

Seven Stories of Grief

Steve's grown up son committed suicide, causing a ripple of shock throughout his family and friends. We are so grateful to the family for speaking openly about this tough topic.

Can you tell us about your loved one?

Even his older brother called him 'his hero', he really was. We all went to him as the person who got things done. He was a man of action and great kindness. Having served in the Army, the word 'hero' has really resonated with us all since he died.

What about a woodland setting felt right to you?

We did look at the local cemetery, but it felt all wrong, too stark and formal. We found Granville's Wood online, and went to visit. I immediately felt at peace, we all did. Then we found the perfect spot, on the high ground, exactly as he would have wanted.

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

I didn't cope well initially, but I've found having a different focus is helpful. Finding a counsellor was good too, and then a group of people who understand, having had a similar experience. We now make daily connections, supporting each other and they have become great friends.

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

2021 was a truly dreadful year for lots of reasons. I'm hoping for some calm and to enjoy family life. In the words of Level 42, I want 'Love in a peaceful world.'

