

For further information or to arrange a visit to the group please contact the following:

Liz Wilkie: 01454 319 886 or 07593 980 538

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or

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Stepping Forward



A support group for the bereaved

Supported by Hanham Health



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Introduction

The loss of someone close to you is probably the most devastating experience you will ever have to cope with.

When we are bereaved we are faced with a bewildering range of thoughts and emotions and we react in many ways.

Some comfort and relief can be gained by meeting others who have experienced loss and can identify with your feelings.

If you have lost someone close to you, you may find it helpful to talk with others who have been through a similar experience.

You may gain comfort and relief through such support and the encouragement to move forward with positive memories.

Initial support can be offered by your GP and Community Nurses who will be very concerned about the wellbeing of their patients who have been bereaved. The Stepping Forward Group can build on that support.

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What is the Stepping Forward support group?

The Group was established in 1998 by the Health Visiting team at the time and Liz Wilkie, a former member of that team has continued to facilitate the group in a voluntary capacity. Most recently James Young, a patient of Hanham Health has joined Liz in this role.

The group also organises regular social events.

How do I find out more about the group?

If you feel that you would like to know more please contact the people named on the back of this leaflet.

They can also help make arrangements for transport if you would need it to get to the group.

When and where does the group meet?

Stepping Forward is held on the first and third Monday of each month from 10.00am until 12.00 midday. The group currently meets in the Residents Communal Lounge of Holmwood (off Victoria Road) Hanham, BS15 3QF.

Refreshments are available for a small charge of £1.00