



The **HUNNABALL** Family Funeral Group

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# After the Cremation



## Bereavement support

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We understand that grieving doesn't end with the funeral ceremony, and we are here to guide you through this difficult time in your journey through bereavement.

When someone who has shared part of our life dies, the emotions we feel can leave us desolate and confused. Grief is the natural response to a significant loss, and there are several stages in the grieving process, incorporating a number of physical, emotional, and mental states.

It is important to realise that it is normal to experience a wide range of feelings, and we can sometimes feel a sense of intense loneliness, even if we have family and friends to support us.

As part of our ongoing commitment to you, we have information available about many specialised bereavement support services and contacts.

We hold annual 'Light a Candle' Services of Thanksgiving throughout the area, and you will receive a personal invitation to attend one of these services in due course.

Christmas is often a particularly poignant time, so during the month of December we have our Christmas Trees of Remembrance in all our branches. You can 'Name a Star' in memory of a loved one and place it on the tree, where it will shine throughout the Christmas season.

We hope you will find the information in this booklet useful, and if you would like to call in and see us at any time, you can be assured of a warm welcome from our friendly and caring team.



## Your options for cremated remains

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We appreciate that it is often difficult to decide on the final resting place for cremated remains, and we are pleased to offer you some options for your consideration.

The cremated remains will be held in our Sanctuary until a decision has been made, and we will assist you with any arrangements and formalities regarding your choice.

If you wish to keep them at home, we have a selection of caskets and urns suitable for this purpose, and you can either arrange to collect the remains from us, or we can deliver them to your home.



## Burial in a churchyard or cemetery

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If you wish to have the cremated remains (ashes) interred in a churchyard, permission must be obtained from the parish minister and the Diocese. Most churches have a designated area for cremated remains, or they may be interred in an existing family plot. Memorials are also subject to Diocesan Regulations. The strewing of ashes in a churchyard is not permitted, and they should be interred in a wooden casket.

If there is an existing family plot, it is possible for several cremated remains to be interred. Most cemeteries have Gardens of Remembrance, offering a range of plots, vaults and 'living memorials' such as roses and trees. They are generally very well kept and pleasant places to visit. The ashes may also be scattered or strewn in a special area with no personal memorial.

Our stonemasonry department can offer you expert advice and a wide selection of memorials for churchyards and cemeteries.



### Woodland or ‘Green’ burial

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For an environmentally friendly alternative, there are several woodland burial sites located throughout Essex and Suffolk, including Oakfield Wood at Wrabness, Oakfield Wood at Culford, and Feldy View at West Mersea. The cremated remains are buried in a bio-degradeable urn or casket, and a tree is planted. The natural beauty of the landscape creates a lasting memorial, and provides a habitat for birds, insects and other wildlife. It also offers future generations a protected piece of woodland for many years to come.

### Private scattering or burial

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Some families prefer to bury or scatter the cremated remains of a loved one in their own garden, and no permission is necessary. They may have chosen a favourite place – a beach, country park, or holiday location, and provided scattering is carried out sensibly and with discretion, there should not be any problem. Cremated remains are hygienic, bio-degradeable, and safe to flora and fauna. Some golf clubs and football clubs will allow strewing, but permission must always be sought.

### Lexden Garden of Rest

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Nestling in the grounds of St Leonard’s Church in Colchester lies Lexden Garden of Rest, an oasis of calm and tranquility. The garden provides a final resting place for the cremated remains, secluded and discreet, with a selection of options for clients wishing to avoid the more public cemeteries or crematoriums.

### Repatriation – home and abroad

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If the cremated remains are to be interred or scattered in another location, we can arrange onward delivery anywhere in the UK, and will also organise the interment for you. For repatriation to certain other countries, cremated remains are subject to legal requirements. We will advise you, and arrange transportation if required.

## Keeping hold of cremated remains?

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We are pleased to work in partnership with specialist companies who provide alternative options for cremated remains.



Glass and ceramic urns



Bio-degradable leaf containers



Life Gems keepsake jewellery



Colourful Caskets



Ashes into fireworks

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## Planning ahead

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Many people do not find it easy to discuss their own funeral, and a personal bereavement often brings into sharp focus thoughts on our own funeral arrangements.

Now might be the best time to consider putting into place arrangements for your funeral, either by making a note of your wishes with our Advance Funeral Wishes form, or by taking out a pre-paid funeral plan.

Our experienced Funeral Planning team can advise you on the many options available, and help you to choose the right plan, saving you financial worry, and your relatives the burden of having to make those difficult choices.



## Contact us

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If you would like further information or guidance in helping you make the right decision, please telephone us to discuss options, or make an appointment for a personal consultation.

### *We are here to help*

Hunnaball of Colchester  
**01206 760049**

Hunnaball of Ipswich - Norwich Road  
**01473 748808**

Hunnaball of Ipswich - Spring Road  
**01473 717464**

Hunnaball of Chelmsford  
**01245 290909**

Hunnaball of Witham  
**01376 511592**

Hunnaball of Sudbury  
**01787 313303**

J.K. May of West Mersea  
**01206 382235**

Geo. Paskell of Manningtree  
**01206 396709**

Janet C. Davies of Braintree  
**01376 339300**

Janet C. Davies of Kelvedon  
**01376 573691**

Hunnaball Memorials  
**01206 794747**

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