



Opening Times

(CLOSED LUNCH 1:00 PM – 2:00 PM)

Mon: 8.15 am – 6:00 pm

Tue: 8.15 am – 6:00 pm

Wed: 8.15 am – 6:00 pm

Thu: 8.15 am – 6:00 pm

Fri: 8.15 am – 6:00 pm

Sat: CLOSED

Sun: CLOSED

Prees Dispensary: 8:30 am – 6:00pm

(CLOSED LUNCH 1:00 pm – 2:00 pm)

Telephone numbers

(Please note when contacting Wem & Prees surgery your call will be recorded)

Emergencies: 01939-235602

Appointments: Wem 01939-233476

Appointments: Prees 01948-840206

Enquiries: Wem 01939-232424

Enquiries: Prees 01948-840206

Out of hours: 111

Website address: [Homepage - Wem & Prees Medical Practice](http://www.wemandprees.nhs.net)

Email : wemandprees@nhs.net



Bereavement Support Leaflet

Helping You Through Loss

Wem and Prees Medical Practice,
New Street, Wem, Shropshire, SY4 5AF

The Grocott Medical Centre,
Whitchurch Road, Prees, Whitchurch, Shropshire, SY13 2DG

We Are Here for You

We understand that losing a loved one is one of life's most difficult experiences. Grief affects everyone differently and can feel overwhelming. Please know that you are not alone and that support is available, we are here to help guide you through this time.

Learning to Live with Grief

Grief can be incredibly difficult and overwhelming. It's important to be gentle with yourself and take steps to care for your well-being as you navigate through it.

Here are some ways to support yourself during this time:

- **Talk to Someone:** Reach out to a friend, family member, or a professional. Sharing your thoughts and feelings can help lighten the emotional burden.
- **Exercise:** Even light activity, like a short walk, can boost your mood and help relieve stress.
- **Diet and Sleep:** Try to maintain regular, nourishing meals and a consistent sleep schedule. Your body needs care, especially now.
- **Stick to a Routine:** Having a daily structure can provide a sense of stability and normalcy during an emotionally turbulent time.

When to Seek More Support

Grief has no timeline, but if you find that:

- Your feelings are not improving with time
- You feel stuck, numb, or unable to function day-to-day
- You are struggling with anxiety, depression, or suicidal thoughts

Please contact your GP or one of the services listed in this leaflet. Let us support you through this difficult time.

What Support Is Available?

GP Practice Support

If you are experiencing bereavement, support is available through your GP practice.

- You can speak to your **GP** about how you are feeling during this difficult time.
- Our **Social Prescriber – Robert Kerr** can offer first-line emotional support and help you begin to manage your grief.
- **Sue Perry, our Community Care Coordinator**, supports patients of all ages. She can signpost you to helpful services and works closely with the NHS, local council, and voluntary organisations.
- If you have lost someone to cancer, our **Cancer Care Coordinator- Sharon Edwards** can offer tailored support and connect you with specialist bereavement services.

Bereavement Counselling and Support Services in Shropshire

• Shropshire Bereavement Support (SBS)

Offers free, confidential support for people experiencing bereavement.

Phone: 0345 678 9028

Website: www.shropshire.gov.uk/bereavement

• Severn Hospice

Provides support for families who have lost someone under hospice care, including counselling and group sessions.

Phone: 01743 236565

Website: www.severnospice.org.uk

• Cruse Bereavement Support

A national charity offering bereavement counselling by phone or online.

Phone: 0808 808 1677

Website: www.cruse.org.uk

• Samaritans (24/7 listening support)

Phone: 116 123

Website: www.samaritans.org

Dealing with Practical Matters

After a death, there are important steps to take, including registering the death and arranging the funeral. You can find guidance here:

Shropshire Council – What to do after someone dies

Website: www.shropshire.gov.uk/registrars/what-to-do-when-someone-dies/

Phone: 0345 678 9016