



September 2022
Volume 1, Issue 1

Life After Loss Café

HAPPY 1st BIRTHDAY

In the beginning

During Covid it was evident that people were often grieving the death of a loved one on their own with no support network. As we began to emerge from Covid a group of people from the Parish of Kidderminster East felt that there was a need to offer some form of opportunity that allowed people who were grieving to meet in a social environment. It was decided that we would set up a monthly Bereavement Café which would offer people the chance to meet with others who understood the experience of loss.

The Café opened its doors in Sept 2021. It is run on a monthly basis (usually the last Monday of the month) and is held in St Cecilia's church from 2.00-4.00pm. We provide tea and coffee and a range of wonderful homemade cakes, for which there is no charge.

Who is the Café for?

The Café is not just for those who have suffered a recent loss but to anyone who has been bereaved at any stage of their lives and would benefit from meeting others in the same situation.

The Café is for those who are struggling in any way with their own grief, those who maybe just want to chat about their loss or how to support someone close to them through their grief. We offer face to face support, with the opportunity to meet others in your locality, to make friends, and receive advice and hope.

The Bereavement Café offers a chance to meet with others who understand the experience of loss. It is a safe space to talk about the pain of bereavement, and to find mutual support and encouragement, when it is needed most. It is also a space where you can just come and sit and listen to others.

What next?

We are looking at the possibility of running extra Café dates in 2023 as people who attend have said that they would like more sessions.

What is the bereavement Café ?

The bereavement Café is a safe space for anyone over 18 years of age that allows individuals to talk about the pain of loss and for you to find mutual support and encouragement when it is needed most.

The café is run by volunteers who have gone through a training programme so that they can offer appropriate support and signpost where needed to other agencies for extra support. It is important for us to say that we **are not** counsellors or therapists.

The Café is open to all, regardless of church membership or faith.

Feedback from those who attend the Café

The Café is a safe environment where I feel comfortable in discussing my loss

Some people coming here have become close friends".

The Café has an open environment where you are made to feel welcome

The cakes are fantastic! I hardly see anyone all week so it's great to come here and talk".

It is nice that a member of the clergy drop into the Café



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following Jesus
Spirit-transforming lives**



**Life After Loss Café
celebrates its
1st birthday**



Who's Who at the Café

The following are those who have been involved in the Café over the last 12 months

Clergy

David Hildred (Team Rector)
Robert Legge (Team Vicar)

Steering Group

Alison Price
Carol Morris (Licensed Lay Minister)
Elaine Voice (Licensed Lay Minister)
Freda Baker
Lisa Manser (Licensed Lay Minister)

Volunteer team

Ann Evans
Ron Layton
Stephen Duckhouse
Tony Bill

For more information about the
bereavement café

*You can contact us on our
dedicated email at*

lifeafterlossKEP@gmail.com

or 01562 822131

Would you like to volunteer with us?

If you would like to find out more about becoming a Café volunteer please contact us on the email address below.

Café dates for 2023

**30th Jan
27th Feb
27th March
24th April
22nd May
26th June
31st July
21st Aug
25th Sep
30th Oct
27th Nov
18th Dec**

**The Café is held
2.00-4.00 pm at
St Cecilia's Church,
164 Hoo Road,
Kidderminster,
DY10 1LP**