

My husband died age 43 after 27 years together, I lost my husband, my best friend, and dad to our three sons. Thankfully, I had a friend who was in a similar situation and we helped each other through that time of pain by talking daily, sharing thoughts and laughs. Without each other the journey would've been much more isolating.

I was able to set up a support group at The Sanctuary of Healing to offer support and friendship to other young widows and widowers as it was apparent that you face different challenges to people bereaved at an older age. Dealing with your children's grief, financial worries, lost futures (anniversaries, weddings, promised holidays, retiring together) The group was not there to say, be strong, hold it in, do it for your children, but to let your grief out how you want to, be angry, cry or feel hurt. Also laugh, dismiss limiting beliefs, talk about what's next.

Topics covered have been varied, being a single person again when your friends are married, creating a new identity, dealing with conflict, dating, going on holiday, facing events by yourself, whatever is brought to the group each week. The intention is to provide a safe, confidential space to talk and from it great friendships have formed. We have nights out, guest speakers and some members even organised a weekend away.

I am proud of every single member of our group and feel privileged to be part of their journey.

*Sue Barsby*

## PREFER ONE TO ONE SUPPORT?

For one to one support, please ring reception on 01254 246940 and ask for Sue Barsby.

*In memory of*  
MICHAEL BARSBY



The Sanctuary of Healing is a charitable trust which offers a peaceful environment in which to heal. It aims to balance the physical, spiritual emotional and mental aspects of the individual holistically. We offer treatments and guidance to give you balance and harmony.

[www.thesanctuaryofhealing.co.uk](http://www.thesanctuaryofhealing.co.uk)



## WE ARE HERE FOR YOU

When you suffer a bereavement your world can feel like it has stood still. Everyday tasks can seem impossible and supporting other members of your family a challenge.

We are here to help and support you through your journey, run and set up by others in the same situation to offer a listening ear and friendship.



SPEAKING TO PEOPLE IN THE SAME SITUATION AS ME, MADE ME FEEL NORMAL AGAIN



THE GROUP SHOWED ME I COULD GET THROUGH WHAT I NEVER THOUGHT I COULD



## TESTIMONIALS

When the structure of my life present and future, my plans, hopes and dreams were destroyed in that nano heartbeat when my wife died after 27 years together the group has given me light, hope and strength. Allowing us to talk about the unspeakable without let or hindrance. The group is there when much of what your life construct has been decimated.

DAVE

I lost my husband at 48 after 30 years together. I was left with 2 children 14 and 17. The group showed me I could get through what I never thought I could. No one can ever understand the pain and terror of becoming a widow at a young age unless you are unfortunate enough to have experienced it. The group is amazing I have met some fantastic new friends who have been on this journey with me. Everyone is so supportive of each other. The group helped me to move forward and know that I could be happy again in time. I would recommend it to anyone.

*Debbie*

It's informal, relaxed, it's just a drop in group when you need it and it's geared towards building a group of friends who are just that – friends. Like any other group of friends we talk about Netflix, Tinder and whether we should have worn that outfit. But when we do want to talk about our grief, we know we're talking to someone who'll hear us and say that magic, face-slapping phrase: "I know exactly what you mean".

*Kirsty*



## TESTIMONIALS

I eventually plucked up the courage to contact the group over 6 months after my husband died. It felt odd as up to that point I had never had to ask for help and I had been in a wonderful marriage and had fantastic friends but all of a sudden I felt out of place and also a loss of identity for the first time in my life.

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It is a haven where you can go which is completely confidential, all members seem to respect each other and provide an endless amount of support, especially in the early days when life is pretty devastating. No one judges and it doesn't matter how often you talk about your difficulties and the intense grief and loss you feel, people just get it and don't ever tire of listening.

Until it happens to you, no one will ever truly understand what you have to cope with.

I am stronger now but still have very sad days, yet I know that there is a group of people who would always be there for a brew and a chat if I needed.

*Gillian*