



For more information please contact us:



### Telephone

Dyfed: 03333 447 874  
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### Website

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# Supporting You Through Bereavement

A free, accessible service for people 70 and over in Dyfed and Powys.

Compassionate and tailored support so you don't have to face this alone.



Ariennir gan Lywodraeth Cymru  
Funded by Welsh Government



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## A bereavement support service for older people 70+

**Losing someone close to you is never easy. If you have been recently bereaved, or are facing bereavement, we are here to support you.**

A bespoke service for those living in rural, remote and isolated communities, where accessing the right help can be more difficult.

We understand how grief can affect people differently — emotionally, physically and financially.

**There is no right way to feel.**

## How we can help you

Our team offers early practical interventions to help you through the initial stages of loss.

Tailored support to meet your individual, cultural and personal needs. Step by step guide on what to do when someone dies (for example register a death).

- Emotional and practical assistance (e.g. funeral arrangements)
- Information and advice on bereavement and grief
- Advice on funeral grants and benefit entitlements
- Help identifying what matters to you & personal wellbeing goals
- Referrals to counselling, mental health support, practical services & peer support groups



**Whether you need someone to talk to or guidance with the next steps, we are here.**

### **Our approach**

We welcome people from all backgrounds and are committed to providing a holistic, compassionate and accessible service.

**We will work with you in the way that suits you best – by phone, online, or in person.**