

T.L.C.

Stourbridge Bereavement Support Group

Please note: This is NOT a bereavement counselling group, but rather a friendship/discussion group.

- **Meeting at Chawn Hill Church Centre Lounge**
- Situated to the rear of Chawn Hill Church, Chawn Hill, Stourbridge, DY9 7JD
- **Wednesday Morning 11.00 – 12 noon**
- Light Refreshments

Access into the church centre lounge is disabled friendly by slope or steps with railings; the centre building is situated to the right of the church car park.

Car parking is available to the rear of the church and Chawn Hill is serviced by the following bus routes: 142 and 288 and only a short walk from the Stourbridge Junction.

For further details please contact:

Anita Tollerton 07964 858349
vatollerton@outlook.com

Maureen Giles 07758 709671
maureengiles7@hotmail.co.uk

Chawn Hill Church Office 01384 397287
admin@chawnhillchurch.org.uk
www.ChawnHillChurch.org.uk

T.L.C.



*Stourbridge Bereavement
Support Group
“Stronger Together”*

Welcome to T.L.C.

We are a bereavement support group, set up near the centre of Stourbridge, endeavouring to meet some of the needs of those suffering as a result of bereavement. We meet each Wednesday morning from 11:00 until around 12 noon.

We understand that bereavement can be a very painful, lonely and confusing journey, and also that it can be very difficult to share thoughts and feelings with family and friends. We offer friendship and support with others who can appreciate and identify with your experiences and feelings, in a safe and welcoming environment.

Together we aim to:

- create a safe place where bereaved people can meet together
- help counter the feelings of isolation related to bereavement
- encourage mutual support in a non judgemental environment
- share thoughts and feelings with compassion towards ourselves and others
- assist each other in approaching some common problems
- build trust and friendship
- provide a supportive environment to enable people to find new purpose and renewed hope
- provide links to other community support groups offering help and support
- share social events e.g. lunchtime meals at local pubs/restaurants – occasional outings.

The group is open to all, if you need support to cope with bereavement then you are welcome, but we do ask that you:

- show respect to all other group members
- listen while others are speaking
- show sensitivity
- remember and respect that your opinions and views may not be shared by all group members

Remember and respect that some topics of discussion are confidential and should be treated as such.

About the Group

After working for sometime as a funeral celebrant, Anita Tollerton realised that there is a great shortage of bereavement support in our local area. Recognising the need for a little extra help and knowing that people don't just 'get over' their loss, but that it is in sharing and celebrating the life of a loved one, acknowledging the importance of remembrance, especially of special occasions and events, through laughter and tears, healing can begin.

The Senior Minister at Chawn Hill Church agreed that a support group would be great way to help bereaved people in our community and has welcomed this as an outreach of the church's work and has provided us with meeting room. Members are welcome from all backgrounds and religious beliefs, without pressure to join Chawn Hill.

The group is also supported by Maureen Giles, a lady with years of experience in leading small groups and offering support in the community.