

## Life goes on... ..



Being made redundant is never easy. Our initial reaction might be shock, denial, shame, anger, depression – any or all of these. It feels almost like a bereavement, and it often takes time to begin to decide what to do.

But redundancy is not the end of the world and life goes on. This leaflet aims to help by suggesting some simple steps as to what to do next, and some practical information for anyone who has not had to face this experience before.

Above all :



### **Don't suffer in silence.**

Talk to someone about how you feel, perhaps someone who has had the same experience.



### **Don't pretend it hasn't happened.**

Instead get on with doing something about it.



### **Don't take it personally.**

It's the job that has been made redundant not you.

### **Do...**

**Seek advice and support so you can make the right decisions for you.**

CIGB is a programme of the Churches of Birmingham and Solihull that aims to provide pastoral care to people at work.

Our team of Workplace Chaplains each regularly visits workplaces ranging from factories and offices to supermarkets and fire stations.

Chaplains are there to listen, to understand the pressures of the workplace and offer support and care where they can.

If you would like to talk about anything you have read in this leaflet or to discuss your experience, in confidence, please call one of the numbers listed below.

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# Lost your job?



**Practical advice and support  
for anyone facing redundancy.**

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Birmingham

An Ecumenical Partnership of the Anglican, Baptist, Methodist, Roman Catholic, United Reformed Churches and Black Led Churches in Birmingham and Solihull.