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| *.*  C:\Users\User\AppData\Local\Microsoft\Windows\INetCacheContent.Word\logo-resize med.png  Safe Harbour Bereavement Group  *St Augustine’s Church Hall Thorpe Bay, SS1 3HX - meets: -*  *2nd and 4th Thursday of the month from 2:00pm to 4:00pm*  *Balmoral Community Centre, Ground Floor Back Room, Salisbury Avenue,*  *Westcliff, SS0 7AU meets - 3rd Thursday of the month 2:00pm to 4:00pm*  *Coffee at a venue of choice on the 1st Thursday of the month at 2:00pm usually Cliff pavilion Café*  *.*  *Newsletter – 2025*  *Issue 3*  ***Anything you wish to be mentioned or an article please email me on*** [***barbarablack29@gmail.com***](mailto:barbarablack29@gmail.com) ***Or write it out for me and I’ll write it in***  *Join our Facebook page – Safe Harbour Bereavement Group*  *Charity Number: 1210601*  *Website :* [*http://www.safeharbourbg.co.uk/*](http://www.safeharbourbg.co.uk/)  *Supported By Cribbs Funeral Directors* |
|  | **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 2025 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.  Games and Quizzes at quiet times  24th July – Karaoke!  14th August - Strawberry Tea and games  28th August - Niven Ramalingum talk on Scams/Fraud/Nutrition and Dementia  Autumn Bring and Buy Sale  11th September – Competition time – Teams Event!  11th December – Christmas Party  **Suggestions for suitable speakers and activities please**  We are always in need raffle prizes for the free raffle   1. Should you want a one-to-one with either Karen our Therapist 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 in 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, Keiron, Georgean, and members of the group who help out as and when necessary plus our Specialists Karen and Sally  The Funeral Poem - All types of Poetry | Butterfly on flower, Funeral ...  **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 below the Group Dates on the next page**  **Group Dates 2025**  **Balmoral Community Centre 2025 Dates**  **2pm - 4pm**  **3rd Thursday of month**  **17th April**  **15th May**  **19th June**  **17th July**  **21st August**  **18th September**  **16th October**  **20th November**  **December – to be arranged**  **St Augustine’s Hall**  **Group Dates 2025**  **2:00pm to 4:00pm**  **2nd and 4th Thursday**  **January 9th and 23th**  **February 13th and 27th**  **March 13th and 27th**  **April 10th and 24th**  **May 8th and 22nd**  **June 12th and 26th**  **July 10th and 24th**  **August 14th and 28th**  **September 11th and 25th**  **October 9th and 23rd**  **November 13th and 27th**  **December 11th**  **5 week months**        Samaritans  116 123 (UK) 24 hours a day 365 days a year  111 – Opt for option 2 for mental health support. 24 hours a day 365 days a year  Call 999  in an emergency |