Hello,

After, we have had the sad announcement about the death of Her Majesty The Queen, many of us will think of loved ones who have died.

The memories of your own bereavements can be sad or happy memories. This is okay, but it may be that you feel that you need more support with the death of loved ones and friends.

We have put some information about organisations that can help you with your thoughts and feelings about your own bereavements.

Please feel free to visit our webpage where help is available to you.

Regards

The Health Facilitation Team