

Seven Stories of Grief

Lisa's mum died very suddenly, leaving her in total shock. Her family have a nook at Granville's Wood which three generations visit regularly. We are very grateful for her thoughts...

Can you tell us about your loved one?

Mum was our world. Kind, loving, understanding, she took no nonsense. She was silly, outgoing and funny, she had a wicked sense of humour. I miss her with every ounce of my being.

What about a woodland setting felt right to you?

It was like breathing for the first time. When grief consumes me, I go there to see Mum and can breathe again. It's like a giant hug from her, I forget about time when I'm there and sit with my thoughts in the wind, sun or rain.

Do you have one helpful hint to share about how you've managed grief?

Initially, I think grief wraps around you and consumes you, you feel suffocated. As time goes on your life and strength start to return and you begin to let your life wrap around the grief, not the other way around. It helps my grief to know that my grandchildren will visit Mum too, and me eventually too.

What do you feel the next year might bring in your grief, what are you hoping for?

I feel my Mum in the everyday moments, when I do something daft. I go to the Woods to regain control, when it all gets a bit too much. Knowing I can take the children, and watching them play in Grannies Woods makes me smile again. Grief is so personal, no right and wrong. It just IS.

