

"A big thank you to the team, I didn't think I'd ever want to speak to anybody else again"

"We're there for one another, we feel for one another, and that makes the difference"

*"Good to meet with new friendly people"*

"Brilliant to have a platform to get things off my chest"

"It's been really worthwhile and it has helped me to bring a little bit of my sense of humour back"

This is what people have said about us ...



## Bereavement Friendship Groups

For anyone aged 50+ living in Stoke or North Staffs



To find out more visit: [www.bjf.org](http://www.bjf.org) email: [bhpoint@bjf.org.uk](mailto:bhpoint@bjf.org.uk)

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*"If it wasn't for you I don't think I'd cope"*

*"Nice to know that people care"*

*"It helps such a lot to listen to each other's upsets and try and help one another and it's so wonderful"*

*"Just pick up the phone and you'll find some sort of solace in joining a little group like this, it will help"*

***"Tell everybody about it, join the gang!"***