

Sharing information about bereavement support

BEREAVEMENT BULLETIN

FIRST EDITION JUNE 2022

Welcome to our first Bulletin - what's in it?

An update on our Bereavement Support Survey & the project

Information of local & national bereavement support

Our first activity
Crafts & Conversations

READ ON

Here for you

Tell us what you would like to read about

Share information

Get in touch - 01208 622169

Craft & Conversations

an afternoon of creative activity with a cuppa & chance to chat



Thursday June 16th 2022
The Annex, Hillside Park, Bodmin

Contact us for more information
and to book a place:
01208 622169 07716 367400
bereavementbuddies@intobodmin.co.uk



Contact [Bereavementbuddies@intobodmin.co.uk](mailto:bereavementbuddies@intobodmin.co.uk)

Bodmin Bereavement Buddies

Project update

Our survey showed that bereaved adults living in & around Bodmin would like to

- get support on the phone
- attend a bereavement support group
- take part in creative activities where talking about their bereavement is seen as an important & natural thing to do

Developing our service

We don't want to duplicate activities that are already in place. So while we continue to develop our project we are planning share information about the bereavement support that is already in place to try and make sure information is available for everyone who needs it.

In the meantime, please get in touch if you or someone you know would like support.

“We bereaved are not alone. We belong to the largest company in all the world-the company of those who have known suffering.”

Helen Keller

Tailoring support to meet individual needs

Many things that can affect our experiences of bereavement. Our survey highlighted the fact that every bereavement is individual and different from others. Bereavement support needs are not the same for everyone. One size does not fit all when it comes to bereavement support.

We were also reminded that sometimes bereavement support is most effective if it is focused on particular types of bereavement such as the death of a parent, or sibling, or death from particular types of illness such as Cancer.

Keeping you updated.....



Local & national support

Telephone Support

Cornwall Hospice Care provides a free “Listening Ear Service” with up to 6 hours telephone support and information. The service is open to everyone who is recently bereaved .

For more information about this service and other support provided by Cornwall Hospice Care see <https://bit.ly/3NYhIFW>

Cornwall Hospice Care Memory Event Sunday June 26 3.30 Trebah Gardens, Truro

This event provides the opportunity to reflect on your memories of someone no longer in your life as you send a personal message and place a flower in memory of them accompanied by the sound of gentle music.

The event is open to all, however you need to register

For more information & to register <https://bit.ly/3PqzQo1>

The Loss Foundation - supporting bereavement through Cancer & Covid 19

This London based charity offers free support for people aged 18 & over who are bereaved through a cancer related death or the death of someone covid 19. It offers online support including

- A 10-week therapeutic group led by Clinical Psychologists
- Online drop-in support groups led by professionals providing space for people to share experiences
- A matching service to connect people who have had ‘a similar type of loss for one to one telephone contact

Read on.....



Local & national support

June's online support meetings with the Loss Foundation include

Thursday 16th 7.00 - 8.30pm - Understanding Grief & learning how to look after yourself

Wednesday 22nd 7:00 - 8:30pm - Loss of a parent to Cancer (this is the first of 4 monthly support sessions.

Tuesday 28th 7:00 - 8:30pm - All types of cancer related losses

Wednesday 29th 7:00 - 8:30pm - Loss of a partner to Cancer

Thursday 30th 7:00 - 8:30pm - An online get together for anyone bereaved by Cancer

For more information about the above activities, the Loss Foundation and the support it provides use this link <https://bit.ly/3w6rJW1>

Bereavement & Grief Support Directory

Cornwall Hospice Care produces a directory of bereavement & grief support provided by a wide range of organisations.

Here's a link to the directory
<https://bit.ly/3LqrtWi>

"The griefs that have been hardest for me were the ones I didn't recognize as griefs, because they came in what were supposed to be the best times of my life. No one whispered in my ear that the best times, the ones that change our lives, are woven with the thread of loss."

Anna White, *Mended: Thoughts on Life, Love, and Leaps of Faith*

We hope you found this newsletter useful, please let us know