwel Hughes Funeral Directors Britannia, Amlwch Port, Anglesey

24 hour personal service  
Private Chapel of Rest  
Golden Charter Pre-Paid Funeral Plans



"A traditional family-run business of four generations servicing serving Amlwch and district"

Telephone: (01407) 830461 or 07768 860961  
[arwel\\_h@vodafone.net](mailto:arwel_h@vodafone.net)

## GRIFFITH ROBERTS & SON FUNERAL DIRECTORS Est: 1923

24 Hour Personal Service  
Private Chapel of Rest  
Prepaid Funeral Plans Available

Preswylfa Chapel of Rest  
Valley, Anglesey LL65 3EA  
Telephone (01407) 740940

## J.P. Turner Funeral Services

COMPLETE 24 Hour Personal Service  
Golden Charter Prepayment Funeral Plans Available  
Private Chapel  
Independent Family Owned Funeral Directors



01248 352017  
07980 005869



Bryn Hyfryd, Pentir, Bangor, LL57 4UU

## E.W. PRITCHARD

Complete Funeral Service

- Hearses and Second Cars
- 24 Hour Personal Service
- Private Chapel of Rest

NEFYN (01758) 720219  
MORFA GARAGE  
Morfa Nefyn, Pwllheli

## Pritchard a Griffiths cyf.

Tremadog, Gwynedd LL49 9RH Ffôn/Tel: (01766) 512091/512998 [www.pritchardgriffiths.co.uk](http://www.pritchardgriffiths.co.uk)

SEFYDLWYD 1936 ESTABLISHED

Tremadog, Gwynedd, LL49 9RH  
Ffôn/Tel: (01766) 512091/512998  
[www.pritchardgriffiths.co.uk](http://www.pritchardgriffiths.co.uk)

**Trefnwyr Angladdau**  
Gwasanaeth Personol dydd a nos  
Capel Gorffwys • Ceir Angladdau  
Gellir trefnu Blodau a Cofeb

**Funeral Directors**  
24 Hour complete Personal Service  
Chapel of Rest • Limousines  
Memorials & Floral Tributes Arranged  
Cyfarwyddwyr/Directors: M. Griffiths & D.H. Griffiths

## IVOR HOWATSON AND SON FUNERAL DIRECTORS

Established 1967

*Family Owned, Family Run. With Over 40 Years Of  
Knowledge and Experience. Rhyl and Denbigh's Only Independent  
Professionally Qualified and Licensed Funeral Directors*

Sisson Street, RHYL Tel: (01745) 331182  
Ruthin Road, DENBIGH Tel: (01745) 812061

## THOMAS ROBERTS & CO FULL FUNERAL SERVICE

Prop. Mr & Mrs Randall

**24 Hour Personal Service**

Trefnant, Chapel Street, Menai Bridge, Anglesey

**(01248) 712478**