

A six-week programme that provides support and understanding for people who have shared a similar experience – bereavement.

VENUE

STEPS traditionally meets in the Tata Suite at the Lysaght Institute, Orb Drive, off Corporation Road, Newport, NP19 0RA from 7pm until 8.30pm on Tuesdays but these meetings are currently suspended due to the Covid-19 crisis.



REGISTRATION

We are taking registrations and we will be in touch as soon as STEPS can safely hold meetings again. If you would like to register you may do so either by sending the tear-off panel (overleaf) to Tovey Bros 9-11, Cardiff Road, Newport, NP20 2EH or by telephoning us on 01633 266848 or alternatively email info@toveybros.co.uk

For further information, please use these contact details.



‘While we must never minimise the pain and the difficulty of grief, we need to hold on to the hope that some day the pain will subside, and life will have meaning again.’

Dr Bill Webster



TOVEYBROS
FUNERAL DIRECTORS

9-11 Cardiff Road, Newport NP20 2EH.

Tel: 01633 266848

Email: info@toveybros.co.uk

Website: www.toveybros.co.uk

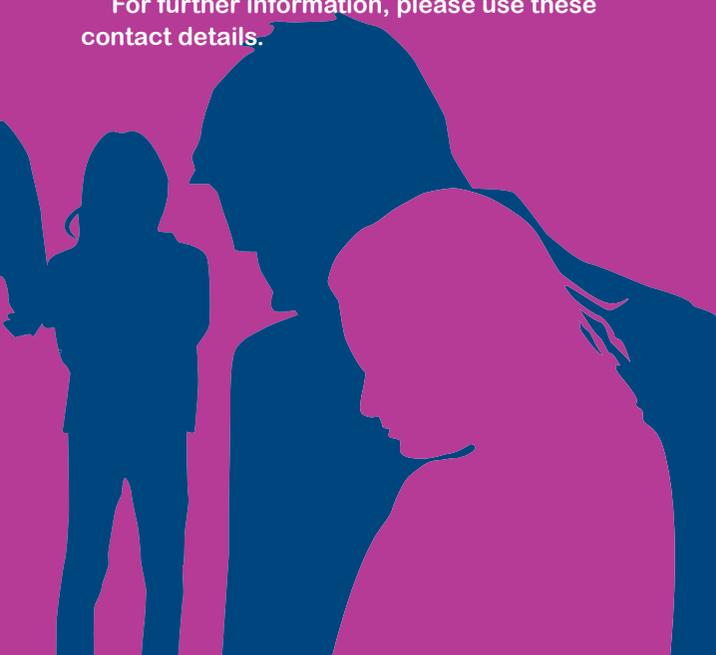
2020-2021



STEPS

Supporting Those Experiencing Personal Sadness

‘Our aim is to provide a safe place for bereaved people to find support, reassurance and information on their unique, natural but often difficult grief journey.’



Tovey Bros sponsors **STEPS** several times during the year without any cost to those who come along.



The group uses materials produced by Dr Bill Webster, founder of the Grief Journey, a resource for those going through loss.

Running over six weekly sessions, the atmosphere is informal and you are welcome to bring a family member or friend to the course with you for support. The course is for any person who is bereaved, whether recent or dating back over the years.

After a significant loss, people often feel isolated. The first days of sympathy quickly fade as life goes on for those less affected by the death. Some seem to expect that everyone should 'be strong', and that life should go on as normal.

A support group offers a chance to learn what grief is; where people can discover that their reactions to it are normal and be among people who understand. They find it is ok to feel the way they do because grief is a natural human reaction to loss.

STEPS aims to provide a caring environment in which people can work through the many emotions and tasks that lead to reconciliation and help them to move on.



STEPS

Supporting Those Experiencing Personal Sadness

A six week programme that provides support and understanding for people who have shared a similar experience – bereavement.



VENUE

STEPS meetings have been postponed until further notice due to COVID-19. They will resume as soon as it is completely safe and practical to do so. In the meantime please access Dr Bill Webster's Grief Journey website for various bereavement resources including books, e-books, DVDs, videos, interactive materials and specialised grief care packages. This is available via the Bereavement Support section of our website.

<https://www.toveybros.co.uk/help-advice/bereavement-support/grief-journey/>

The SAIF bereavement support service can also be reached by freephone 0800 917 7224 or via email at help@saifcare.org.uk

SAIF Care Chat is also available via an online chat box from the SAIF website and can be located at <https://saif.org.uk/about-saif/saif-care/>



PRE-REGISTRATION FORM

We will contact you and advise about the next available six-week course.



Name: _____

Address: _____

Tel: _____

Mobile: _____

Email: **Supporting Those Experiencing Personal Sadness** _____

Please send this pre-registration slip to Tovey Bros 9-11 Cardiff Road, Newport NP20 2EH or email info@toveybros.co.uk