Someone to turn to when you need to share the grief

A charity that supports those mourning the death of loved one urgently needs funds or it may have to close.

Freyaa Findlay finds out why its survival is so important.

**D**EATH is not often the centre of people’s conversations or consumption. But the longer you go without it, the more you notice it, going about our daily lives as if it’s not a reality or as if it will happens to us. It is only when we are confronted with death that the emotional barriers can come down and we are able to talk and give each other support.

But I would say you can usually see a pattern that people are coming to terms with it more and getting stronger.

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