

# Seven Stories of Grief

Claire's young son died in a tragic accident at home, leaving three younger sisters. Just over a year later, she began working with Woodland Burial Company.

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

I still find it almost impossible to talk about, I mostly survive by ignoring the whole situation. He was funny and goofy and loving and interested in lots of things, just a normal ten year old.

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

We wanted somewhere we could take the kids, without it feeling like a 'sad' place. Somewhere they could have adventures and enjoy nature. Somewhere he would have liked to go. I remembered interviewing Simon and talking about Granville's Wood for my blog. It was a long way, but when we visited it immediately felt like the right place. There is a certain peace and calm there, it's hard to describe.

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

I would say don't rush it. There is a lot of pressure to 'get better' and 'move on' but everyone is different. For me, the year of 'firsts' meant nothing as we were still in shock, we still are I think. I cry most days, and that's OK too. Grief is a very misunderstood thing.

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

I'm hoping a lot of the services we struggled to get for the children will be easier now the lockdown is over. I'm enormously grateful for the amazing community around us, I hope they stick around a bit longer!

