



**Suicide
Bereavement
Services**



Programme

Welcome to the January - March 2024 programme

Below you will find news from our service along with a list of our planned groups, events and workshops running through January to March.

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

sbs@leedsmind.org.uk

0113 305 5800 (Leeds Mind reception)

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.



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Opportunity to get involved in Leeds City Museum exhibition

Leeds City Museum is inviting Leeds Mind Suicide Bereavement Services clients to share their stories and experiences of grief with a professional filmmaker, as part of the 2024 exhibition “Living with Death”

Filming can be done as a group or one to one, and Suicide Bereavement Services staff will be involved. Participation can also be anonymised.

Objects related to stories of loss will also be displayed, and clients are invited to contribute to. These would be displayed in a locked case and returned once the exhibition has finished. Objects can be anything that means something to you and your grief.

As a thank you, anyone participating would be invited to the launch event in early May and offered a free private tour of Leeds Museums Discovery Centre, where all the museum objects not on display are stored.

Everyone is welcome to be involved, including children.

Other organisations you may recognise that will be involved with the exhibition include: Yorkshire Speak Their Name Quilt, Lippy People and Swansong Project

If you would like to be involved, or have any questions, please contact Lisa

Lisa.Bourne@leedsmind.org.uk
0113 3055800 (Leeds Mind reception)

We want to hear from you

We are looking for feedback on our groups and workshops

We want to hear your feedback on our groups and workshops.

What activities and topics have you enjoyed or found helpful?

What barriers stop you from accessing them?

What do we do well?

What can we do better?

Share your thoughts with us:

Thursday 25th of January

6.30pm

Clarence House, 11 Clarence Road, Horsforth

We will also be holding a LGBTQIA+ specific focus group to discuss barriers in accessing services. This will take place at the Angels of Freedom monthly support hub in Leeds City Centre. Date in February to be confirmed.

If you are unable to make it in person we can send the questions to you and/or you can submit your feedback by phone or email.



Workshops

Multicoloured Monday

Blues Buster

22/01/24, 5pm - 6:30pm

Clarence House, 11 Clarence Road,
Horsforth, Leeds

It is said that the 3rd Monday of January is 'Blue Monday', and is often referred to as the hardest day of the year but we're here to debunk the myth and stand together to say that a good or bad day can happen at any time – and that's okay! We at Leeds Mind like to mark the day in a different, slightly more vibrant way – Multicoloured Monday! Wear your brightest outfits and join us for a relaxed, rainbow-inspired workshop on self care and positive affirmations for the New Year.

There's more information about this Leeds Mind campaign on the website

<https://www.leedsmind.org.uk/event/multicoloured-monday-2024/>



Workshops

Story Stones - family workshop

12/02/24, 1pm - 2.30pm

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 led by our Family Practitioner. All materials provided.



Zoom Peer Support Groups

Date	Time	Group
Mon 08/01/24	5:30pm - 7pm	Zoom Monthly Support Group
Mon 05/02/24	5:30pm - 7pm	Zoom Monthly Support Group
Mon 04/03/24	5:30pm - 7pm	Zoom Monthly Support Group



Face to Face (F2F) Peer Support Groups

Date	Time	Group
Tues 16/01/24	5pm - 6:30pm	F2F Monthly Support Group
Tues 13/02/24	5pm - 6:30pm	F2F Monthly Support Group
Tues 05/03/24	5pm - 6:30pm	F2F Monthly Support Group



Full Calendar

Date	Time	Group
Mon 08/01/24	5:30pm - 7pm	Zoom Monthly Support Group
Tues 16/01/24	5pm - 6:30pm	F2F Monthly Support Group
Mon 22/01/24	5pm - 7pm	Multicoloured Monday workshop
Mon 05/02/24	5:30pm - 7pm	Zoom Monthly Support Group
Mon 12/02/24	5pm - 6:30pm	Story Stones family workshop
Tues 13/02/24	5:30pm - 6:30pm	F2F Monthly Support Group
Mon 04/03/24	5:30pm - 7pm	Zoom Monthly Support Group
Tues 05/03/24	6pm - 8pm	F2F Monthly Support Group



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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