

....and, to disconcert him, one of them put a question, 'Master, which is the greatest commandment of the Law?'

Jesus said, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: You must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.'

Matthew 22:36-40

As an initial point of contact, or should you wish to obtain further information please telephone

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Bereavement & Loss Support Group

MAY WE HELP YOU?



Our support group was formed in 2007 and includes volunteers from different walks of life, and religious backgrounds but with a genuine wish to help anyone, **irrespective of their religious belief**, to manage and cope with the many difficulties presented by life today

The group met regularly throughout 2007 following a Loss & Bereavement workshop in March. Guest speakers with a great deal of experience in the field of bereavement & loss included Sheila Warren from Jersey Hospice, and Reverend June Gurdon.

Towards the end of 2007, volunteers underwent formal interviews which were conducted by June Gurdon & Gill Rault, and a series of workshops followed at which volunteers were trained in listening skills, body language, and the importance of **confidentiality** when supporting other people.



Life in Jersey today differs greatly from that with which we were all familiar as little as 20 years ago. We knew our next door neighbour, and the people who lived in our street, and we were able to depend on them in times of trouble or hardship. Families included several generations, and children developed under the careful watch of their parents and grandparents.

The demands of modern life mean that many people feel isolated, lonely and inadequate, and many families are fractured.

Our support group hopes to address such areas of need, and a member of the team will arrange to meet anyone seeking help as soon as possible following their initial approach.

