

HOPE BEREAVEMENT SUPPORT CIC

CIC Registration Number: 12718396



WELCOME

HOPE Bereavement Support CIC is officially 1 years old!

We have achieved so much in just one year and are looking forward to what the future will bring. Thank you to all of our HOPE Team members for all of their hard work, support and encouragement throughout the year, and thank you to everyone who has supported us and chosen to access the services we offer.

This newsletter will give you a sneak peak into what HOPE will be getting involved with in the next few months ahead - you do not want to miss out on these fantastic opportunities.

We hope you are all keeping safe as we continue to unite to fight this pandemic. Our hearts go out to everyone that has been affected.

To keep up-to-date on all things HOPE visit:

Website: <https://hopebereavementsupport.com/>

Facebook: <https://www.facebook.com/hopebereavementsupport>

Twitter: <https://twitter.com/BereavementHope>

LinkedIn: <https://www.linkedin.com/company/hope-bereavement-support/>

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COVID 19 UPDATE

- Headingley & Hyde Park and Little London & Woodhouse have high numbers of positive cases - Burmantofts, Harehills and Richmond Hill have the lowest uptake for 1st doses and 2nd doses of the vaccine.

Key Messages:

Testing

- If you have no symptoms, [get regular rapid lateral flow tests.](#)
- If you have coronavirus symptoms, [get a PCR test](#) and stay at home.
- Enhanced Testing: Headingley, Hyde Park, Little London and Woodhouse
- [where to go for testing - NHS Leeds \(leedsccg.nhs.uk\).](#)

Vaccinations

- Protect yourself and others - get the vaccine.
- Don't miss your second vaccine.
- You need 2 doses for stronger and longer-lasting protection.
- [Book online](#) or call 119.

Stay Safe

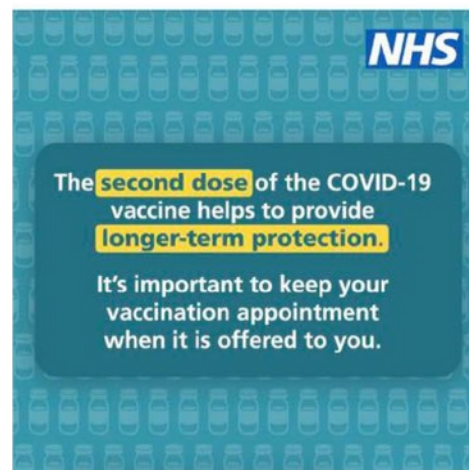
- The vaccine protects you from becoming sick, but it won't stop you from infecting other people
- Remember Hands, Face, Space, Fresh Air

Key Messages - Older People:

- At the moment, rates are rapidly increasing in Leeds. Although this is highest in the 19-24 year olds, rates in the over 60s are now starting to rise - the vaccine will help to protect you against this.
- The 1st dose should give you good protection from 3 or 4 weeks after you've had it, but it is really important you get your second dose as you need 2 doses for stronger and longer-lasting protection - There is a chance you might still get or spread Covid-19 even if you have a vaccine, so it's important to continue to follow all [social distancing guidelines](#).
- Everyone needs to be vaccinated to stay safe and stop the spread. It's particularly important for people who are over 50 or have existing health conditions to have the vaccine to reduce their chances of becoming seriously ill from Covid -19.
- Some people may experience side effects from the vaccine but these should only last a few days. Please discuss any concerns with a healthcare professional or visit the NHS website: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/safety-and-side-effects/
- People in Leeds have responded so well to Covid-19 guidance but if you haven't yet had a vaccination or missed an appointment, it's not too late - we're here when you're ready. Call 119 or book online: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/
- If you have younger friends or family who are eligible for the vaccine, please encourage them to have it. It's the best way to stop the virus from spreading further and will help keep your friends/family, their loved ones and their communities safe.

Here is a Checklist that includes FAQs, Testing, Vaccinations, Staff confidence, Current Guidance and Restrictions information: <https://bit.ly/3qlv5jr>

*Note: Data will change on a daily basis so you can visit the Leeds CCG website to keep up-to-date



ANNOUNCEMENTS

We are delighted to welcome our newest Board of Director to the HOPE Team, Nigel Simpson!



Nigel is a Consultant Obstetrician and Gynaecologist at the Leeds Teaching Hospital NHS Trust and Associate Professor at the University of Leeds. He is also a National Lead for the NIHR Clinical Research Network for Reproductive Health & Childbirth.

As a junior doctor on the maternity ward, Nigel found that there were some issues that were beyond his control during the labour process. For example, when the delivery of the baby came sooner than expected (preterm/premature birth); when the size of the baby was lower than expected (low birthweight); and when the mother had increase blood pressure that put her life in danger (pre-eclampsia). His research found that 1 in 5 first-time mums face one of these three problems. Nigel aimed to gain further insight into the factors causing these seemingly inevitable complications to fill the gap in this research field which till then only provided limited information on this matter.

After working in a neonatal unit for 6 months, Nigel spent 2 years in Canada researching and investigating the monitoring of babies' well-being in pregnancy and the development of the placenta (afterbirth) in early pregnancy and recognised that events occurring early on in pregnancy would be an important predictor of well-being later. When Nigel had returned to the UK, he focused his research on predicting and preventing pregnancy complications which was enhanced by using automated analytic technology, the sequencing of the human genome, and improved computation power that was now available.

This research was published in 2014 and was recognized as the top clinical science paper that year by the Hypertension journal. [Click here to read the paper.](#) This research paper and further national clinical studies Nigel was involved in, led to the identification of a biomarker called placental growth factor (PIGF) which was found to be predictive of early baby delivery in at-risk mums. This work is being evaluated by NICE and is helping doctors and midwives to identify additional support that mums may need for the successful delivery of their babies.

More research Nigel and his team in partnership with Cerebra have been involved in:

- Five- year global study investigating the genetic basis for pre-eclampsia.
- Alongside Harvard, investigating mechanisms causing these complications e.g., researching the inflammatory pathways causing preterm birth [bioinformatics/systems biology field]. This aims to give a better understanding of further predictive tests and the best approaches to prevent pre-term birth.
- Researching the make-up of the cervix to determine which type of suture material to use to reinforce the cervix to prevent preterm birth.
- Understanding the mechanisms which cause the placenta to fail in pregnancy and lead to later problems such as babies being born with a low birth weight, using unique digital imaging techniques.
- International research into how a mother's lifestyle can affect their pregnancy outcomes.

Due to his passion of wanting to help families have successful pregnancies, he has led a team of researchers to increase our understandings around pregnancy and pregnancy complications. Nigel has made incredible findings in the research field of pregnancy complications, finding out the potential causes of pregnancy complications, ways to predict and stop these complications from happening.

Nigel has been so supportive of HOPE services and we are so thrilled that he is now joining our team as a director.

Happy Anniversary to HOPE Services!

Thank you to the whole team at HOPE. We would not have been able to achieve as much as we have in our first year of being a CIC without every single team member's hard work and dedication. Here are some of our highlights:

Delivered 48 Events (workshops, support groups, education and awareness CPD training)

Nominated for a National Diversity Award

More than 10 collaborations with other organisations

Multiple appearances on TV and Radio

Raised awareness around a variety of mental health areas such as autism, miscarriage, eating disorders and more

Offered 33 Support Groups (Bereavement, Miscarriage & Child Loss, Men's Peer Support group, Ladies Spirit Circle)

Provided 1:1 Counselling and/or Coaching to more than 55 Clients from a range of genders, ethnicities, ages, first languages

Had a Global Impact due to our online presence

Delivered 1 series of the "She Can Be" 7 Week Trauma Healing Program; 5 CPD events on topics ranging from pregnancy, miscarriage, PND, trauma informed practise, FGM and child sexual abuse; 5 coaching workshops (creating & defining your personal mission statement and the Ramadhan Series); 5 education awareness workshops (masculinity and mental health, trauma, bereavement, loss and grief, racial equality, Islamophobia and Covid-19, autism awareness)

Testimonies

"Every decision or service the HOPE team provides always has the service user as the priority. HOPE are always aiming to provide a service that caters the service user – whether that is financially by offering free services if they are not able to afford it, or a service in their mother tongue if English is not their first language."

"Ansa and her organisation HOPE, in just 1 year of being a CIC, have made an important contribution by having a BAME led and person-centred approach to encourage inclusivity in a field of work that has been inaccessible to many – mental health."

"HOPE provides this safe confidential space. I refer to this organisation for our clients experiencing child loss."

"all the amazing work HOPE Bereavement does"

"Touchstone commission HOPE to deliver Counselling to our Black staff and volunteers and they provide exemplary care and support."

"I feel HOPE services is a service that can only grow and prosper as the years go on."

"dedication, courage and hope...clients of HOPE are satisfied with the service."

"In founding HOPE, Ansa E Ahmed has filled a gap in a much-needed, and valued service that is expanding. I admire the work that is being done in HOPE "

"without HOPE there is no LIGHT"

"There are many taboo topics [HOPE] covers, giving a safe space for people to heal and have hope."

"HOPE is clearly a much needed provision"

"HOPE Bereavement provide a much service to those that would otherwise struggle to access the support they need at such a vulnerable and difficult time. HOPE Bereavement has clearly made a difference to the community. "

"HOPE is filling a void with their much needed services"

"I reached out to HOPE to seek help for one of my friends and he has benefited so much from the support he is receiving. Ansa and her whole team provide excellent support to all those who are unheard and not understood."

"dedicated to [their] community and empowers clients"

"amazing group of HOPE which has grown more and more over the years and helped countless people in the process"



OUR FREE SUPPORT GROUPS

Due to Covid-19 all of our support groups are delivered online, meaning that they are accessible to all nationwide (UK):

NATIONWIDE

Miscarriage & Child Loss Support Groups
Every first Tuesday of the Month
1-3pm

Book Via: <https://www.eventbrite.com/e/137831747467>

6th July 2021	2nd November 2021
3rd August 2021	7th December 2021
7th September 2021	
5th October 2021	

LEEDS

Bereavement Support Groups
Every 2nd Thursday of the Month
1-3pm

Book Via: <https://www.eventbrite.com/e/126738619623>

8th July 2021	14th October 2021
12th August 2021	11th November 2021
9th September 2021	9th December 2021

LONDON

Bereavement Support Groups
Every 4th Thursday of the Month
7-9pm

Book Via: <https://www.eventbrite.com/e/127230583099>

22nd July 2021	28th October 2021
26th August 2021	25th November 2021
23rd September 2021	23rd December 2021

NATIONWIDE

Men's Peer Support Groups
Every second and last Saturday of the Month
10:30am-12pm

Book Via: <https://www.eventbrite.com/e/132582831819>

17th July 2021	9th October 2021
31st July 2021	30th October 2021
14th August 2021	13th November 2021
28th August 2021	27th November 2021
11th September 2021	11th December 2021
25th September 2021	25th December 2021

Rainbow Mamas Support Groups
Every Last Tuesday of the Month
1-3pm

Book Via: <https://www.eventbrite.com/e/137831406447>

27th July 2021
31st August 2021
28th September 2021
26th October 2021
30th November 2021
28th December 2021

CHANGE MAKER

4 DAY EVENT

In collaboration with Guiding Light Leads

Are you **aged 18-35**, In between jobs, Under-utilised, Underpaid and Full of Potential?

Come and join Guiding Light Leads and HOPE in a **FREE 4-day activity session** split over 2 weeks, to discover your: true self, real worth, full potential, and an improved future.

Dates: July 12-13th and July 19-20th

It's interactive, fun, lots to learn, prizes to be won and tea/coffee/snacks are provided!

CHANGE MAKER

For 18-35yrs

Help with financial & interpersonal skills, mental well-being, physical well-being, & access to lifelong learning facilities.

BOOK HERE

For more information: info@guidinglightleads.com

ALLAN DAWKINS
Computing and Business Specialist, influencing young minds for over 15 year as a Senior lecturer in Beckett University.

ANSA E AHMED
CEO Hope Services, Consultant and Counsellor, influencing lives in her local community.

YVONNE OPEYI
Founder, GLL Nurse, Midwife, Counsellor, using restorative talents to Develop plans to revitalise flagging organisations, projects or teams.

EMILY TEBB-OGUTU
Senior lecturer, School of Business at Leeds Beckett University, expert economist.

VM
VANESSA MAYNARD
Over 20 year working in THE NHS, teaching improved healthy lifestyle, positive benefits of a healthy lifestyle.

7th - 8th - 14h - 15th June - 10:00-14:00
@ CATCH (ARK) HOVINGHAM AVENUE, LS8 3QY

Register now:

<https://www.eventbrite.com/e/150407116735>

Our extremely successful 7 Week 'She Can Be' Trauma Recovery Program will be being delivered again this May!!

Our 7 Week 'She Can Be' Trauma Recovery Program has been designed and delivered by an award-winning trauma specialist.

Upon completion of the program you will gain 15 CPD points and a certificate.

Aims and Objectives:

- What PTSD is and what causes it.
- Common reactions and physiology.
- Triggers, safety and avoidance behaviours.
- Subjective Units of Distress and your Personal Anxiety Hierarchy.
- A wide range of proven to work coping mechanisms.
- Emotional Numbing.
- Anger Management; passive, aggressive and assertive concepts.
- Acceptance.
- The PTSD Triangle.
- Common thinking errors.
- Confidence and self-esteem.
- Relapse, recovery and resilience.

Whilst learning new skills, completing the tasks and creating your very own personalised self-help guide!

Tickets:

£300 – early bird ticket price

£399 – standard ticket price

HOPE Bereavement Support CIC
HOPE Website: <https://hopebereavementsupport.com/>

7 week trauma recovery program

COST: £300 (Early bird price) | £399 (Standard Price)

REGISTER AT EVENTBRITE:
[HTTPS://WWW.EVENTBRITE.COM/E/138327841297](https://www.eventbrite.com/e/138327841297)

Available dates for 2021: Friday evenings (6-7:30pm) *You must be able to attend all 7 sessions for the dates you selected to fully complete the program*
26th February - 9th April | 14th May - 25th June |
30th July - 10th September | 15th October - 26th November

Available Dates: Fridays (6 -7:30pm).

30th July – 10th September [<https://www.eventbrite.com/e/139016328581>]

15th October – 26th November [<https://www.eventbrite.com/e/139017863171>]

We can deliver our 7 Week 'She Can Be' Trauma Recovery Program to your organisation!!

The full 7 week Trauma Healing Program every week, facilitating and engaging your service users.

- Facilitation by a highly trained and specialized instructor either Face-to-Face or Online.
- Each participant will receive the 42 Page Workbook, to become their very own Self-Help Guide.
- A group learning program with extensive knowledge and tools to overcome psychological trauma.
- Individual modules can be delivered if necessary, to meet the needs of your service users.
- Certification upon completion for all participants which includes 15 hours of CPD points, with recognition of becoming “Trauma – Informed”
- An engaging, interactive and proven outcome program to aid recovery and manage their behaviour after trauma.

Outreach Facilitation Costs

Full 7 week delivery, facilitation and supplies provided, starts from: £3,000

Programs are capped to no more than 10 participants, to allow engagement and effective time management.

We can also discuss your service users' needs, budget and discuss accordingly

Get in touch: admin@hopebereavementsupport.com

HOPE Services Presents

Working With Anger

CPD

7th August 2021

TIME: 10am-1pm

Early Bird: £55 | Standard: £75

BOOK via:

<https://www.eventbrite.com/e/162836611689>

Gain a greater understanding of the emotion of anger in both its positive and negative forms

Understand common anger presentations in the therapy room

Feel confident making treatment interventions that support the client in emotional regulation and healthy, assertive expression of emotion

Facilitated by Nathan Gould
(PTSTA(P), UKATA, EATA. Registered with the UKCP.)



HOPE SERVICES PRESENTS



GROUP FACILITATION TRAINING

- Understand the working model of Group Process.
- Develop a toolkit of practical interventions to manage difficult processes within a group setting.
- Gain confidence in facilitating in a range of group settings.

EARLY BIRD: £75 | STANDARD: £95

21ST AUGUST 2021

9:30AM-5:00PM

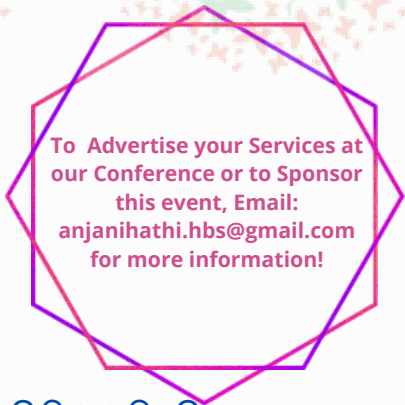
BOOK VIA:

[HTTPS://WWW.EVENTBRITE.COM/E/162854625569](https://www.eventbrite.com/e/162854625569)



FACILITATED BY NATHAN GOULD
(PTSTA(P), UKATA, EATA. REGISTERED WITH THE UKCP.)

International Women's Health Conference



To Advertise your Services at our Conference or to Sponsor this event, Email: anjanihathi.hbs@gmail.com for more information!

Saturday 9th October 2021

9:30am-5pm (UK Time)

Book Here: <https://www.eventbrite.com/e/162860061829>

Early Bird: £120 Standard: £150

(Email anjanihathi.hbs@gmail.com for more information about reduced fees options for those that cannot afford it)

Hear from our speakers (more information to come)...



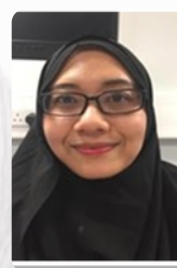
Ansa E Ahmed
[UK]
(Host & Speaker)
CEO & Founder of HOPE Services



Dr. Ayşe Kaya-Goktepe
[Turkey]
PhD Psychology of Religion,
Clinical Psychologist (M.A.)
& Founder of Endulus
Counselling, Member of the
International Association of
Islamic Psychology (IAIP)



Professor Linda McGowan
[Indonesia]
(HOPE Board Director &
Speaker)
Visiting professor at UNISA
Yogyakarta & Former Pro Dean
of Internationalisation's at the
University of Leeds.



Cesa Septiana Pratiwi
[Indonesia]
(M.Mid., Ph.D.)
Lecturer in Midwifery
Program of Universitas
'Aisyiyah (UNISA) Yogyakarta.
Researcher of perinatal
mental health and qualitative
research.



Saira I. Quereshi
[USA]
Counsellor (MA, LMHC)



Mayameen Meftahi
[UK]
(BEM, Masc P.Th)
Award-Winning Trauma Specialist
& HOPE Board Director



Karen Carberry
[UK]
Consultant Clinical Supervisor
& HOPE Board Director

TOPICS:

<> CHILD LOSS FROM A CULTURAL PERSPECTIVE <> MUSIC THERAPY <> WOMEN'S HEALTH
<> REFUGEE EMPOWERMENT <> PERINATAL MENTAL HEALTH PROBLEMS <> TRAUMA <> DOMESTIC VIOLENCE
AND MUCH MORE...

Visit our Website: <https://hopebereavementsupport.com/>

Contact Info: anjanihathi.hbs@gmail.com

For Referrals: referrals@hopebereavementsupport.com



Exciting News!



NAVIGATING
Life

The Anthology

SAVE THE DATE
Saturday 31st July 2021 at 10am

TheNavigatingLifeAnthology

#NavigatingLife

Paulette Morgan (Board Member of HOPE and one of our Life Coaches) is one of the 29 Authors that wrote in the Navigating Life Anthology. They did not just write one book but they have written two!

Here is a taster of the covers, there will be more revealed soon...watch this space, and more IMPORTANTLY **save the date:**
Saturday 31st July 10am (UK time)!



Our CEO, Ansa E Ahmed was invited to be on the panel at LOCORUM's event on Saturday 26th June, 2021, to talk about her experience of the Covid-19 Vaccines.

The event provided a range of perspectives on the topic and was very insightful. Thank you to LOCORUM for inviting us to be apart of their event.



UNIVERSITY OF LEEDS

We have been involved in the University of Leeds' research into miscarriage and wellbeing, which focuses on the arts, led by Dr Jacki Willson.



Thank you to Al-Noor Academy in Boston, Massachusetts for involving us in your event about Autism Awareness Month on the 8th April. Our CEO and Founder Ansa E Ahmed was humbled to speak at your event.

ACHIEVEMENTS

We have managed to secure a £49K CORE GRANT from Leeds CCG. Thank you for believing in us and we hope other nationwide CCGs will follow suit and support us too in continuing to provide our vital services in their local communities.

We have also secured funding from Volition, Racial Justice Fund and Support Central. We would sincerely like to thank these organisations for supporting us so that we can continue to deliver our free services to those that would not otherwise be able to access the mental, psychological and emotional help they need.

A black rectangular box containing two overlapping rectangular labels. The top label is yellow with the word "resourcing" in black text. The bottom label is light blue with the words "racial justice" in black text.

resourcing

racial justice

The NHS logo, consisting of the letters "NHS" in white, bold, sans-serif font, set against a blue rectangular background.

NHS

Leeds

Clinical Commissioning Group

The Volition logo, featuring a stylized 'V' shape composed of several colorful triangles (blue, green, yellow, orange, red, pink) arranged in a geometric pattern. Below the 'V' is the word "volition" in a lowercase, sans-serif font, and underneath that is the tagline "working well together" in a smaller, lowercase, sans-serif font.

volition
working well together

Join VCSE and HOPE in this Anti-Racial Movement

West Yorkshire and Harrogate Health and Care Partnership (WY&H HCP) and the West Yorkshire Violence Reduction Unit (VRU) are launching an anti-racism movement at the end of August and are asking everyone to get involved.

Co-created by over 100 WY&H HCP ethnic minority colleagues to proactively challenge racism across all aspects of society, the movement is part of an ongoing commitment to tackle structural and institutionalised racism, as well as addressing health and social inequalities across the area.

The movement, a recommendation from the WY&H HCP [review](#) in October 2020 into the impact of COVID-19 on health inequalities, is being developed with all organisations, including the NHS, councils, Healthwatch and the voluntary community social enterprise sector. Over 150 organisations have already come forward to pledge their support – including housing associations, universities, West Yorkshire Police, unions, community groups and sports clubs including Keighley Cougars, Community Foundation at Wakefield Trinity, and Bradford Bulls Foundation (rugby).

The movement spotlights the experiences of ethnic minority staff and allies from across WY&H HCP and illustrates their views of racism. Imagery from the campaign will be displayed outdoors and on bus rears, as well as across social media with the hashtag #WYHRootOutRacism. The campaign will include a suite of educational resources to encourage people to better inform themselves on anti-racist behaviours and practices, whilst linking to training and people's life stories.

Built from colleagues' insight, evidence shows that people from ethnic minority backgrounds continue to face health inequalities and discrimination in their communities and workplace.

Comments include:

"Racism started before I was even born. It's been always there, having to work twice as hard, always working harder to be seen, to feel visible; not as valued as your White colleagues and that just became a standard."

"I'm getting way more stares, people looking at you just because of your skin tone. I'm being faced with racism from kids who are 5-6 years old. Of all racism I've encountered, that's probably the most shocking, that's the racism coming from kids."

"Stereotypes, assumptions that are made about me as a Black man, professionally or socially. Simple things like when I go on a bus, being the last person to be sat next to, or when the cashier puts the change into people's hands but when it comes to you, she puts it in the counter."

Cllr Shabir Pandor, Leader for Kirklees Council and ambassador for the movement said: "The issue of addressing race equality across the area is an urgent priority and an important recommendation from our independent review. It's not just about creating awareness and how people are treated, it's about how lived experiences are interpreted by others and how we integrate culture, values and beliefs that can add value to how we ensure everyone is inclusive and how these add to innovation. It is all about showing positively how we can make real change happen, whilst working towards eliminating racism through developing a new 'language'. Regardless of skin colour or community background, we can root out racism and I'm urging everyone to get involved".

Director of the West Yorkshire Violence Reduction Unit (VRU) Chief Superintendent Jackie Marsh said: "We are committed to tackling racism in all its forms, and by putting people's experiences first, we can better understand how we can collectively confront it. I'm pleased that the Violence Reduction Unit is a key partner in this work. We each have the responsibility to recognise the issues that exist and by working together to address them, we have more chance of achieving positive changes to racial equality across our area".

Rob Webster (CBE), CEO Lead for WY&H HCP said: "To change people's behaviours, we must change people's minds. The visuals for this movement aim to make people stop and think, to try to better understand what is going on beneath the surface for people, and in response, act on these feelings to make a real change in their community. This campaign is part of a range of interventions and builds on our awarding-winning system leadership work and fellowship programmes. We can all make a difference and eliminate racism from our places of work, community spaces and homes".

Wendy Tangen, Clinical Inclusion Lead for Leeds and York Partnership NHS Foundation Trust, and part of the co-production team said: "Please get involved in this important, meaningful, and powerful movement developed with my colleagues by registering your support at <https://bit.ly/2TuH5Tp> to access free resources so you too are ready for the launch in August. By working together as one, we can root out racism".

PARTNERSHIPS

We are proud to announce that we are the service delivery partners with:

- The charity Touchstone to deliver **FREE COUNSELLING SERVICES** to the Touchstone members of staff and volunteers.



- The "**Blossom**" Touchstone Project to deliver **FREE COUNSELLING SERVICES** to FGM survivors who access the Blossom clinic.



- HOPE is also a part of the VCS voices group and is acting as a critical friend to the ongoing action of this Review. Click the link to read the review:
<https://www.wyhpартnership.co.uk/publications/tackling-health-inequalities-for-bame-communities-and-colleagues>

PARTNERSHIPS

We are a growing team of diverse clinicians who are multi-lingual, from different cultures, backgrounds and genders that deliver a range of multi-modal services. **We are keen to partner up** as a potential service delivery partner with charities and third sector organisations, NHS providers and blue collar firms to deliver the following services open to negotiating service level agreement and contract to be bespoke to your needs and funding availability:

- > Counselling
- > Coaching
- > Workshops/ Training delivery

Introducing our HOPE Bereavement Support (HBS) Team:

- HBS provides a range of holistic therapies and a range of free services: counselling, coaching, support groups and workshops.
- HBS staff are qualified and registered members of BACP/ other bodies as counsellors and coaches in the UK.
- HBS also have staff that are specifically trained in psychosexual therapy that are waiting to support you.
- HBS are a diverse team of multilingual and multicultural staff.
- HBS' clinical work provides diverse modalities.
- HBS promote: Self-Care, Self-empowerment, Having a safe space, and Being able to speak confidentially.

During this unusual pandemic we find ourselves in, please know that there is always someone here to listen and support you.



HOPE BEREAVEMENT SUPPORT CIC

CIC Registration Number: 12718396

HOPE Bereavement Support services specialise in:

- > Miscarriage & Stillbirth
- > Pregnancy & Child Loss
- > General Bereavement Support & Counselling
- > Loss & Grief
- > Mental Health
- > Life Coaching
- > Workshops
- > Bereavement Support Groups
- > Mental Health and Emotional Resilience Support Groups
- > Fortnightly Men's Peer Support Groups
- > Rainbow Mamas Support Groups
- > Strategic level work towards improving BAME health outcomes and access to mental health services from BAME communities

We have a diverse team of qualified counsellors, coaches and befriender volunteers, offering both 1:1 and group sessions/ workshops.

How To Reach Us:

Website: <https://hopebereavementsupport.com/>

Email: admin@hopebereavementsupport.com

Referral email: referrals@hopebereavementsupport.com

Facebook: <https://www.facebook.com/hopebereavementsupport>

Twitter: <https://twitter.com/BereavementHope>

Linkedin: <https://www.linkedin.com/company/hope-bereavement-support/>