



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*

*Balmoral Community Centre, Ground Floor Back Room, Salisbury Avenue,
Westcliff, SS0 7AU meets - 3rd Thursday of the month 2:00pm to 4:00pm*

*Coffee on the 1st Thursday of the month at 2:00pm
In the Cliff Pavilion Café*

Newsletter — 2025 - Issue 2

*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*

Website: <https://www.safeharbourbg.co.uk/>

*Join our Facebook page — Safe Harbour Bereavement Group
Charity Number: 1210601*

Supported By Cribbs Funeral Directors — Leigh on Sea

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.

Doreen and Dylan 'Dogs for the Blind' - 10th April

We are hoping to have the local Bee Man telling us about the Honey he harvests (he will be assisted by some lads from the school) - 29th May

Coach Trip to Bury St Edmunds- Wednesday 4th June

Barry Lyndon on the British Weather 12th June

Strollers - Slow Line Dancing Demo - get involved! 26th June

1. We are always in need raffle prizes for the free raffle

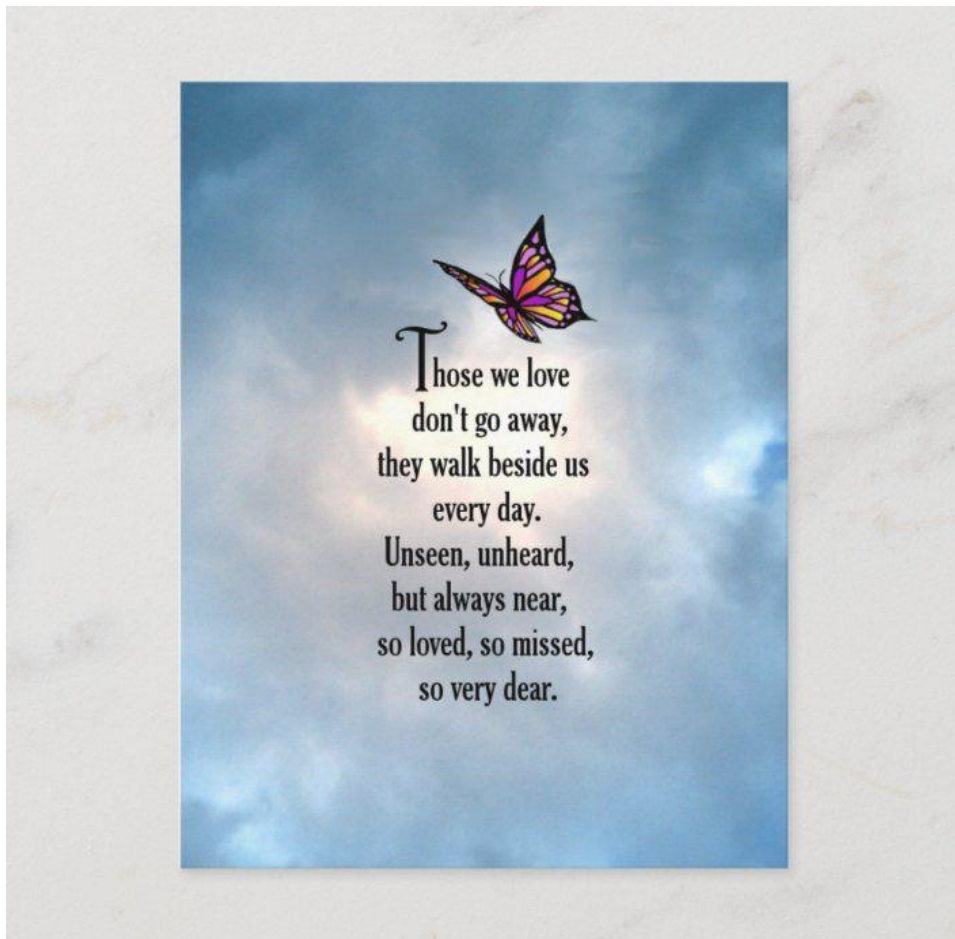
Should you want a one-to-one with either Karen our Therapist who can help with the stresses and anxiety of bereavement or sleep problems? OR with Sally our counsellor who can help you through your bereavement - please just ask them they are always available and willing.

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



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

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

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**

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