

MEDIA RELEASE

For immediate release

From: Kasey McCulloch, Media Manager

Event: Thursday 30 August 2018, 9am–2.30pm
Albury Commercial Club, The Stanley Room
618 Dean Street, Albury
Cost: General \$15 Concession \$10 (Morning tea and lunch provided)

Grief Awareness Expo 2018 — Putting the pieces together

Mercy Health Albury will host a Grief Awareness Expo — Putting the pieces together — on Thursday 30 August to help the community acknowledge loss and promote resilience.

The expo aims to equip people who have been impacted by loss through illness, an accident or life's circumstances with information and practical support from a variety of national and local organisations.

Mercy Health Albury Loss & Grief Support Worker Michelle Enright witnesses firsthand the grief of families and carers through Mercy Health Albury's palliative care service.

"We offer 12 months of bereavement support to families who've had a loved one accessing our palliative care program," Ms Enright explains.

"However, I also regularly receive enquiries from the public about the need for more grief and loss support services in our community."

The expo will feature four guest speakers, including representatives from CanTeen, StandBy Murray and the New South Wales mental health system. It will address topics such as multicultural grief, children's and adolescent grief and support after suicide.

Two residents will also share their personal stories of loss, including 22 year old Nick Dempsey who became a partial quadriplegic after diving into a swimming pool.

"Grief is the normal process of reacting to a loss," Ms Enright says.

"The loss may be physical (such as a death), social (such as divorce) or occupational (such as a job).

"Sharing your feelings with others is an important part of the healing process as it minimises the feelings of isolation and helps to process what has happened."

The expo will showcase relevant local service providers who can provide practical support and advice for people experiencing loss.

The expo has been made possible thanks to the generous support of Zauner Construction, Lester & Son Funeral Directors, L & S Styles Painting and Decorating, Albury Wodonga Cancer Foundation Inc, Hume Bank and Plummer's Freight.

To register or find out more information, please contact Sue on 0477 440 913 or email grieflossexpo@gmail.com

- Ends -

For interviews and photo opportunities, please contact:

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