



For people in the same boat

Safe Harbour Bereavement Group

*St Augustine's Church Hall Thorpe Bay, SS1 3HX - meets: -
2nd and 4th Thursday of the month from 2:30pm to 4:30pm*

*The Avenue Baptist Church- Milton Road Westcliff, SS0 7JX meets: -
1st Thursday of the month in their Primary Hall from 1pm to 3pm*

*Coffee at a venue along the seafront usually on the 3rd Thursday of the month at
2pm see Facebook page for venue on the day or call/text Barbara 07969
099396*

Newsletter – July 2024

Issue 3

*Anything you wish to be mentioned or an article please email me on barbarablack29@gmail.com Or
write it out for me and I'll write it in*

Join our Facebook page – Safe Harbour Bereavement Group

If you have a talent or a crafting skill, please let us know and you can share it with the group -thanks

What is coming in 2024 at St Augustine's Hall

PLEASE NOTE

Talking during the speakers is seriously getting on people's nerves – so please DON'T do it. If you're not interested in the subject please sit outside or in the back room.

25th July – Pam from The Shoebury Ark – please bring donations

8th August – Strawberry Tea plus game/s

22nd August – introduction to 'Tapping' A Stress Relief Technique

26th September – Andy bunker from Alton Garden Centre – Autumn flowers

5th December – The Avenue Christmas Party

12th December – St Augustine's Christmas Party

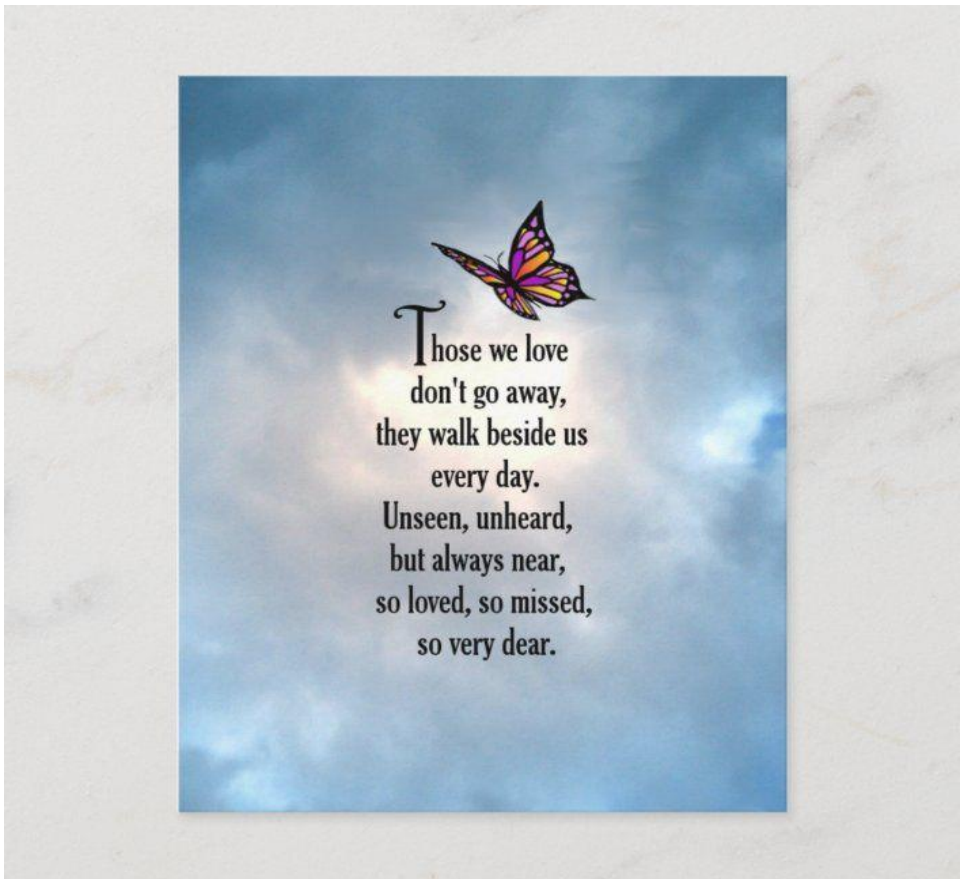
1. Remember there are table games in the cupboard should you want a game with someone.
2. We are always in need raffle prizes for the free raffle
3. There is also table tennis (gentle playing only please)

Should you want a one-to-one with either Karen our Hypnotherapist who can help with the stresses and anxiety of bereavement or sleep problems? OR with Sally our counsellor who can help you through your bereavement - please just ask them they are always available and willing.

Please remember to talk to others in the group and if you see someone on their own please make a point of saying 'hello' it can be quite lonely even in a group

Should you have a problem you wish to discuss with someone just approach a member of the team and we can sort out a chat with you. Please remember all conversations are in confidence. The speakers will not stop you from having one to one discussions with any of the team should you want one. There will be two small tables at the back of the hall for those who need of support or there is the back room – don't be afraid to ask someone if you need help. If you want anything adding to the newsletter, please tell me.

Many thanks to the team Sally, Maureen, Marjorie, Georgean, Linda, and members of the group who help out as and when necessary plus our Specialists Karen and Sally



Group Dates 2024

St Augustine's Church Hall 2:00pm to 4:30pm 2nd and 4th Thursday

11th & 25th Jan,
8th & 22nd Feb,
14th & 28th March,
11th & 25th Apr,
9th & 23rd May,
13th & 27th June,
11th & 25th July,
8th & 22nd Aug,
12th & 26th Sept,
10th & 24th Oct,
14th & 28th Nov,
12th Dec

(No meeting on Dec 26th)

Avenue Baptist Church Hall 1pm - 3pm 1st Thursday of month

4th Jan,
1st Feb,
7th March,
4th April,
2nd May,
6th June,
4th July,
1st Aug,
5th Sept,
3rd Oct,
7th Nov,
5th Dec,

if you are feeling overwhelmed or feel like you could behave in a way which is unsafe to yourself or others you should seek help as soon as possible. These are the helplines you can contact when in crisis

Call 999
in an
emergency

111 – Opt for option
2 for mental health
support. 24 hours a
day 365 days a year

Samaritans
116 123 (UK) 24
hours a day 365 days
a year