

Compassionate Communities Workshop

Cruse is working with Co-op to bring grief resources, drop-in support sessions and workshops to your local grief hub. We're offering free community support to those who are grieving, and new skills to those who want to understand how to better support someone following a bereavement.

Who can attend Compassionate Communities Workshops?

These workshops are open to all members of the community looking to broaden their understanding of loss and bereavement, and gain skills on how better support those bereaved in their communities.

June: 30th*

July: 5th & 11th*

August: 8th & 15th*

***online**

Benefits of attending:

- Understand why people grieve differently and the factors that influence how they grieve.
- Explore the impact of loss and grief on individuals, friends, families and communities.
- Improve knowledge of how to provide emotional and practical support to someone who is grieving.
- Understand how to communicate effectively and compassionately with someone who is grieving.
- Develop confidence in talking about difficult and sensitive topics.
- Be aware of the impact of supporting someone who is grieving and how to look after yourself.



Workshop Format

We are running FREE Compassionate Community workshops in your community throughout 2023. You can sign up to attend the workshops either online via Zoom or in-person at your local Community Grief Hub. The workshops are run over half a day with an optional 1 hour support session after the workshop so you can connect with others and share experiences. These sessions are delivered by a professionally trained Cruse Facilitator and a Community Development Officer.

Why should I sign up?

The Connecting Communities project is working in your area to provide local bereavement support with the help of local residents. Research shows that in the UK just under half of people (49%) who have not experienced a bereavement feel unprepared in knowing what to say to a bereaved friend or relative.

This training will help you feel more confident to talk about grief and bereavement, and give you the skills to help bereaved community members when they need it most.

Key Facts

Workshop length: 3 hours with optional 1 hour peer support following session

Delivery: At Coop Funeralcare Manor Park, 50 Whitta Road, E12 5DA OR Online via Zoom

Cost: FREE everyone is welcome

Workshop materials: Digital workbook handout + a certificate of completion!

Email: sergio.postarini@cruse.org.uk to find out more, or sign up for an upcoming workshop

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It's what we do