

Love & Loss Support Group



Our senior years often bring nostalgia, a reduction in our social circle, loss and the challenge of navigating new twists and turns of life. Grief may become a familiar companion as we say goodbye to loved ones and parts of our earlier identity. All this can leave us feeling isolated and even result in a deterioration in our physical, mental and/or emotional wellbeing.

Loss can come in a variety of forms:

- Retirement can bring a loss of routine and structure and perhaps of a sense of meaning and purpose to our days. It might also mean that we lose our social circle and the regular human contact of a workplace.
- Bereavement can be more frequent as our friends and family are also aging, bringing us face-to-face with our own mortality.

- Moving home, whether downsizing, moving closer to family members or going into sheltered or residential accommodation can mean losing a familiar environment and the sense of grounding and stability it gave.

At times like these it's important to reach out and connect with others, fostering a sense of community, purpose and belonging. This is deeply healing and helps us to stay young at heart, keeping us active into our later years.

Age often brings a new sense of perspective and a gentler pace of life. Embracing this flow of time, staying curious about each new stage of life and keeping a sense of compassion and fun, helps to make the aging process smoother and more enjoyable.

But, if you find yourself feeling alone or struggling with feelings of grief and grieving, come along to the Love & Loss support group, held on the second Thursday of each month.

To find out more contact:

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[‘Love & Loss Bereavement Group’](#)