

# Stepping Stones

Supporting you every step of the way.



## Who is Stepping Stones for?

Stepping Stones is a group which supports bereaved adults who might feel lonely or isolated, and want to meet others who are in a similar situation.

The Stepping Stones group offers a friendly, safe place where you can drop by for a cuppa in the company of other bereaved adults (unfortunately, we cannot accommodate children).

The group is informal, you can share experiences, get to know each other and make new friends. It is not group therapy, and instead is more of a

social group. It is run by our Wellbeing Team volunteers who are trained and experienced around the needs of bereaved people.

You can attend up to 12 sessions. Our hope is that we will create a supportive and compassionate community and encourage that once you leave the group you continue to meet up with other participants and build lasting relationships.

There is no charge, but you may be asked to make a contribution for your refreshments.

## When and where does the group meet?

Stepping Stones meet on a Saturday in the Living Well Centre at our Erdington site. The address is: Birmingham Hospice, 76 Grange Road, Erdington, B24 0DF.

## What we ask of you

- Every person's grief is unique - please respect the differences of others and their experiences.
- Please turn off your mobile phone.
- Please do not arrive too early and leave promptly at 3.30pm.

## About confidentiality

This has to be respected within the group. Please do not share information about others outside of the Stepping Stones group.

Your personal information will not be passed on by group leaders or volunteers. However, you may wish to share this with others in the group at your own discretion.

If you feel as if you may benefit from one-to-one support please ask one of our facilitators or call 0121 472 1191 or 0121 465 2000 and ask for the Wellbeing Team.

There are also useful contact details within this leaflet for other organisations that you can contact to support you if you are struggling.

## Bereavement support or counselling for you

If you are a bereaved relative of a hospice patient you can contact the Wellbeing Team to access support for yourself.

Alternatively please contact your GP or Cruse Bereavement Care on 0121 687 8010.

## Useful contacts

**Cruse Bereavement Care**  
0121 687 8010

**Samaritans**  
(Emotional support 24 hours a day)  
116 123 - free of charge

**SANeline**  
(Emotional out of hours support  
4pm -10pm)  
0300 304 7000

If you feel unable to cope with your grief or other issues related to your mental health please contact your GP as soon as possible.

## Find out more

If you're interested in joining the group or would like some more information on the upcoming sessions, please call our Erdington site on **0121 465 2000** and ask to speak to a member of the Wellbeing Team who will be able to support you.