

One Croydon Training

Bereavement, grief and loss: supporting yourself and others

Thursday, 12 December from 10:30 to 12:30

A big thank you to Ella and Loren who shared with us an information packed presentation on the topic of bereavement, grief and loss and how to support yourself and others.

Trainers

Ella Newman and Loren Seaman, St Christopher’s Hospice

* Presentation: <https://cvalive.org.uk/assets/documents/stchristophersslidepresentatio>
* St Christopher’s Resources: Guides, booklets and leaflets <https://www.stchristophers.org.uk/patients/leaflets>

E:  E.Newman-Greaves@StChristophers.org.uk | L.Seaman@StChristophers.org.uk | W: <https://www.stchristophers.org.uk>

**St Christopher’s Bereavement Support Services**

[Bereavement Help Points](https://www.stchristophers.org.uk/bereavement-help-points/)St Christopher’s offer drop-in Bereavement Help Point sessions and Virtual Bereavement Help Point sessions. An opportunity to connect with others who are bereaved and are run by trained volunteers with experience of supporting people through bereavement. These 2-hour sessions aim to provide bereaved people with a place where they can talk to others and share their emotions; enabling members of the community to access guidance and information and also give a regular point where the subject of grief and bereavement is addressed openly and empathetically in an informal setting.

* Bereavement Help Point Croydon: Every Wednesday from 10 am to 12 noon at Our Space 50 High Street, Croydon CR0 1YB. For more information, call Akvile Gaile  07842 608242 | email  [BHP@stchristophers.org.uk](file:///C%3A%5CUsers%5Cuser%5CAppData%5CRoaming%5CMicrosoft%5CWord%5CBHP%40stchristophers.org.uk)
* Bereavement Help Point Crystal Palace: Every Tuesday from 10 am to 12 noon at Upper Norwood Library Hub, 39-41 Westow Hill, London SE19 1TJ
* Bereavement Help Point West Norwood: Every Thursday from 2pm to 4pm at West Norwood Library 1-5 Norwood High Street, London SE27 9JX. For more information, call Akvile Gaile  07842 608242 | email  [BHP@stchristophers.org.uk](file:///C%3A%5CUsers%5Cuser%5CAppData%5CRoaming%5CMicrosoft%5CWord%5CBHP%40stchristophers.org.uk)
* Bereavement Help Point: Sydenham: Every Thursday 10 am to 12 am at St Christopher's CARE, 51-59 Lawrie Park Road, London, SE26 6DZ. For more information, call Akvile Gaile  07842 608242 | email  [BHP@stchristophers.org.uk](file:///C%3A%5CUsers%5Cuser%5CAppData%5CRoaming%5CMicrosoft%5CWord%5CBHP%40stchristophers.org.uk)
* Carers Time to Talk: This is a space to speak openly about your experiences of caring for someone with a life-limiting illness with others who can empathise as a result of their own experiences of caring. Join this supportive Carers chat via Zoom. Online Every Thursday from 3.30 pm - 4.30 pm Zoom Online: Meeting ID: 869 9065 3351, Passcode: 654469
* Carers Time to Talk Sydenham: Meet in person on Tuesdays from 2pm – 3.30 pm at St Christopher's CARE, 51-59 Lawrie Park Road, London, SE26 6DZ
* Compassionate ChatsInformal group discussions on understanding bereavement, grief and loss. Do you have an experience to share, ideas of how to support one another, or unanswered questions about death, dying and loss? Come along to our friendly and free drop-in group at Croydon BME Forum’s Wellness Centre 1st Floor Whitgift Centre, Croydon CR0 1LP. Every second Wednesday of the month from 11.30 am to 1.30 pm. No need to book. Just turn up!

**List of local organisations supporting Croydon’s bereaved residents**

[***Carers Information Service***](https://croydon.simplyconnect.uk/providers/2aa7e320-442f-11ea-a3f6-0da69f3a69ba/carers-information-service)

*Offers one-to-one counselling and a monthly Bereavement Café. The death of the person you care for can be an extremely difficult time. You may experience powerful emotions or feel a sense of numbness, loneliness, isolation or despair. There is no right or wrong way to feel, nor is there a time limit to your grief. We understand how painful this time can be for you, and we are here for former carers and carers dealing with grief and loss. The monthly bereavement café is held on the second Tuesday of every month, 2.30-4pm and is a place where you can be with others who understand what you are going through. This service is free and facilitated by a BACP registered Counsellor. For more information, or an informal chat, call Tanya Fitzgerald on 020 8649 6280 or email* *tanyafitzgerald@carersinfo.org.uk* *| W:* [*Bereavement Service Support*](https://www.carersinfo.org.uk/about-us/bereavement-service#:~:text=There%20is%20no%20time%20limit,or%20wrong%20way%20to%20feel.&text=We%20also%20offer%20one%2Dto,%40carersinfo.org.uk.)

**Christ Church Purley Bereavement Support**

* Free Adult Bereavement Support Group: For people who have been bereaved (open to everyone regardless of faith). We meet as a small informal group for a chat and light refreshments on the last Monday of every month in the Philippi Room at Christ Church Purley, from 1 pm – 2 pm. You are very welcome to join us. Please let us know if you are planning to come contact the church office on 07395 133640 or email office@christchurchpurley.org.uk
* The Bereavement Journey: A series of videos and facilitated discussions, where guests are gently guided through the most common aspects of grief to be enabled to process the implications of each and discern your next steps. This course is for anyone who has been bereaved at any time and in any way. Booking is essential as spaces are limited. Christ Church Purley is a registered provider of this course which is usually run twice a year. Contact the church office for more details. <http://www.thebereavementjourney.org/> T: 07395 133640 | E: [office@christchurchpurley.org.uk](file:///C%3A%5CUsers%5Cuser%5CAppData%5CRoaming%5CMicrosoft%5CWord%5Coffice%40christchurchpurley.org.uk)

**Emmanuel Church**

* [Bereavement Chat Drop In](https://croydon.simplyconnect.uk/activities/efe3a7e0-4403-11ee-9ecd-577b2bed3d04/bereavement-support-bereavement-chat-drop-in-2nd-friday-of-the-month-b?keyword=bereavement+support&post_code=Croydon&page=1&limit=20&type_id%255B%255D=2): Second Friday of each month from 1.30-2.30 pm (or come earlier for lunch) at Renew Lounge at Emmanuel Centre, Rockhampton Road, South Croydon CR2 7AF.
* Bereavement Journey: A place to talk – 7 Sessions of films and discussion for anyone, whether grieving a death now, or wanting to explore a previous bereavement that may be unresolved. This course is for bereaved adults to do their own grief work. Everyone is welcome, although it is usually most beneficial to attend at least a few weeks after the death – ideally after the funeral, but this is not essential and The Bereavement Journey can benefit those in anticipatory grief, pregnancy loss or the long-term effects of loss. Sessions are held at the Emmanuel Centre, Normanton Road, South Croydon, CR2 7AQ. This course runs until 14 July 2025. For more information on these activities contact us on 0208 688 6676 or email [carol.trower@emmanuelcroydon.org.uk](https://cvalive-my.sharepoint.com/personal/kay_rhodes_cvalive_org_uk/Documents/Documents/GRIEF_LOSS/2024/carol.trower%40emmanuelcroydon.org.uk)

***Jigsaw4u:*** *Offers free therapeutic one-to-one sessions and early support, to children and young people (CYP) who are affected by a loved one’s illness or are bereaved of a family member or loved one. The service is for CYP’s 0 – 18 year olds. Children under the age of 6 are supported through advice and guidance to their parent/carer. The support is for CYP’s living in the boroughs of Croydon, Merton and Sutton. Families can self-refer for the Early and Post Bereavement service. W:* [*https://jigsaw4u.org.uk/what-we-do/pre-post-bereavement/*](https://jigsaw4u.org.uk/what-we-do/pre-post-bereavement/%20) *| E:* *monaahmed@jigsaw4u.org.uk* *|* *info@jigsaw4u.org.uk**| T: 020 8687 1384*

**Purley Baptist Church**

[Bereavement Drop In](https://cvalive-my.sharepoint.com/personal/kay_rhodes_cvalive_org_uk/Documents/Documents/CLAUDIA): A place where 'its ok not to be ok'! Thursday from 10 am - 2pm at the Foyer Café, Purley Baptist Church, Banstead Road, Purley CR8 3EA.

We offer - Refreshments - Time to chat or just sit - Hobbies & Crafts - Lunch - Meet people or be on your own- Quiet reflective space to be still or pray.

E: office@purleybaptist.org | T: 0208 668 0422 W: [www.renewwellbeing.org.uk/our-centres/447-renew-23](https://cvalive-my.sharepoint.com/personal/kay_rhodes_cvalive_org_uk/Documents/Documents/GRIEF_LOSS/2024/www.renewwellbeing.org.uk/our-centres/447-renew-23)

**Rowland Brothers**

Bereavement Support/Aftercare the following free services

* 1:1 Counselling: In person, telephone or online.
* Bereavement Support Drop-In, based at Purley Baptist Church on Thursdays from 11am – 1pm in conjunction with the Wellbeing Café.
* Never Alone Wednesday: Bereavement Support Group in Croydon. Our groups are small in number to ensure the comfort and reassurance that is needed while experiencing the natural reaction to grief. Meeting at the Salvation Army, Booth Road, Lower Church Street, Croydon CR0 1XY on Wednesdays from 11.45 am to 1.15 pm.
* Schools Project: Counsellors go into Schools to engage with the pupils who have been bereaved, or a victim of serious violence.
* Walking Bereavement Group: Meets every Thursday at 11 am in the parks of Croydon. Come on a beautiful walk, whilst learning about grief, getting some exercise, meeting others who are experiencing grief and make new friends. The walks are suitable for walking/hiking beginners. The walking part will be 1 hour or so. We will always have a stop where there is a cafe/pub for coffee and conveniences.

E: [aftercare@Rowlandbrothers.com](https://cvalive-my.sharepoint.com/personal/kay_rhodes_cvalive_org_uk/Documents/Documents/GRIEF_LOSS/2024/aftercare%40Rowlandbrothers.com) | W: <https://rowlandbrothers.com/rowland-brothers-foundation/> |

E: justine.dickinson@rowlandbrothers.com | T: Justine Dickinson Bereavement Counsellor: 0208 660 5547

**Selsdon Baptist church**

* Longest Night Service: Selsdon Baptist Church, Addington Road, CR2 8LL Does this time of year feel empty or hard for you? You are warmly invited to join us for a quiet and reflective service on Saturday 21 December from 6 – 7 pm. Please stay afterwards for refreshments.
* Walking together through grief: A support group for anyone who has been bereaved. In partnership with Woodside Bereavement Service. The Bereavement Support Group runs from time to time on Wednesdays.  It is held in the coffee lounge at the Church and runs from 2 - 3.30 pm plus occasional evening sessions (please email for dates and times). This group is open to all and is suitable for anyone who has suffered loss of any kind. All our sessions are free. For more information/to book a place call Dawn: 07718 189033 | Jane: 07561 869620 or E:bereavement@selsdonbaptist.org.uk
* Stepping Stones Cafe: A friendly welcome and a free coffee, cake and chat awaits you. We meet every second Wednesday of each month from 10 am – 12 pm at Selsdon Baptist Church, Addington Road, Selsdon CR2 8LL.
* YourSpace Community Counselling Service: Low cost in person counselling service at Selsdon Baptist Church. For more information call Dawn: 07718 189033 | Jane: 07561 869620 or E: [bereavement@selsdonbaptist.org.uk](https://outlook.office.com/mail/inbox/id/bereavement%40selsdonbaptist.org.uk)  |

W: <https://www.selsdonbaptist.org.uk/Groups/358525/YourSpace_Community_Counselling.aspx>

***Woodside Bereavement Centre***

*Provides one-to-one and group bereavement support sessions to Croydon residents. Assisting clients affected by loss, regardless of their circumstances or background. Supporting those facing complex grief issues to accept their loss, better manage their daily tasks at a time of stress and chaos; to manage re-engagement with their family, friends and the local community; to maintain or improve their well-being and through the bereavement support received to regain a sense of purpose at a challenging time in their lives and over time build up their resilience to lead healthy and independent lives. The service is delivered through three teams:*

* *The adult team: Free 1:1 bereavement counselling and group support sessions to adults aged 18+.*
* *The children’s and young people’s team (CYPT): A specialist team, working with children and young people in Croydon schools. The majority of the under 18’s are seen at school.*
* *The ‘Geras’ team: supporting those aged 60+*

*T: 0203 256 2009 | W:* [*www.thelisteningear.org.uk*](http://www.thelisteningear.org.uk) *| E:* [*wbs@thelisteningear.org.uk*](https://cvalive-my.sharepoint.com/personal/kay_rhodes_cvalive_org_uk/Documents/Documents/GRIEF_LOSS/2024/wbs%40thelisteningear.org.uk)

**Resources**

Croydon Simply Connect Directory

This online directory lists numerous specialist support services, such as bereavement support services, mental health, Benefits & Debt Advice, Domestic Abuse & Sexual Violence and more ….

Go to the CVA Website: [www.cvalive.org.uk](https://cvalive-my.sharepoint.com/personal/kay_rhodes_cvalive_org_uk/Documents/Documents/GRIEF_LOSS/2024/www.cvalive.org.uk) select Directories button on the home page select find local activities. In the quick search box type Bereavement Support for [Bereavement Support services in Croydon](https://croydon.simplyconnect.uk/activities?keyword=bereavement%20support&post_code=Croydon&page=1&limit=20&sort=&type_id%255B%255D=2).

Do take a moment to check that your organisations details are up to date.

* **Adding, or amending your activities** (for those already listed on the directory) please email your changes to [connectwellcroydon@cvalive.org.uk](http://connectwellcroydon@cvalive.org.uk)

**Not listed in the Directory yet?**

* If you wish to add your services/activities you need to complete this [online form](https://forms.office.com/r/L5F8mB41dh)

**One Croydon Training Programme:**

If you have found this training beneficial you may wish to look at what other training is available for Croydon frontline workers. We continue to add new training throughout the year (these sessions can be found on the CVA Calendar). To view the full CVA Training and Events calendar*:*[https://cvalive.org.uk/calendar/.](https://cvalive.org.uk/calendar/)

**Subscribe to the CVA e-news**: Receive our training newsletters and other useful e-updates for groups: <https://cvalive.org.uk/news/>