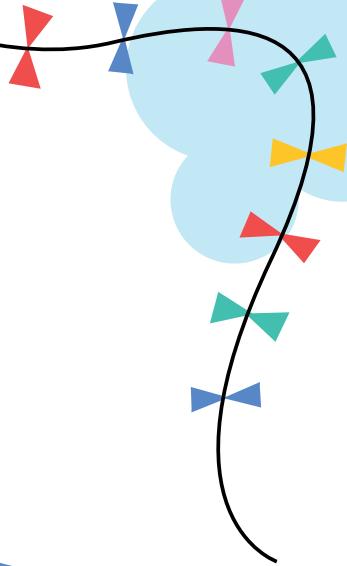




**demelza**



# Bereavement support

Demelza understands that every family's grief journey is unique. We offer a range of support tailored to your needs.

We are here for you and your family, for as long as you need us.

### In Touch Newsletter

Our newsletter sent every 6-weeks is designed to keep you connected and informed by providing updates about services, support groups, sessions, and events.

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### Demelza Bereaved Families Facebook Group

A closed group and dedicated space for families who have experienced the death of a child to share experiences and find support from others going through similar challenges. The group offers peer support and information from the bereavement team about updates, events, and other opportunities.

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### Face-to-face Bereavement Cafes

Come along to our friendly get-togethers for bereaved families. Whether you want to share memories, get support, or just have a chat, you're welcome. No booking needed – just drop in and say hello.

#### Cave Café:

First Tuesday of the month,  
10am – 12pm, Margate Caves,  
1 Northdown Road,  
Margate, CT9 3FE

#### Farm Café:

Second Thursday of the month,  
10am – 12pm, Demelza Hill Farm,  
Rook Lane, Bobbing,  
Sittingbourne, ME9 8DZ

#### Kitchen Café:

Third Monday of the month,  
10am – 12pm, Demelza Eltham,  
5 Wensley Close, Eltham, SE9 5AB

### Virtual Bereavement Café

A relaxed and friendly space to meet and support one another and connect with others who understand your grief, all from the comfort of your own home. Fourth Wednesday of the month, 7-8pm  
**Meeting ID:** 312 372 258 369  
**Passcode:** wBhAoZ

The café is hosted by Microsoft Teams, if you would like some support to join, please contact us.

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### Dads & Male Carers Opportunities

Experiencing the loss of a child is a unique and challenging journey. Find support, understanding, and camaraderie with other men. Contact us to find out about opportunities for connection and support.

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### Grandparent Group

Are you a grandparent grieving the loss of a grandchild? You're not alone. Our supportive group offers a safe space to share your feelings, connect with others, and find comfort. Led by trained and experienced bereavement volunteers. No booking required. Light refreshments available. Accessible venue

Last Wednesday of the month,  
10am – 12pm  
Resources Room\*,  
Demelza Kent, Rook Lane, Bobbing,  
Sittingbourne, ME9 8DZ

\*If you're new to the group, please contact us. We sometimes have off-site meetings or outings.

### Sibling Support

Demelza understands the profound impact of sibling loss. Our safe and supportive environment provides tailored opportunities for understanding grief and loss, either individually or within a group. Through creative therapies, one-to-one sessions, or group activities and trips, we help children and young people process their experiences.

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### Remembrance Events

We understand the importance of remembrance and connection. Demelza hosts several events annually, offering space for reflection, creativity, and social interaction. Transport can be requested if needed.

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### Befriending

Would you like a regular chat or a listening ear? Our trained and experienced befriending volunteers are here to listen and offer support. We can arrange a regular chat by phone or in person. Let Demelza connect you with a friendly and understanding companion.

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### Together Exploring: Workshops

Find solace and support in our Together Exploring: workshops, facilitated by Demelza counsellors and family support staff. Explore issues like grief, baby loss, and returning to work in a safe and understanding environment. This six-session group is open to those who have experienced the death of a child more than six months ago.

Our group size is limited to eight, and full attendance is required at each weekly session.

### Practical Support

Need a hand with everyday tasks? Our trained volunteers can help with short-term or one-time needs, like transport, furniture assembly, or low-level home improvements.

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### Counselling

The death of a child is overwhelming, and you may feel unable to cope. We offer confidential one-to-one sessions to explore your thoughts and feelings. Sessions can be held face-to-face, online, or by phone for adults and young people aged 16+.\*\*

*\*\*Please note that counselling is often in high demand, resulting in potential waiting lists. This service is available to young people aged 16 and above, and adults who aren't currently receiving other therapeutic interventions.*

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### Creative Arts Therapies

Our team of skilled therapists offers art, music, dance movement, and complementary therapies. We can provide sessions at a Demelza site, your home and within educational settings. To determine the best approach for you, a therapist will contact you for an initial consultation after your referral.\*\*\*

#### Therapies available:

**Kent:** Art Therapy, Music Therapy, Complementary Therapies  
**South East London:** Art Therapy, Music Therapy, Complementary Therapies  
**East Sussex:** Music Therapy, Dance Movement Therapy, Complementary Therapies

*\*\*\*Please note that creative therapies are often in high demand, resulting in potential waiting lists. These services are available to children, young people, and adults who aren't currently receiving other therapeutic interventions.*

If you would like to make a referral or discuss any of the support available please call, text or WhatsApp: 07719 044929 or email [FamilySupportDepartment@demelza.org.uk](mailto:FamilySupportDepartment@demelza.org.uk)



**@demelzacharity**

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South East London**

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Eltham, London,  
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T: 020 8859 9800

**Demelza  
East Sussex**

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St Leonards-on-Sea,  
East Sussex, TN38 8BL  
T: 01323 446461

Find out more



To find out more about bereavement support scan the QR code or visit

**demelza.org.uk**

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