



**Suicide
Bereavement
Services**



Group and Event Programme

Welcome to the October - December 2023 programme

Below you will find a list of our planned groups, events and workshops running through October to December.

To book your place, or for further information, please email your Practitioner or contact the service directly:

sbs@leedsmind.org.uk

0113 305 5800

Places are limited. If you book onto a group, please let us know in advance (minimum of 24 hrs prior) if you need to cancel your place. We hold a waiting list for people who would like to attend and your timely cancellation may mean someone else requiring support is able to attend.

Please note, sessions can only run if there are 3 or more people signed up for that session. Any sessions with 2 or less will be cancelled.



What workshops you would like to see next quarter?

We are looking for feedback on our workshops!

We want to hear your ideas of what activities and topics you have found helpful previously or what you would like to see in the coming months. We know from general group feedback that a lot of our clients like workshops where an activity is involved.

Feedback can be provided anonymously via this link:

<https://www.surveymonkey.co.uk/r/SBSWorkshopFeedback>

This survey will close 31/10/23 but feedback is always welcome via our usual contact details and feedback links.

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Workshops

Memorial quilt workshop

09/10/23, 5:30pm - 6:30pm

Clarence House, 11 Clarence Road,
Horsforth, Leeds



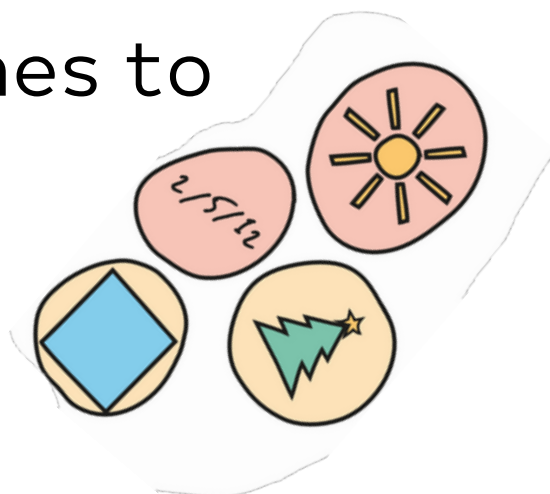
We are very happy to once again be working with Yorkshire Speak Their Name. The quilt is made up of individual squares designed by people bereaved by suicide and has been doing a tour of the county. Due to the amount of interest, the project is continuing beyond the initial 4 panels so we are able to offer another workshop to help you take part. No experience required, all materials provided.

Story Stones - family workshop

13/11/23, 5:30pm - 6:30pm

TCD, Jo Cox House, Batley

When coping with a loss, it is really important for everyone to have a shared story. It can be difficult to talk in detail about how everyone is feeling and what happened. In this workshop, children and their families can create and decorate story stones to help put their whole journey into context or to process their loss in the run up to the Christmas period. They'll be mixed with pre-made story stones to provide a relaxed, fun session. All materials provided.



Events

Memorials

Our memorials are a relaxed family friendly event where we remember our loved ones. We start with refreshments and optional activities such as colouring, memory jars e.t.c and follow this with a brief non-religious ceremony to light a candle in remembrance.

01/12/23

Oakwell Hall, Batley

6pm - 8pm

09/12/23

Abbey House Museum, Leeds (across the road from Kirkstall Abbey, near the car park)

1:30pm - 3:30pm





Zoom Peer Support Groups

Date	Time	Group
Mon 02/10/23	5:30pm - 7pm	Zoom Monthly Support Group
Mon 06/11/23	5:30pm - 7pm	Zoom Monthly Support Group
Mon 04/12/23	5:30pm - 7pm	Zoom Monthly Support Group



Face to Face (F2F) Peer Support Groups

Date	Time	Group
Tues 03/10/23	5pm - 6:30pm	F2F Monthly Support Group
Tues 07/11/23	5pm - 6:30pm	F2F Monthly Support Group



Full Calendar

Date	Time	Group
Mon 02/10/23	5:30pm - 7pm	Zoom Monthly Support Group
Tues 03/10/23	5pm - 6:30pm	F2F Monthly Support Group
Mon 09/10/23	5pm - 7pm	Memorial quilt workshop
Mon 06/11/23	5:30pm - 7pm	Zoom Monthly Support Group
Tues 07/11/23	5pm - 6:30pm	F2F Monthly Support Group
Wed 13/11/23	5:30pm - 6:30pm	Family workshop - story stones
Mon 04/12/23	5:30pm - 7pm	Zoom Monthly Support Group
Fri 01/12/23	6pm - 8pm	Kirklees memorial
Sat 09/12/23	1:30pm- 3:30pm	Leeds memorial



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Leeds Mind Impact Group

Are you interested in joining the Leeds Mind Impact Group?

It is a group of people who work together to:

- Improve the experiences of people who access Leeds Mind support
- Improve access for those who might struggle to get support
- Promote the perspectives of people with lived experience to support meaningful change in our organisation

This is an excellent opportunity for anyone who is passionate about improving the SBS, who wants to express their own personal view, or who is interested in improving key skills.

It's all part of our strategy to deliver life-changing support and to work together to be a more inclusive organisation. That's why it's important that we listen to the perspectives of people who receive our support or would like to access it. Working together in the Impact Group, we also demonstrate our commitment to empowering people and improving our services – some of our key values.

If you have any questions or suggestions, please contact impact@leedsmind.org.uk