



**Suicide
Bereavement
Services**



Programme

Welcome to the April - June 2024 programme

Below you will find news from our service along with a list of our planned groups, events and workshops running through April - June.

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.

Events & Workshops

Donkey Sanctuary

09/04/24 12pm - 2pm

Swan Lane, Eccup, Leeds LS16 8AZ

Wellbeing with Donkeys - with a focus on promoting physical and mental wellbeing, our visit will involve interactions with donkeys and participation in mindfulness activities.

Quilt workshop

28/05/24 6pm - 7.30pm

venue tbc - Leeds or Bradford

We are happy to welcome back Karen and Anna from Yorkshire Speak Their Name Suicide Bereavement Quilt. For anyone who cannot take part in our session but would like to take part in the quilt project please get in touch and we'll pass your details to Karen and Anna. For information on the project please see www.southwestyorkshire.nhs.uk/2022/03/25/speak-their-name-and-support-the-yorkshire-suicide-memorial-quilt-project/

Coffee morning/walk (weather depending)

29/06/2024 10am - 12pm

Oakwell Hall, Nutter Lane, Birstall, WF17 9LG



Zoom Peer Support Groups

Date	Time	Group
Mon 08/04/24	6pm - 7.30pm	Zoom Monthly Support Group
Mon 13/05/24	6pm - 7.30pm	Zoom Monthly Support Group
Mon 03/06/24	6pm - 7.30pm	Zoom Monthly Support Group



Face to Face (F2F) Peer Support Groups - Leeds

Date	Time	Group
Tues 9/04/24	5pm - 6:30pm	F2F Monthly Support Group
Tues 14/05/24	5pm - 6:30pm	F2F Monthly Support Group
Tues 11/06/24	5pm - 6:30pm	F2F Monthly Support Group



Full Calendar

Date	Time	Group
Mon 08/04/24	6pm - 7.30pm	Zoom Monthly Support Group
Tues 09/04/24	5pm - 6:30pm	F2F Monthly Support Group
Tues 09/04/24	12pm - 2pm	Donkey Sanctuary
Mon 13/05/24	6pm - 7.30pm	Zoom Monthly Support Group
Tues 14/05/24	5pm - 6:30pm	F2F Monthly Support Group
Tues 28/05/24	tbc	Memorial Quilt workshop
Mon 03/06/24	6pm - 7.30pm	Zoom Monthly Support Group
Tues 11/06/24	5pm - 6.30pm	F2F Monthly Support Group
Sat 29/06/24	10am - 12pm	Coffee morning social



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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