

**Bereavement, Grief and Loss: Supporting yourself and others (One Croydon Training)**

**Wednesday 7 February 2024 from 10:30 am – 12:30 pm**

It was great to see you all in the training session. A big thank you to Malcolm who as ever gave an excellent presentation, and to all who shared about the bereavement support your organisations offer to Croydon Residents this was most helpful.

Malcolm Gill, Croydon Community Coordinator, St Christopher’s Hospice

* Presentation: <https://cvalive.org.uk/assets/documents/20240207-bereavement-grief-l>
* Video: [Brené Brown on Empathy vs Sympathy - YouTube](https://www.youtube.com/watch?v=KZBTYViDPlQ)
* St Christopher’s Resources: Guides, booklets and leaflets <https://www.stchristophers.org.uk/patients/leaflets>

E: m.gill@stchristophers.org.uk  | W: <https://www.stchristophers.org.uk>

Save the Date! Malcolm will be delivering a second Bereavement, Grief and Loss training session: Tender Conversations on Thursday, 14 March 2024 from 10:30 – 12:00. I will email details and booking link once added to Eventbrite.

[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)
* 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

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

* 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!
* Stanley Arts Centre 12 South Norwood Hill, London SE25 6AB.  Next Meeting Tuesday 5 December, 2 – 4 pm
	+ To find out more, please email j.whiteley@stchristophers.org.uk | [www.stchristophers.org.uk/](http://www.stchristophers.org.uk/)

**Service Updates from other organisations**

Mona Ahmed, Bereavement Service Manager, Jigsaw4u

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/> | E: [monaahmed@jigsaw4u.org.uk](file:///C%3A%5CUsers%5Cuser%5CAppData%5CRoaming%5CMicrosoft%5CWord%5Cmonaahmed%40jigsaw4u.org.uk) | info@jigsaw4u.org.uk | T: 020 8687 1384

Justine Dickinson, Bereavement Counsellor, Rowland Brothers Bereavement Support/Aftercare

We offer 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.
* Bereavement Group: Based at the Salvation Army Citadel, Central Croydon Wednesdays 11.45 to 1.15pm
* Schools Project: Counsellors go into Schools to engage with the pupils who have been bereaved, or a victim of serious violence.
* New project planned for 2024: A walking bereavement group, meeting weekly in the parks of Croydon.

E: [aftercare@Rowlandbrothers.com](aftercare%40Rowlandbrothers.com) | W: <https://rowlandbrothers.com/rowland-brothers-foundation/> |

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

Elaine Duffus, Woodside Bereavement Centre

Provides one-to-one and group bereavement support sessions to Croydon residents. We seek to assist 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 hopefully 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](wbs%40thelisteningear.org.uk)

Pauline Chapman, Christchurch 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.

Please book your place: <https://christpurley.churchsuite.com/events/ncm0s2fj>

* 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)

Carol Trower, Emmanuel Church Bereavement Support

* Bereavement Chat Drop In: from 1:30 pm – 2.30 pm (or come earlier coffee, tea and soup and rolls for lunch) on the 1st Friday of every month at the Renew Café at Emmanuel

Emmanuel Church Bereavement Chat Flyer: <https://cvalive.org.uk/assets/documents/emmanuel-church-bereavement-ch>

* Bereavement Journey: The Bereavement Journey is 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. The next session starts on 3 June 2024. Find out more go to: W: <https://www.thebereavementjourney.org/> | T: 0208 688 6676 |

E: [carol.trower@emmanuelcroydon.org.uk](carol.trower%40emmanuelcroydon.org.uk) | Emmanuel Church Bereavement Journey Flyer: <https://cvalive.org.uk/assets/documents/bereavement-journey-2024-flyer>

Pauline Miller, Purley Baptist Church

Renew23 wellbeing Café: 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 | For more information: <www.renewwellbeing.org.uk/our-centres/447-renew-23>

Jane White, Bereavement Counsellor, Selsdon Baptist Church - Bereavement Services

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 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. For more information and to book a place please call Dawn: 07718 189033 | Jane: 07561 869620 or Email: [bereavement@selsdonbaptist.org.uk](bereavement%40selsdonbaptist.org.uk%20%20%20)

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.

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](bereavement%40selsdonbaptist.org.uk) |

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

Eugene Barone MHA services

We provide created wellbeing experiences, social groups and healing garden.

For more information what's on at The Wilderness, take a look at our events calendar and join us at The Wilderness.

W: <https://www.mha.org.uk/get-involved/the-wilderness/activities-events/>

**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> select Directories button on the home page select find local activities. In the quick search box type Bereavement/Bereavement Support for Bereavement Support services in Croydon. 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**

You can find One Croydon Training and other training for Groups on the CVA Group Training and Events calendar*:*[https://cvalive.org.uk/calendar/.](https://cvalive.org.uk/calendar/)

Upcoming One Croydon Training sessions

Universal Credit Training - Monday 4 March [Book Here](https://cvalive.org.uk/calendar/item/51259217)

Bereavement, Grief and Loss: Tender Conversations – Thursday, 14 March (soon to be added)

Suicide Prevention Awareness for those working with Young People - Wednesday 15 May (soon to be added)

Suicide Prevention Awareness for those working with Adults – Wednesday, 12 June [Book Here](https://www.eventbrite.co.uk/e/suicide-prevention-awareness-for-those-working-with-adults-one-croydon-tickets-825496902457)

Introduction to Substance Abuse for Front Line workers' (IBA Training) (Date to be confirmed)

Substance Abuse Awareness for those working with Young People (Date to be confirmed)

Housing: Support & Advice for Croydon Residents (Date to be confirmed)

Talk About Money - Advice & Support for Croydon Residents (Date to be confirmed)

You may be interested the recordings and meeting notes recent One Croydon Training sessions

* [Mental Health Support for Young People](https://cvalive.org.uk/news/2022-news-items/mental-health-support-for-youn-2/)
* [Mental Health Support for Adults in Croydon](https://cvalive.org.uk/news/mental-health-support-in-croyd/)
* [Domestic Abuse and Sexual Violence support in Croydon](https://cvalive.org.uk/news/2022-news-items/domestic-abuse-and-sexual-viol/)
* [Employment Support for Croydon Residents](https://cvalive.org.uk/news/employment-support-for-croydon/)

Kay Rhodes

**Training and Community Leadership Support**, **Croydon Voluntary Action**

Email: kay.rhodes@cvalive.org.uk

To view the full CVA Training and Events calendar*:*[CVA Events Training - Croydon Voluntary Action (cvalive.org.uk)](https://cvalive.org.uk/calendar/)*.*