

Bereavement Care 43rd Annual Conference

BEREAVEMENT IS EVERYONE'S BUSINESS

A conference for bereavement visitors, counsellors, clergy, family support workers, healthcare professionals, community leaders, teachers and learning support assistants.

Wednesday 30th October 2024

10.00am – 3.30pm

Emmanuel Church, High Street, Northwood, Middx HA6 1AS

Outline Programme

- 9.30 am Arrivals and Registration (Tea & Coffee available)
- 10.00 am Welcome and Introduction
- 10.10 am Keynote Speaker: **Dr Alison Penny MBE** followed by Q & A
- 11.10 am Tea/Coffee Break
- 11.40 am Breakout Groups (1) – see below and further details overleaf
- 12.50 pm Lunch
- 1.50 pm Breakout Groups (2) – see below and further details overleaf
- 3.00 pm Top Tips from the Break-out Groups
- 3.15 pm Reflection and Close

Breakout Groups

Delegates will be able to attend TWO Breakout Groups* chosen from the list overleaf.

** Subject to availability (allocated on a 'first come, first served' basis)*

Conference fee

Early Bird booking before 31st August

£70.00 (£50.00 Special rate for Bereavement Care Corporate / Individual members)

Standard Booking from 1st September

£80.00 (£55.00 Special rate for Bereavement Care Corporate / Individual members)

Student Rate (on application)

How to book

Please complete the Application Form and return it to:

Conference Bookings, Bereavement Care, The Lodge, 64 Pinner Road, Harrow HA1 4HZ

You can also book your place by e-mail by downloading an Application Form from our website and e-mailing it to: **admin@bereavementcareandsupport.co.uk**

Full payment should accompany all bookings. You can make payment by bank transfer (payment details on Application Form), or send your cheque by post with your application.

Keynote Speaker

Dr Alison Penny MBE is Director of the Childhood Bereavement Network, the hub for those working with bereaved children and young people across the UK. She is also Coordinator of the National Bereavement Alliance, a strategic collaboration of organisations and individuals working with bereaved people in England. She keeps the sector updated with relevant developments, and helps the field to develop consensus on key policy and practice topics, contributing to gains in national policy in bereaved people's interests. Alison has a particular interest in supporting bereavement services to demonstrate the effectiveness of their work and has recently been awarded a PhD in this area. She is an editor of the peer-review journal *Bereavement* and a member of the International Work Group on Death, Dying and Bereavement.



Breakout Groups

A) The Bereavement Journey – Dr John Spencer is a retired Hospital NHS Consultant who also worked for ten years with a large international charity. He is a Trustee of Bereavement Care and Group Leader of the Bereavement Group at Holy Trinity Church, Northwood where he has been organising the support course *The Bereavement Journey* for four years. The course runs for seven weeks and is designed for small group participation at no charge. John and his team offer this twice a year.

B) How Faith can influence Bereavement – Shehryar Ahmad-Wallana is the former Mayor of Hillingdon and a practising Muslim. He will be leading a discussion group with **The Reverend Nicholas Schofield**, Parish Priest of the Catholic Parish of Our Lady of Lourdes and St. Michael's Uxbridge and **Gopal Bhachu**, Chair of Trustees for Bereavement Care and Chair of Harrow Interfaith, discussing how faith communities address the rituals and processes associated with death and bereavement. This will evolve into a discussion with questions and contributions from participants.

C) Safe Online Support Groups for those Bereaved by Suicide – Hazel Kann has been a listening Samaritan for over eight years and set up a 'Facing the Future' group for her Samaritan's branch (SW Herts in Watford) whilst she was its Outreach Director in 2019. 'Facing the Future' (a Samaritans' Outreach project) brings together people who have been bereaved by suicide and who wish to talk through their feelings with others who have had similar experiences. Since the service moved very successfully from being in-person to taking place online in 2021, Hazel has been part of the Leadership Team and has also co-facilitated several groups.

D) Preparing for a loved one's End of Life (Anticipatory Grief) – Christine Quintal and Katharine Finn Christine (Supportive Care Counsellor) and Katharine (IAPT and Therapies Lead) are part of the Bereavement, Listening and Talking Therapies Team at Rennie Grove Peace Hospice Care. Together they have a wealth of experience supporting patients with a life-limiting illness diagnosis, their families and carers with anticipatory grief; a commonly felt feeling of loss when a person's death is expected. This session will develop your understanding of anticipatory grief and how it might manifest in people's behaviour, the benefits of anticipatory grief, and how a person's experience of anticipatory grief and crucially, the support they receive at that time, can impact the grieving process after their loved one dies.

E) Beginnings, Endings and Boundaries – Bette Fraser trained as a psychodynamic counsellor and worked as a Student Counsellor and lecturer in Counselling courses at a local University. Having further training in CBT and group work, Bette spent fifteen years in the NHS working with women and couples with gynaecological and obstetric issues including pregnancy loss, infertility, birth trauma and peri-natal mental health issues. She is the leader of the Bereavement Support group at Kol Chai, Hatch End Reform Jewish Community and is a trainer and an assessor for Bereavement Care.

F) Supporting Bereaved Children and Young People – Liz Hudson is Bereavement Support & Outreach Worker (London) from Winston's Wish – a charity that helps children, teenagers and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief. The charity works closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief. Their services include: one-to-one counselling; group workshops; music, freephone helpline and live chat to speak with a Bereavement Support Worker, publications and dedicated resource Talk Grief for young adults aged 13 – 25.

Delegates will be able to choose TWO of these Breakout Groups.

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