



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 2:00pm to 4:00pm*

*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 of choice on the 3rd Thursday of the month at 2:30pm see
Facebook page for venue on the day or call/text Barbara 07969 099396*

Newsletter – 2025 Issue 1

*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
Charity Number: 1210601*

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.

10th April – Easter Meeting St Augustine's

24th July – Strawberry Tea (Date Not Confirmed) St Augustine's

11th December – Christmas Party St Augustine's

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)

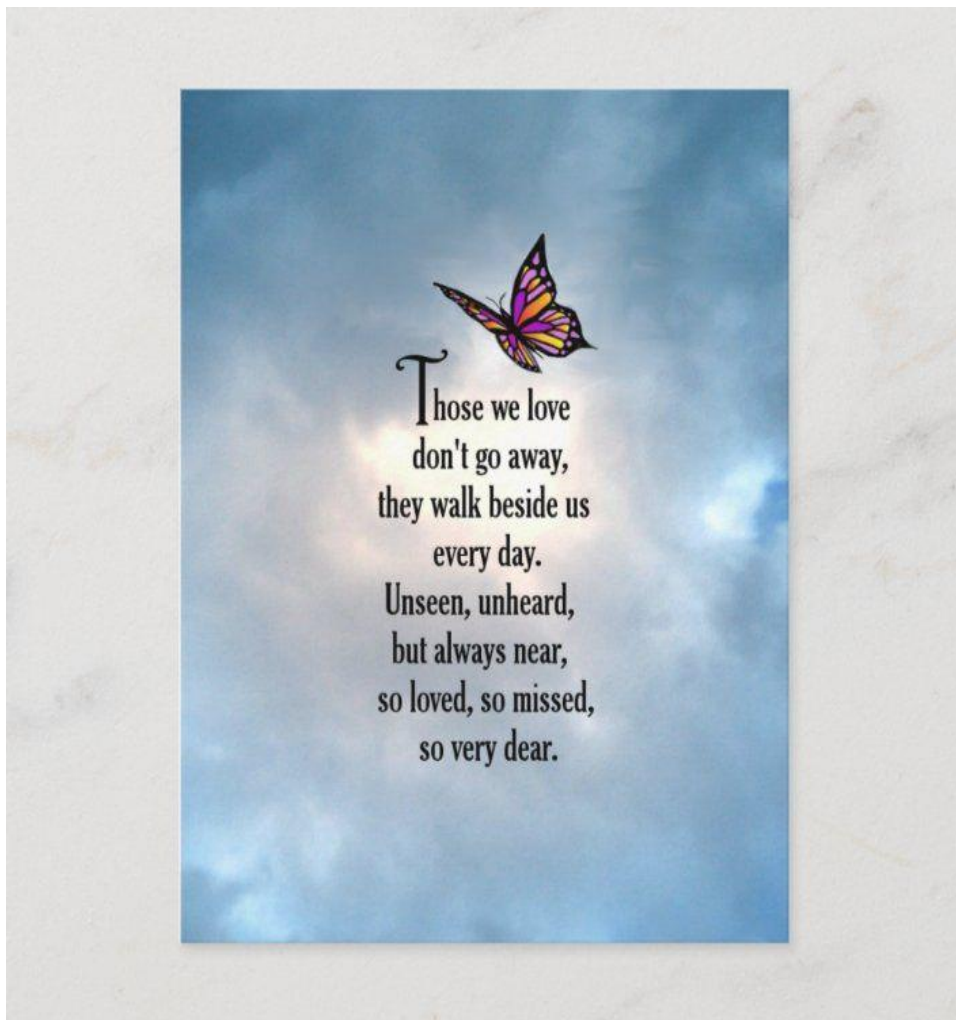
Should you want a one-to-one with either Karen our Hypnotherapist who can help with the stresses and anxiety of bereavement or sleep problems? OR with Sally our counsellor who can help you through your bereavement - please just ask them they are always available and willing.

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, and members of the group who help out as and when necessary plus our Specialists Karen and Sally



Group Dates 2025

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

Avenue Baptist Church Hall

2025 Dates 1pm - 3pm
1st Thursday of month

2nd January

6th February

6th March

3rd April

1st May

5th June

3rd July

7th August

4th September

2nd October

6th November

4th December

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