



Embrace FARM
Farm Accident Support Network

Supporting bereaved Neighbours, Friends & Family

The best gift we can give to those who are
grieving is our presence



Embrace FARM
Farm Accident Support Network

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Embrace FARM is governed by a
voluntary board of directors.

www.embracefarm.com | #WeRememberYou



For friends and family – Be Present

Calling to see your friend, or neighbour after a funeral can be invaluable.

We can often avoid this as it's not always easy or natural to know what to say or do.

The answer is simple,

- keep in contact with the person or family bereaved,
- be there, be present and be consistent.
- Offer practical supports like collecting the children or cooking a dinner.
- Sometimes a family needs their own time too. Be respectful of this.

For those working with the family

When calling to the home or farmyard of a sudden bereavement or trauma try to know the name of the person who has died or has been injured and, if possible, details surrounding the accident. This way you will be better prepared to handle the situation appropriately, with compassion and empathy.

If the person who is deceased or injured is a client, ask your company if there is something that can be done that might help the family or ease their burdens.

If you work directly for the family, ease their worries by letting them know the farm work is in hand and

the necessary duties are being taken care of.

Rural communities are known for their kindness and generosity of spirit at such times and no doubt those in the surrounding areas will be able and willing to assist the family at this time.

Helping your grieving friend

Knowing what to say to someone who is grieving



DON'T COMPARE GRIEFS

No one else has experienced their grief.

DON'T FACT CHECK OR CORRECT

Especially in early grief, facts and timelines can be confused

DON'T MINIMISE

Even if you might think their grief is out of proportion to the situation.

DON'T GIVE COMPLIMENTS

When someone is in pain, they don't need to be reminded how wonderful they are.

DON'T BE A CHEERLEADER

When things are dark, it's OK to be dark.

DON'T TALK ABOUT 'LATER'

Right now, in this present moment, that future is irrelevant.

DON'T EVANGELISE

When something has worked for you, it's tempting to prescribe to another.

DON'T START WITH SOLUTIONS

In most cases, people need to feel heard, not be 'fixed'.

DO ASK QUESTIONS

You can connect by showing curiosity about their experiences.

DO RESPECT THEIR EXPERIENCE

It's not important who's 'more' correct

DO REMEMBER THEIR GRIEF IS THEIRS

Grief belongs to the griever. Your opinions are irrelevant.

DO TRUST YOUR FRIEND

All the things you love about this person will help them through this experience.

DO MIRROR THEIR REALITY

When they say 'This is awful', say 'Yes it is'.

DO STAY IN THE PRESENT MOMENT

Or if the person is talking about the past, join them there.

DO TRUST THEIR SELF CARE

They know themselves best. What works for you may not be for them.

DO GET CONSENT

Before you offer advice or strategies.

Show up • Listen • Don't fix

Source: Refuge in Grief - www.refugeingrief.com

Embrace FARM works in collaboration with charities and organisations in supporting farm families and individuals in its network.

Please visit the 'Supports' page www.embracefarm.com for further details.