

# Seven Stories of Grief

Pauline's husband was a true nature lover, they shared a wonderful long partnership travelling the world until he died after a long illness. Thank you for taking part Pauline.

## **Can you tell us about your loved one?**

We shared a love of nature and bird watching, he loved to fish too. We were together for 45 wonderful years, there's a deep void now.

## **What about a woodland setting felt right to you?**

Initially he was buried in a different natural burial ground, but it wasn't what I had imagined. I felt guilty and cried when I got home after each visit. he was in the wrong place. Then I found Granville's Wood and decided to move him there. Now we can sit together and listen to the bird song, I feel the peace and calm. I no longer feel guilty, and it has allowed me to grieve.

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

I still travel and go on birding holidays, I know he'd want me to pursue our passion. I also keep myself busy and have friends that have supported me. I can also visit whenever I want, watching the woodlands change through the seasons has been wonderful.

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

Now he is at rest, I feel I can cope with my grief and enjoy the memories of our wonderful, happy life together. I hope next year brings more birds, animals and time for us to enjoy the woodland.

