

- **Age UK Bromsgrove, Redditch & Wyre Forest** is a local, self-funding charity supporting older people aged 50+ and their families across Bromsgrove, Redditch and Wyre Forest
- We aim to make North Worcestershire a better place for people to grow old, by delivering a range of local services aimed at promoting independence and enabling people to make the most of later life. These services include;
 - Our free & confidential **Information & Advice Service**
 - Our '**At Home**' Service (including cleaning, shopping, gardening, handyman and a sitting service)
 - **Foot Care**
 - **Befriending and Care Calls**
 - **Social Clubs & Activities** (including Bromsgrove Men in Sheds)

For more information, please call us on

01527 570490

E: enquiries@ageukbrwf.org.uk

W: ageuk.org.uk/brwf

Friendship & a Listening Ear



Befriending for the Bereaved



Coping with the loss of a loved one is one of the hardest things we ever have to deal with. That is why we're offering friendship and support to those who are experiencing loss as part of our Befriending Service

Feelings of loneliness can be one of the most difficult aspects to cope with following a bereavement, but talking about your feelings with someone who isn't emotionally involved can help.

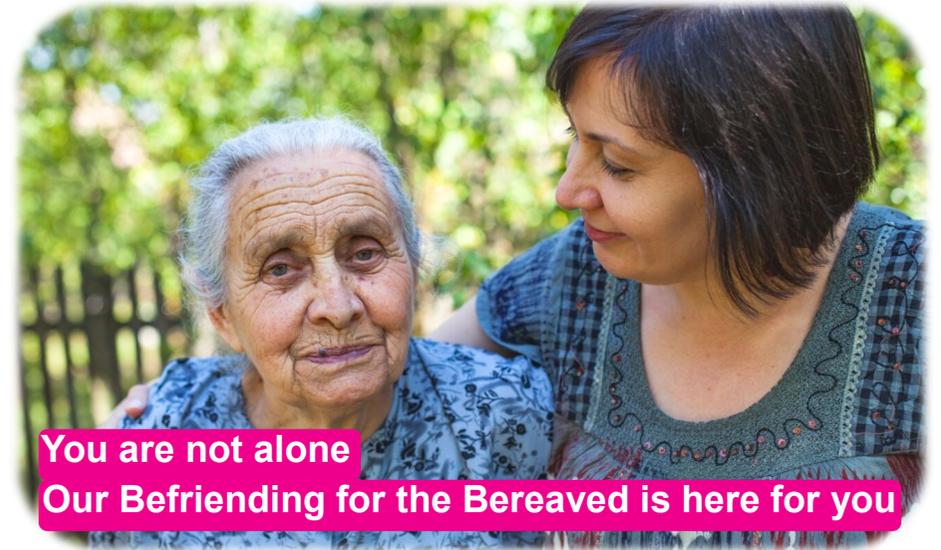
Our trained volunteers are not counsellors, but they can provide a **listening ear** through visits or by phone. When ready, they can help people stay 'socially connected' by accompanying them to various activities.



This is a **free service** and all of our volunteers are DBS checked and carefully selected for the role.

What our service can offer

- Regular visits or a telephone call for a friendly chat
- A trusted, listening ear
- Links to other Age UK BRWF services
- Signposting to Bereavement Counselling and local, specialist support groups or organisations



You are not alone
Our Befriending for the Bereaved is here for you

What you can expect from us

- To be respected and valued, and not judged or rushed
- Carefully screened volunteers
- Contact with a Coordinator who will provide updates regarding the service, and deal with any questions or concerns

Local Partners / Organisations

- This service is a joint initiative in partnership with Age UK Worcester & District and Age UK Malvern & District. The service has been enabled thanks to grants from multiple funders (including Independent Age)
- We are also working with other groups and local hospices, that may offer counselling and support (including St Richard's, Primrose and KEMP hospices).

Can we help? Call us on: 01527 570490

