

Seven Stories of Grief

Jane's parents are both together at Granville's Wood. In addition to the normal complexities of grief, Jane was overseas and unable to travel during the pandemic. We are so grateful for her thoughts...

Can you tell us about your loved ones?

My parents were very family orientated and did everything together throughout their life together. They were always holding hands.

What about a woodland setting felt right to you?

My parents loved to feed the birds in their garden and their garden of 40 years backed onto woodlands. They spent many hours watching birds and the trees changing through the seasons and years and in all types of weather. So, the woodland setting was perfect.

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

This is a very hard question as grief is such a personal experience and everyone copes differently. My hint would be don't worry how your grief feels and progresses, it is a personal and unique journey. Also not to worry if you grieve differently for your mum and dad, that it is OK to feel like this.

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

I keep hoping for some sort of closure but as time goes by I realise that closure is not something that can be quantified. I hope that I can find the time to start to look after myself physically.

