



The
Compassionate
Friends

Supporting bereaved parents, siblings and grandparents

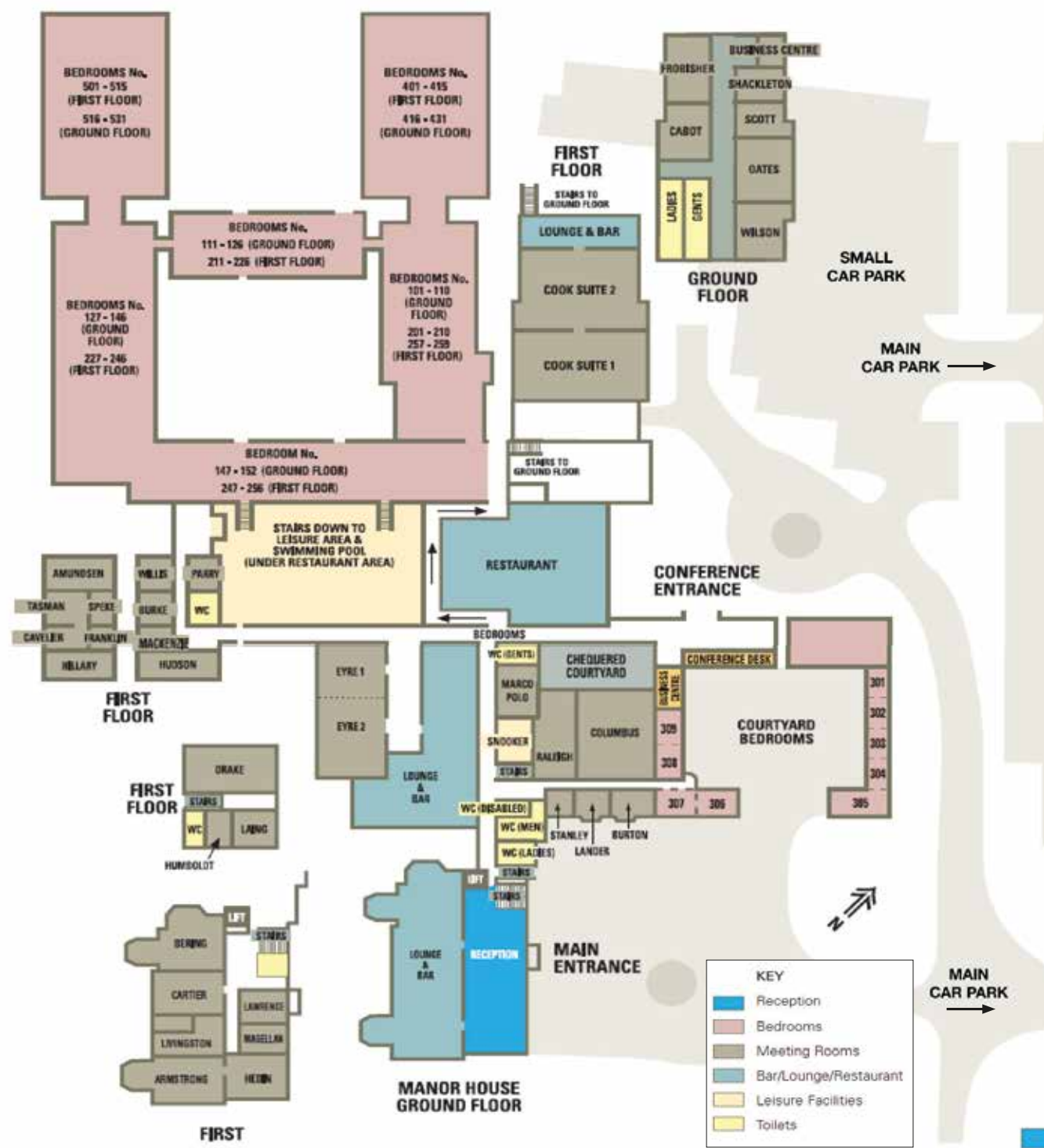


Sharing Grief, Finding Hope

The Compassionate Friends
50th Anniversary Gathering

1st - 3rd November 2019
De Vere Horwood Estate

Floor plan



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Photography Notice 1st - 3rd November 2019

Please be aware that Linus and Andrea Moran of Linus Moran Photography www.linusmoranphotography.co.uk will be taking photographs during this 50th Anniversary Gathering. These photos will serve as a record for the charity of this special event to commemorate our Jubilee Year. Photographs may be used on our website, on social media such as Facebook and Twitter and printed publications. Photographs may be of people or of specific items such as the photographs of our loved ones. If you do not consent to any photos of you or your items being used in this way please would you let us know in writing ([to info@tcf.org.uk](mailto:info@tcf.org.uk)) or pick up a non-photo consent form at the TCF Information Desk. Thank you so much.

Welcome

Dear Friend

A very warm welcome to our weekend together to mark and commemorate 50 years of The Compassionate Friends. If this is the first time you have been to a Compassionate Friends event you are most welcome and you will be looked after by many other bereaved friends who understand what it means to be a bereaved parent, grandparent or sibling. If you have been to one of our gatherings before we are delighted to welcome you back to this very special weekend together.

We hope that over the course of the weekend you will meet other parents, grandparents and siblings and find comfort and understanding as we share our grief together and find hope for the future.

We have planned a full programme of workshops, talks, sharing groups and other activities for you this weekend but please feel free to drop in and out of the various activities as you wish. Everything is relaxed and optional, and nothing is expected of you - so do just as much or as little as you like.

When you arrived you were given a name badge with your name, the name of your loved one(s), and your location. If you are a bereaved sibling or grandparent this will be noted on your badge in green.

If you have been bereaved in 2017/18, or 2016 and this is your first time at a TCF retreat or gathering, you will find a heart on your badge. If you have lost your only child or children you will have a butterfly on your badge. (If this applies to you and you do not have a heart or a butterfly then please come to the TCF welcome/information desk and we will correct this). If you need any help during the weekend look out for our Organisers, staff and volunteers wearing the red badge with 'ASK ME' on it.

We are especially delighted to welcome Shona and Liz, sisters to Billy Henderson and the daughters of co-founders, Bill and Joan Henderson.

The Compassionate Friends was formed by two families remembering their beloved children, Kenneth Lawley and Billy Henderson. We have now become a worldwide organisation of volunteers who, by sharing our own experience of loss and heartbreak, offer vital support to grieving families who have experienced the death of a child of any age and from any cause. We are really delighted to welcome so many of our international friends to this special Gathering.

We are greatly looking forward to meeting you over the next few days and if you need anything at all, please do ask either a member of the hotel staff or any of the organising team. We are all here to offer support, friendship and a listening ear.

With warmest wishes

The Organising Team - 50th Anniversary Gathering

Programme of Events

Friday 1st November

2.00pm onwards	ARRIVAL & REGISTRATION	
3.00 - 5.00pm	AFTERNOON TEA	1911 LOUNGE
3.00 - 5.00pm	WELCOME AFTERNOON TEA FOR NEWLY BEREAVED (bereaved in 2017, 2018 and 2016 first timers)	MANOR LOUNGE
3.15 - 4.00pm	INTERNATIONAL MEMBERS WELCOME with Maria Ahern, Margaret Pringle, Myrtle Fleming and Margaret Brearley	EYRE SUITE 2
5.00 - 6.15pm	WELCOME MEETING FOR ALL chaired by Andrew Miller, Trustee, UK	COOK SUITE
5.00 - 5.05pm	Outline of gathering - Andrew Miller, Trustee, UK	
5.05 - 5.10pm	Chair's welcome - Maria Ahern, Chair of Trustees, UK	
5.10 - 5.15pm	Welcome to the newly bereaved - Sue Hughes, Vice Chair of Trustees, UK	
5.15 - 5.25pm	Welcome to international group and brief history of TCF - Margaret Pringle, International Liaison, UK	
5.25 - 5.30pm	Response - Myrtle Fleming, International Chair of TCF	
5.30 - 5.40pm	Greetings from TCF USA - Debbie Dullabaun, President of TCF, USA Greetings from Germany - Karin Grabenhorst, Secretary of the German Society of Orphaned Parents and Grieving Siblings (VEID)	
5.40 - 6.05pm	Keynote Speaker: Libby Purves	
6.05 - 6.10pm	Patron's response - Anna Bonham-Carter	
6.10 - 6.15pm	Close - Carolyn Brice, CEO, UK	
6.15 - 7.30pm	"Getting to know you groups" for newly bereaved	MANOR LOUNGE
6.15 - 7.30pm	Drinks and mingling	1911 LOUNGE
7.30 - 9.00pm	WELCOME DINNER FOR NEWLY BEREAVED	1911 LOUNGE
7.30 - 9.00pm	WELCOME DINNER Keynote Speaker: Baroness Sue Miller	RESTAURANT
9.00 - 10.00pm	Singing group rehearsal	RALEIGH
9.15 - 10.15pm	Nuggets of comfort and hope with Gina Claye (primarily for those in early bereavement)	MANOR LOUNGE
9.15 - 10.00pm	Film screening: <i>Say Their Name</i> with filmmakers Jimmy Edmonds and Jane Harris (for international members and any others)	EYRE SUITE 2

Saturday 2nd November

6.30 - 10.30am	BREAKFAST	RESTAURANT
7.15 - 8.00am	Yoga	COOK SUITE BAR
7.15 - 8.00am	Tai chi and chi kung	1911 LOUNGE
9.15 - 10.30am	International Sessions - Challenges and Innovations within TCF chaired by Margaret Brearley, Trustee, UK	EYRE SUITE 2
	9.15 - 9.30am Australia - John Bradley 9.30 - 9.45am USA - Debbie Rambis 9.45 - 10.00am UK- Carolyn Brice 10.00 - 10.15am VEID, Germany - Karin Grabenhorst 10.15 - 10.30am Canada - Cathy Sosnowsky	
9.15 - 10.30am	Sharing Sessions Saturday Morning	SEE PAGES 13-14
9.15 - 10.30am	Workshops Saturday Morning	SEE PAGE 15
9.15 - 11.00am	Film screening: <i>A Love That Never Dies</i> and discussion with filmmakers Jimmy Edmonds and Jane Harris	COOK SUITE
10.30 - 11.20am	TEA/COFFEE BREAK	
11.20 - 12.45pm	SESSION FOR ALL chaired by Andrew Miller, Trustee, UK	COOK SUITE
	11.20 - 11.40am Address by The Countess Mountbatten of Burma, President and Patron of TCF 11.40 - 11.45am Thanks by Tony and Mary Anne Carroll, TCF Australia 11.45 - 12.00pm Shona Henderson , daughter of two of the founders of TCF, Bill and Joan Henderson, in conversation with Andrew Miller, Trustee, UK 12.00 - 12.10pm PTSD and catastrophic grief - Margaret Brearley, Trustee, UK 12.10 - 12.25pm Keynote speaker: Hamish Elvidge <i>Finding hope after traumatic bereavement</i> 12.25 - 12.40pm Keynote speaker: Cathie Seigal <i>Continuing bonds: love after death</i> 12.40 - 12.45pm Thanks - Andrew Miller, Trustee, UK	
12.45 - 2.15pm	LUNCH	RESTAURANT
1.00 - 4.00pm	Outing to Bletchley Park (packed lunch and transport provided - pre-booked only)	MEET IN RECEPTION
2.15pm	Screening of World Cup Rugby Final.	EYRE SUITE 2
2.15 - 4.00pm	Free time and afternoon activity sessions	SEE PAGES 23-24
4.00 - 4.30pm	TEA/COFFEE BREAK	
4.30 - 5.30pm	SESSION FOR ALL chaired by Andrew Miller, Trustee, UK	COOK SUITE
	4.30 - 5.10pm Keynote Speaker: Thomas Harding <i>Journeying through grief</i> 5.10 - 5.30pm Margaret Brearley, Trustee, UK <i>How bereaved parents changed the world</i>	

5.45 - 7.00pm	International Sessions chaired by Margaret Brearley, TCF UK	EYRE SUITE 2
	5.45 - 6.20pm Keynote speaker: Hamish Elvidge <i>Support after suicide in the UK</i> 6.20 - 7.00pm John Bradley: <i>Language around suicide</i>	
5.45 - 7.00pm	Sharing Sessions Saturday afternoon	SEE PAGES 16-17
5.45 - 7.00pm	Workshop Sessions Saturday afternoon	SEE PAGE 18
8.00 - 9.45pm	COMMEMORATIVE DINNER Keynote Speaker: Sangeeta Mahajan <i>Finding hope after catastrophe</i>	1911 LOUNGE
9.45 - 10.30pm	Meet the speakers, writers and TCF founders	MANOR LOUNGE

Sunday 3rd November

6.30 - 10.30am	BREAKFAST	RESTAURANT
7.00 - 7.50am	Water aerobics	SWIMMING POOL
7.15 - 8.00am	Pilates	COOK SUITE BAR
9.00 - 10.15am	International Sessions - Planning for the future discussion led by Andrew Miller, Trustee, UK	EYRE SUITE 2
9.00 - 10.15am	Sharing Sessions Sunday morning	SEE PAGES 19-20
9.00 - 10.15am	Workshop Sessions Sunday morning	SEE PAGE 21
10.15 - 11.00am	TEA/COFFEE BREAK	
11.00 - 11.45am	Walk to remember	MEET IN RECEPTION
11.50am - 12.55pm	CLOSING SESSION FOR ALL chaired by Andrew Miller, Trustee, UK	COOK SUITE
	11.50 - 11.55am Closing words - Gina Claye, Trustee, UK	
	11.55am - 12.10pm Keynote speaker: Linda Hurcombe <i>Growing round grief</i>	
	12.10 - 12.20pm Poem 'The Gift' by Joe Lawley – read by Andrew Miller	
	12.20 - 12.30pm Singing group - led by Margaret Pringle	
	12.30 - 12.35pm Celebrating our founders - Margaret Brearley, Trustee, UK	
	12.35 - 12.45pm Thanks and farewell - Gina Claye and Maria Ahern, Chair, UK	
1.00 - 2.00pm	LUNCH	RESTAURANT
2.30 - 4.15pm	ANNUAL GENERAL MEETING chaired by Maria Ahern	COOK SUITE

2.30pm	Welcome from the Chair - Maria Ahern, Chair, UK
2.35pm	Minutes of 2018 AGM and matters arising - Maria Ahern, Chair, UK
2.45pm	Presentation of Annual Review - Carolyn Brice, CEO, TCF, UK
3.00pm	Finance Report - Nigel Taylor, Trustee, U
3.15pm	Vote on adoption of Annual Report & Review - Maria Ahern, Chair, UK
3.20pm	Fundraising activities - Stephen Armstrong, Head of Fundraising
3.30pm	Announcement of result of Trustees' Election - Maria Ahern, Chair, UK
3.35pm	Questions and comments - all
3.45pm	Close
3.45 - 4.15pm	Tea/Coffee

Important Information for Your Stay

Please note **EVERYTHING IS OPTIONAL**. The programme and activities are all there for you to attend but if you don't wish to go to any of the sessions then please feel free to use the hotel bars and lounges to chat and relax with your 'compassionate friends', or perhaps go to the pool or gym, or spend your days in the craft room, shop or library. This is your weekend - please spend it as you wish.

Delegate Bags, Badges and Lanyards

When you check in at the hotel on Friday, pick up your delegate bag, lanyard and badge from the Registration and TCF Welcome Desk close by the hotel reception. Your badge will have your name, the first name of your child/children, sibling or grandchild and the country or area in the UK you live. A card in the back of your badge will note any dietary requirements you have told us about. Please bring this card with you to dinner on Saturday night.

If you have lost your only child or children you will have a butterfly on your badge. If you are coming to a TCF weekend for the first time you will have a heart on your badge. If this applies to you and you do not have a heart or a butterfly then please come to the TCF information desk to let us know. Some of our volunteers who are organisers of the weekend and staff will have an additional badge with **'ASK ME'** written on it - please ask one of these volunteers if you need help or information.

Hotel Information

Check-in is from 3.00pm on day of arrival, early check-in may be available if your room is ready.

Coffee, tea and soft drinks will be available free of charge in 1911 Lounge, Cook Suite Bar, Manor Lounge and ground floor meeting area from 9.00am - 5.00pm. After 5.00pm tea, coffee and other drinks are available to purchase from the 1911 Bar and Manor Bar. Debit/credit cards and cash are accepted. Bars shut at 12 midnight. Any additional purchases from the hotel are your own responsibility. You will need to settle up with the hotel prior to your departure.

Please note there are free tea and coffee making facilities in each bedroom. There is no room service during the weekend.

TCF Information Desk

The TCF Information Desk will be located in Reception. Please come and see us if you have any questions or need information.

Orientation and Welcome for the Newly Bereaved Bereaved in 2017, 2018 or first timers at a TCF weekend bereaved in 2016

We know how difficult and overwhelming it can be coming to a weekend like this if you are in the first few years of bereavement, especially if you have not attended a Compassionate Friends event before. To help you feel a little less daunted and to offer additional support, we have made some special arrangements for our first afternoon and evening together for those bereaved in 2018, 2017 and first timers at a TCF retreat bereaved in 2016.

The Manor Lounge (next to the man reception check-in area) is set aside for Friday afternoon and evening, especially for those in the first few years of loss. If this is you, please do come to the Manor Lounge where afternoon tea will be served from

3.00-5.00pm. Newly bereaved will receive a warm welcome from a few of our bereaved parent volunteers and be able to meet others in a quieter, more personal, space than the main hotel lounge area. Newly bereaved will then be gathering in the Manor Lounge from 6.15 - 7.30pm on Friday in small groups and then can, if they wish, go to dinner together. All of this is optional but we hope, if you are in the first few years of your loss, that you will feel able to join us in this supportive setting in the Manor Lounge.

Information for Siblings

A warm welcome to the siblings who are with us at the weekend. We are sorry that you are here, but glad to have you. Please do contact our sibling coordinators Hayley Hayes or Emma Andow (Emma is usually in the craft room!) at the weekend to have a chat and find out support available for siblings.

All brothers and sisters are welcome at any of the sharing sessions, workshops and other sessions at the weekend - but please note there is a **specific sharing session for siblings on Saturday morning, 9.15 - 10.30am.**

Information for Grandparents

A warm welcome to the grandparents who are with us. We hope very much that you will join us in any of the sessions that appeal to you at this special weekend gathering. We are delighted to have you here.

Sharing Sessions

Sharing sessions will be held:

- Saturday morning: 9.15 - 10.30am (10 to choose from)
- Saturday afternoon: 5.45 - 7.00pm (10 to choose from)
- Sunday morning: 9.00 - 10.15am (9 to choose from)

There are many different subjects covered during the sharing sessions - please refer to the lists on pages 13-14, 16-17 and 19-20 These are times where we can be together to discuss and share our experiences and feelings around a particular topic in a compassionate and confidential space. The groups will be facilitated by (usually) 2 volunteers and you will be invited to share with others to listen and find understanding and hope from each other. Sharing sessions are very like a support group meeting where everyone is invited to participate if they wish to.

Please note that due to space restrictions and maximum room capacities, not everyone who has pre-registered will be able to attend their preferred session. Therefore it might be a good idea to have a second choice of session in mind.

We ask that if you attend a sharing session you follow these guidelines:

- **Please arrive on time** - once the session has started we find it is best if we do not have anyone joining the group more than 5 minutes after the start time. So if you are late you may politely be asked not to attend.
- **Respect confidentiality** - we agree that what we say and hear in the room stays in the room
- **Share time equally** - so that everyone who wishes to has an opportunity to speak. If one person is talking too much, one of the facilitators will politely ask you to finish so that others can have time to speak.
- **Respect differences** - our grief is very individual and each one of us will have different opinions and beliefs about the world and about the loss of our child. However, in the group we agree that we will respect others' beliefs and opinions.
- **Expertise** - we are only experts on our own grief so we will not give advice or express that our way of grieving is the only or 'best' way.

Workshops

Workshops are usually a prepared short talk or presentation on a topic often, but not always, followed by questions and/or discussion. Sometimes the workshops are more interactive (for instance a writing workshop or the NOW workshop).

Please find the schedule of workshops on pages 15, 18 and 21. Workshops will be going on at the same time as the sharing sessions above:

- Saturday morning: 9.15 - 10.30am (4 to choose from)
- Saturday afternoon: 5.45 - 7.00pm (4 to choose from)
- Sunday morning: 9.00 - 10.15am (6 to choose from)

Note there will also be 3 workshops on Saturday afternoon from 2.15pm (see Activities Programme on pages 22-25)

- Workshop for TCF volunteers
- Floral workshop
- Relaxation workshop

Please note that due to space restrictions and maximum room capacities, not everyone who has pre-registered will be able to attend their preferred workshop. Therefore it might be a good idea to have a second choice of workshop in mind.

Gathering Shop

The ever-popular shop will be in **Eyre Suite 1**. A variety of lovely items will be on sale, including cards, scarves, jewellery, keepsakes and other treasures and mementoes for you to take home to remember your time with your 'compassionate friends'. Many of the items in the shop have been lovingly hand-crafted or donated in memory of a loved one. Every pound goes directly to TCF to help bereaved parents, grandparents and siblings. If you have brought with you any items to donate to the shop please take them along to Mary Hartley in the shop at the start of the Gathering - thank you.

Books will be on sale - both new and second hand - including those authored by our guest speakers. If you want them signed please make your book purchases before the 'meet the guest speaker' session on Saturday evening after dinner and take them along to the Manor Lounge.

The shop will be open in Eyre Suite 1 at these times:

- Friday afternoon and evening: 3.15 - 5.00pm, 6.15 - 7.30pm, 9.00 - 10.00pm
- Saturday: 9.15 - 11.15am, 2.15 - 4.30pm, 5.45 - 7.00pm, 9.15 - 10.15pm
- Sunday: 9.00 - 11.45am

Library

Mary Hartley is our dedicated, wonderful librarian and she will have some of the most popular TCF library books on display. You are welcome to borrow books (UK delegates only please!) whenever the shop is open - please fill out a lending form - and if you would like to chat about books, Mary will be available in the shop and library on:

- Friday: 3.15 - 5.00pm, 9.00 - 10.00pm
- Saturday: 10.30 - 11.15am, 9.15 - 10.15pm
- Sunday: 9.00 - 11.00am

There will also be a list of recommended reading for you to pick up, too.

Charity Silent Auction

Details of all the wonderful lots donated to TCF and on offer in the Silent Auction are in your delegate bag. Details are also on the TCF Information Desk and noticeboards. You can bid for any or all of the lots by collecting an envelope at the desk, or bid online at tcfauction@btinternet.com. The deadline for submitting your bid via email or in person at the Gathering is **12 noon on Sunday 3rd November**. A list of winners will be available by 11th November but all winning bidders will be directly contacted no later than 5.00pm on 8th November.

Saturday Night Fundraiser

WIN A WEEK'S STAY IN A STUNNINGLY BEAUTIFUL, PRIVATELY-OWNED SPANISH TOWNHOUSE

For just £10, you have an opportunity to win this fantastic prize which has been very kindly donated to TCF to raise funds for our charity. The market value for a week's stay is £2500. During dinner on Saturday evening, you will have the opportunity to participate in this fundraiser, by simply placing your donation (minimum of £10) in the envelope which will be provided. All envelopes will be collected during the evening and the winner notified after dinner. More details are in your delegate bag and will be on the dinner tables on Saturday evening. **Please bring cash to the Saturday night dinner if you wish to participate.**

The Quiet Memory Room

If you have brought a photograph of your child, sibling or grandchild with you to the Gathering, the beautiful **Bering** room has been set aside as a quiet and reflective place where you can display these precious treasures. There will be paper and pens included in the room for you to write more about your loved one if you wish. The room will be open all weekend. **Please remember to take your photos with you when you leave.**

50 Years of TCF

The **Bering** room will also display some of the memorabilia and photographs from 50 years of TCF. We hope you will stop by to see how our charity started and has developed through the last half century.

Therapeutic Conversations

As part of TCF's commitment to peer support, 3 bereaved parents who are also qualified therapists will offer one-to-one or one-to-two (couples or parent and surviving sibling) therapeutic conversations to parents and other family members attending this Gathering. We are there to be alongside you. We will not be offering advice and nor do we consider that we have the answers. We feel this service offers a unique opportunity to have a private conversation with a qualified therapist who also has the experience of being a bereaved parent. More information about this service is on page 32. Places are limited - so if you wish to book a 45-50 minute session, please go to the TCF Information Desk where you can sign up.

The room where you will have your session will be clearly marked on the session sign up sheet. Please arrive in good time for your session to enable the therapeutic sessions to begin and end on time. If you book a session and then decide not to take it up, can you please cross your name through on the sheet to enable another person to take up that session. Thank you.

Additional Therapies and Treatments

Additional relaxation and well-being therapies and treatments can be pre-booked with the hotel's therapist, Yvonne Clifford, prior to your arrival or while you are at Horwood House. Please contact Yvonne direct by phone on **07814 487716** or email relax@yctherapies.com to find out about availability and booking. Payment is made direct to Yvonne. More details of the treatments offered can be found at www.tcf.org.uk/content/50th-therapies

Craft Room

"The creativity of grief can be as much in the process as in the product. It does not bring our loved one back, but it can help us emotionally and psychologically, it can help relieve some of our stress, and it can also help us in find ways of memorialising our loved ones". Living with loss, October 2019

Come and join us in **Columbus** where Emma and Georgina will be offering you a variety of different creative activities. You don't need to be arty or crafty - both will be on hand to help and advise. Spending time creating in the Craft Room can be a wonderful way to meet new friends, chat about our child or sibling or what we are making in relaxed and informal surroundings.

Projects you could try include ; decorating candle holders - book folding - filling baubles - mini photo frames - key rings - pin badges and bracelets - mug decorating...and more...

The Craft Room will be open from Friday 6.15 - 7.30pm, Saturday 9.15am - 7.00pm and on Sunday from 9.00 - 11.45am.

Badge Making

In **Columbus** there will also be an opportunity to make a badge with a picture of your child, sibling or grandchild. For this you will need a photograph approximately 58 mm diameter of your loved one printed on paper. We ask for a small donation for each badge made to cover the cost of materials.

Meet Our Keynote Speakers, Founders, Film Makers, Authors and Patrons

Come to the **Manor Lounge** after dinner on Saturday between 9.45 -10.30pm to meet some of the key speakers and others at the Gathering. This will be an informal session where you will be able to meet and chat to our founder, Canon Simon Stephens, our keynote speakers, authors, patrons and film makers. Please do purchase any books you wish to be signed at the shop and bring them to this session.

A Butterfly's Journey Photos

Come by A Butterfly's Journey Photo Booth, located in **Eyre Suite 1** (with the shop) for a free experience of expressing your connection to your child, sibling or grandchild through photography. Barbara will photograph you with a meaningful phrase written on your skin gently and kindly in washable ink (washes off immediately), or holding an object meaningful for you, or a photo of your loved one. Photos can be taken alone, as couples, or in whole groups. Participants will be able to access their photos after the Gathering. These creative photo-shoots are emotion-evoking, but not sad.

Site gallery: www.abutterflysjourney.org/portraitsoffloss-photo-gallery, FB page: www.facebook.com/facesofresilience

For Our Volunteers

If you are a volunteer at the Gathering for example part of the organising team, facilitating a sharing session, running an activity or session during the weekend, we have set aside a room - **Hedin** - where you can come for advice or assistance. Please do make your way there (its above the Manor Lounge) if you need some help or support in your volunteering role.

Feedback

There is a feedback form in your delegate bag and you can pick up a copy from the TCF Information Desk. If you have any feedback on the weekend – sessions and activities you found helpful or enjoyed, as well as things we could have done differently – please do let us know on this form and leave it in the box at the desk. Thank you.

Saturday 2nd November

Saturday Morning 9.15 - 10.30am

Sharing Sessions

SESSION	FACILITATORS	VENUE
Suicide and its aftermath	Gina Claye/Sharon Rose	SCOTT
No chance to say goodbye	Sandra Green/Sue Hughes	HUDSON
Losing a child to drugs or alcohol	Anna Bonham-Carter /Jacqui Wainwright	PARRY
Sibling group - siblings only	Hayley Hayes/Karen Ivey	RALEIGH
Mourning the death of an adult child	Sheila Phillips/Joy Rooke	MANOR LOUNGE
Coping with complex feelings: anger, remorse, bitterness, regret...	Claire Phillips/Rosie Wilson	ARMSTRONG
Losing a son or daughter through cancer or illness	Mary Hartley/Jane Abnett	MACKENZIE
The grief of men	Andrew Miller/Adrian Keach	SHACKLETON
Bereaved from road traffic incidents	Liz Leake/Sue Faulkner	WILLIS
As time goes by - grief after many years	Betty Madill/Hazel Webb	LIVINGSTONE

Suicide and its aftermath

SCOTT

The death of a child is always shattering, but suicide is a particularly cruel form of death for the surviving family and friends. This session will consider many of the issues we face - such as the 'why' and the way our minds may go over what we could have done to prevent this tragedy. Sometimes we will feel a strong sense of guilt and that we have failed our loved children. We have the additional stress of coping with the police, inquest, media, reactions and judgements of others, anxiety about our remaining family as well as wondering how we will survive and move forward.

No chance to say goodbye

HUDSON

When our child dies without warning, the shock and disbelief we suffer is overwhelming. It leaves us reeling, our world rocked to the very core. For a child of any age to die before his or her parents is not the expected order of things. This is even more shocking when the death is sudden and/or violent with no time to prepare. There will be no future opportunity to say the things we would want to, no chance to prepare or resolve misunderstandings or say goodbye. All aspects of our life are changed forever.

Losing a child to drugs or alcohol

PARRY

Those who go through substance related bereavement face added complications, often including social stigma, less sympathy, respect and support. For some, our child's death followed years of addiction and other mental health conditions, such as depression or anxiety. We may have struggled to access the support our child needed from professionals. We may feel guilt or blame others; we will have probably faced an inquest and unwanted publicity - all these issues can add to our pain and deep sense of loss and isolation.

Sibling Group - siblings only

RALEIGH

Sometimes as a brother or a sister it is unclear where to turn for support. We need comfort, understanding and empathy from those around us but we are not always able to find these. We may not be able to approach our parents and sometimes we focus on relationships outside the family. Yet our friends might not have been in this situation and may not know how to deal with us. They may be surprised at our reactions. Our relationship with our sibling was unique and our grief will be too. Share with other siblings in this group.

Mourning the death of an adult child

MANOR LOUNGE

Those of us whose adult child has died may have to contend with some unexpected responses. One of these is that because our child was adult, others may assume the pain of losing them is therefore much less. They do not appreciate that the role of parent lasts for all of our lives, and the death of our child, regardless of age, can make us feel that we have failed to protect and support them. In addition, our relationship with them could have matured from parent/child to equality as adults. How do we go forward having lost the friendship that has grown from knowing and loving them over the years?

Coping with complex feelings: anger, remorse, bitterness, regret...

ARMSTRONG

After the loss of our child we can experience a whole range of emotions - many of which may be unfamiliar to us. Rage and anger; guilt and remorse; bitterness and envy; intense sadness and despair; finding joy and happiness problematic, and more. How can we cope with these feelings, and what have others found helpful in managing the intensity and chaos of these emotions?

Losing a son or daughter through cancer or illness

MACKENZIE

As parents we want the best for our children and hope that they will live long, healthy and happy lives. Many terminal illnesses bring an emotional turmoil of hope and fear. It is an immense shock to discover that our child has a life-threatening illness, whether cancer or any other condition. We may find ourselves thrust into a new and frightening world where we are not in control and are powerless in our struggle to keep our child alive. Caring for our child may have been the focus of our lives. How do we cope when suddenly we are left with a great void?

The grief of men

SHACKLETON

This group is for bereaved fathers, grandfathers, stepfathers or brothers only. This is an opportunity for men at the retreat to meet others. Many find it beneficial to talk with others who have experienced a similar loss - and the group will probably cover issues such as how grief affects us and our relationships, differences in how men and women grieve, going back to work, avoiding isolation and anything else we may want to discuss together.

Bereaved from road traffic incidents

WILLIS

The sudden, unexpected and traumatic experience of road death is overwhelming and isolating. How do we manage after losing a child in this way? How do we ever feel safe again? Police investigations, inquests and court procedures which may follow are often unfamiliar and disorientating. How can we build the resilience necessary to deal with the practical demands of day to day. What has helped us? Connecting with others who have survived a similar loss can provide ideas for day to day coping strategies and what can help as well glimpses of hope.

As time goes by - grief after many years

LIVINGSTONE

This group is aimed at those bereaved for over 8-10 years plus. How are we managing now that many years have passed since our daughter or son died? Our life is not the same, but have we found a 'new normal'? We will have changed, our lives will have changed, and we may now feel we have a different perspective on what we feel is important to ourselves and our families. What has helped us to manage living with this grief? How have we learned to live with the ache of loss and have we found ways to treasure our child's memory?

Workshops

Grief in story-telling and art

DRAKE

Presented by Dorothea Stockmar, death and grief counsellor focusing on symbolic-creative impulses for healing grief

Through storytelling and painting we may get an idea of the overwhelming feeling of grief. Grief will be felt in motion, emotion, words and signs of love.

At the beginning of this workshop Dorothea will present a composition of slides showing some of her paintings related to the expression of mourning and illustrating a grief tale (The Mourning Princess).

After getting in touch with the House of Mourning during an imaginary journey we will open ourselves for our own sensations. Using paper and coloured pencils, we may discover hidden emotions. While playing with shapes and colours of pure emotions we may unlock impressions full of love and light, even in the faintest flickers of hope.

Through painting, grief deepens; bringing vital moments into one's mourning life. Mourning begins to flow.

Managing special days

CABOT

Presented by Karen Philippzig

Grief can be overwhelming, but when significant days such as birthdays and anniversaries are approaching, the anxiety and apprehension around coping on these days, can be very difficult to manage. This workshop provides insights about some of the ways that people have managed these significant days, and creates a brainstorming environment that will arm people with ideas on how to honour their loved ones in a meaningful way, that is uniquely personal to their family.

Resilience - the key to surviving loss

OATES

Presented by Barbara Hopkinson

Barbara will discuss how she survived and is thriving after the loss of 3 children, her husband, her parents, plus enduring both eyesight and financial challenges. She will share ten tips that you can use to find resilience after loss.

Barbara founded and directs two non-profits dedicated to helping those in grief, The Compassionate Friends of Greater Newburyport, MA, USA and A Butterfly's Journey. She has authored/co-authored five books, and is a Certified Grief Recovery Specialist. Barbara is the creator of "Faces of Resilience" photo shoots, which encourage open expression of grief, loss and love. She lives north of Boston near her remaining son, her three adult stepchildren and their families.

The web of interconnections - grieving alone and together

FROBISHER

Presented by Ruth Marijke Smeding

After the loss of her one and only pregnancy, Ruth Marijke studied the subjects of loss and designed a model of working with the bereaved - often bereaved parents. In this talk and workshop she will look back with you on the specifics over the years, restricting this to what we share and have in common, whilst acknowledging that there are so many differences.

Sharing Sessions

SESSION	FACILITATORS	VENUE
Losing a young child or baby	Carolyn Brice/Betty Madill	LIVINGSTONE
Caring for surviving siblings (and grandchildren)	Hayley Hayes/Sharon Rose	HUDSON
Surviving as a childless parent	Maria Ahern/Sangeeta Mahajan	WILLIS
Grieving as couples	Hugh and Maureen McAninch/ Caroline Vidler	OATES
Early bereavement (up to approx. 3 years)	Sue Hughes/Debbie Garrod	MANOR LOUNGE
Coping with sudden death	Melian Mansfield/Sue Faulkner	SCOTT
Do I have a choice of how I grieve and how I feel?	Andrew Miller/Dinah Perkins	ARMSTRONG
The effects of grief on relationships with family and friends	Mary Hartley/Liz Leake	PARRY
Faith and grief	Christopher Compston /Carol Keach	MACKENZIE
Practical issues: coping with my child's room, possessions, clothes, digital legacy	Claire Phillips/Jancis Cammarota	RALEIGH

Losing a young child or baby

LIVINGSTONE

Our bond of love with our child started when we knew we were going to become parents. Deep down none of us accepts that our baby or young child could die. Losing a younger child means that we may have missed out on so many milestones. Managing our own grief is hard enough but how do we deal with our partners, our children, our friends and our child's grandparents? How do we manage our loss if we have another baby? This group is for anyone who has lost a baby or young child (up to approximately 12 years).

Caring for surviving siblings (and grandchildren)

HUDSON

The loss of our child also impacts upon our surviving children and grandchildren. They will be coping with their own grief and may need our support which might not be easy for us to give. Some children may feel that they cannot or should not feel as much grief as their parents and grandparents. Their reaction may be to avoid mentioning their sibling, for fear of upsetting us. They may try to protect or look after us. We may find ourselves anxious and worried about how they will cope with the loss of their sibling. If our adult son or daughter dies leaving their own child or children, we face particular issues. In these circumstances we have not only our own grief to ensure, but also that of their partners and children. How can we support both our surviving children and/or our grandchildren after such a devastating loss?

Surviving as a childless parent

WILLIS

This group is for those whose only child/children has died. The issues we face can be different and more intense from those confronting bereaved parents with surviving children. Some of us suffer a double grief - both the loss of our child and, if we have no grandchildren, the loss of our family's future. Issues we could discuss include - feeling alone and isolated, difficulty finding any meaning and purpose, perhaps the prospect of old age is frightening and we may also wonder who should be the beneficiary of our inheritance of money and precious items. We may find ourselves preoccupied with the question "Am I still a parent?".

Grieving as couples (individuals welcome)

OATES

In a loving relationship we try to support and care for one another through good times and bad. When our child dies, we are both faced with unimaginable grief and despair which is liable to engulf us as individuals. We may express our grief so differently that our relationship becomes strained and existing difficulties can be made worse. Grief can make all of us more extreme in our reactions, so it is not surprising that it can exaggerate our differences too. How can our natural differences perhaps help us avoid slipping into resentment?

Early bereavement (up to 3 years)

MANOR LOUNGE

This group is aimed at those bereaved for approximately under 2/3 years. Although everybody grieves differently, we may find that gradually the first reactions to our loss of shock, numbness, denial and disbelief are subsiding and we can be overwhelmed by our feelings as we face the cruel reality of learning to live without our son or daughter. We may be struggling on every level with what has happened. We can feel we are going mad, engaging in restless over-activity and then complete exhaustion. Sleep and appetite are disturbed. We may feel helpless, anxious, confused, depressed and out of control. The ordinary things in life have little meaning for us and we lack concentration. All these responses and feelings are natural and normal and we can share them with others in this group. Perhaps we will also find some ways to cope and find a chink of hope.

Coping with sudden death

SCOTT

When our child dies without warning, the shock and disbelief we suffer is overwhelming. It leaves us reeling, our world is rocked to the very core. As we begin to understand that our life has been irrevocably changed, we may experience a bewildering array of strong emotions. When death is sudden there is no time to prepare; no opportunity to say the things we would want to, no chance to resolve misunderstandings or say goodbye. All aspects of our life are changed forever.

Do I have a choice of how I grieve and how I feel?

ARMSTRONG

Following the loss a child or sibling we all grieve and respond in different ways, with no single way being either right or wrong. Grief, as we know is incredibly personal and everyone has a different experience as to how they express their grief, how they feel and how they express those feelings. This group explores the question as to whether and to what extent we have or are capable of having some control and choice over our feelings and how those feelings affect how we grieve.

The effects of grief on relationships with friends and family

PARRY

In this group we will explore the relationships we are managing after child loss - perhaps with our close and extended family members, 'blended' family members and friendships. At first family and friends generally rally round to help, but as time passes the shattering experience of our child's death may create tensions; some may feel it is time we 'got over it' or are grieving differently to us. We hope to discuss what issues have arisen for you and perhaps share what helps us to feel less isolated and to cope and manage changes in our relationships and interactions with family and friends.

Faith and grief

MACKENZIE

"Oh God, this isn't supposed to happen to me!" This group is for us to share some of the ways the loss of a child, sibling or grandchild might affect our faith. Some find that their faith is strengthened by such a profound loss, for others faith can be weakened or even disappear. Anyone regardless of faith, belief or spiritual practice is welcome to attend this group as we seek to learn from and support each other and share our feelings about faith and loss.

Practical issues:

Coping with my child's room and possessions, clothes, digital legacy

RALEIGH

The memories of our child are precious. Whether it's a nursery prepared for a baby, a teenager who left clothes, shoes and school books over the floor, or an adult child with a home of their own. We may have physical mementoes of their lives - photographs, perhaps their favourite clothes, items from their sports or hobbies, pictures they painted, letters they wrote and much more. Today the virtual or digital world can be as important to access and preserve as the material reminders of our children. How do we deal with these practical issues?

Workshops

Feel, create and heal - the comforting Ginkgo leaf

CABOT

Presented by Karin Grabenhorst

The two sides of a Ginkgo-leaf may offer us a way to reflect the feelings of bereaved parents siblings and grandparents. With inspiration from the Ginkgo leaf we will be creative and may find hope for our further life.

With the beloved dead child, grandchild or sibling in our heart, the Ginkgo leaf may help us to reflect our individual way of grieving between yesterday and tomorrow.

Please note this workshop is most suitable for longer-term grievers, rather than those in the first months or years of loss.

On losing two sons - how we coped and what we did

SHACKLETON

Presented by Mary Anne and Tony Carroll

Mary Anne and Tony will talk about what happened to their two sons and what worked and didn't work with their grief process after their death. They will share their experiences and involvement with TCF over many years including arranging residential weekends, training sessions and giving talks to the caring professions in relation to dealing and communicating with bereaved parents. There will be time for questions, discussion and sharing of your own experience.

Grief in the Workplace

FROBISHER

Presented by John Santoro

Most of us invest more time at work than we do with any other dimension of our society, outside of our families. And time at work is a different kind of "time"—we are constantly dealing with problems, interacting with colleagues and customers, and expected to maintain standards of performance. We are often asked to park our emotions at the door, keep a stiff upper lip, and wall off our authentic selves as we check in each day to our offices, factories and shops.

John Santoro, a retired HR and communications executive, will talk about approaches for those who have suffered unimaginable loss but who must still go each day to work. He will share his story and ask participants to share theirs, as well as their perspectives on issues of the workplace, including re-integration after the death of a child and coping with work pressures in the aftermath of severe grief.

New developments in the world of grief

DRAKE

Presented by Ruth Marijke Smeding

The scientific world has yielded many new insights into grief and parental grief is one of them. Ruth Marijke will give a talk looking back at the developments of the last 10 years and explore with you how, for example, "accepting the loss" or "letting go of your loss" have now definitely been banished to the past, as well as how these changes came about.

Sunday 3rd November

Sunday Morning 9.00 - 10.15am

Sharing Sessions

SESSION	FACILITATORS	VENUE
In the wake of suicide	Sharon Rose/Amanda Miles	ARMSTRONG
Self-care after traumatic loss	Adrian Keach/Joy Sebborn	WILLIS
Growing through grief: love, empathy and reinvesting in life	Gina Claye/Margaret	MACKENZIE
Avoiding isolation: maintaining friendships, family ties and social life after bereavement	Claire Phillips/Liz Leake	PARRY
Coping with the loss of an only child - rebuilding the future	Maria Ahern/Judith Pinfold	HUDSON
Coping with anniversaries and special occasions	Carol Keach/Gill Hardy	LIVINGSTONE
Facing the effects of past losses on new grief	Jo English/Sue Faulkner	SCOTT
Does time heal? How long does grief last? Will I ever feel normal again?	Mary Fontana/Jayne Thomas	RALEIGH
Grieving is doing - activities in memory of our child or sibling	Rosie Wilson /Anna Bonham-Carter	CABOT

In the wake of suicide

ARMSTRONG

Losing a loved one to suicide has been described as 'grief with the volume turned up'. If we have lost our child in this way, we have to deal with many complicated feelings of our own as well as the sometimes unhelpful opinions of others. This group will share what has helped during the first few months, the first few years and beyond.

Self-care after traumatic loss

WILLIS

People say you must 'look after yourself' but what does that actually mean to you? We hope to share how we begin to find chinks of satisfaction or even enjoyment again after child loss. What do you do to care for yourself? Perhaps gardening, exercise, reading, taking part in cultural activities, therapies, spending time with people that care for you, finding a meaningful outlet for your grief whether that be through helping others, remembrance activities or being involved in activities or causes that were important to your child.

Growing through grief: love, empathy and reinvesting in life

MACKENZIE

As bereaved parents we may be unable to see a future for ourselves and wonder how we will ever be able to find meaning in our lives again. Perhaps we feel we don't 'deserve' to have any kind of future without our child in it - so how can we give ourselves permission to live our lives again? This group will discuss these issues and more and hopefully share together how we might find hope, meaning and purpose in our lives once more.

Avoiding isolation: maintaining friendships, family ties and social life after bereavement

PARRY

'You aren't the person you used to be'. 'Are you better now?' 'You're no fun anymore!' The death of our loved one affects all aspects of our lives and every day we have to learn to survive all over again. How can we help our friends and family to help us to feel less isolated and alone? How can we find new relationships which help to sustain us?

Coping with the loss of an only child - rebuilding the future

HUDSON

As parents who have experienced the loss of our only child or children, we may be unable to see a future for ourselves and wonder how we will ever be able to find meaning in our lives again. Perhaps we feel we don't 'deserve' to have any kind of future without our child in it - so how can we give ourselves permission to live our lives again? This group will discuss these issues and more and hopefully share together how we might build a future for ourselves.

Coping with anniversaries and special occasions

LIVINGSTONE

There are all sorts of special occasions that become hard to face after the death of our child. Whether an event is unique to our loved one, such as their birthday or the anniversary of their death, a family occasion, or a public celebration such as Christmas or Easter, we may find it an anxious and painful time. How do we prepare ourselves, bearing in mind that sometimes it is the approach to those specific days that can be more painful than the day itself?

Facing the effects of past losses on new grief

SCOTT

This group will focus on how our past losses may affect, and perhaps help us, with our new grief. Perhaps we have to deal with the loss of our child after other traumatic losses earlier in our life. What if we lose more than one of our children? The group will also look at coping if we experience new losses after the loss of our child. How do these multiple losses impact us and how can we cope?

Does time heal? How long does grief last? Will I ever feel normal again?

RALEIGH

Time can lose its meaning when our child dies. Whether it has been weeks, months or years, we can still feel sometimes as though it was only yesterday. Losing a child can feel like being cast adrift in a new country and learning to live with grief is like learning a new language. Is it ever possible to feel 'normal' again? Does grief last for ever and does time 'heal'?

'Grieving is doing': activities in memory of our child or sibling

CABOT

The activities and ways we choose to remember our child or sibling by can help give us new life and new hope after their death. How do we build bridges between the past, the present and the future? How can we honour the life of our child or sibling and grow and develop as individuals in our grief? Just as there is no right way to grieve there is no right way to remember and this group will discuss the ways in which we can continue our bonds and relationship with our child or sibling.

Workshops

Continuing bonds with a loved one

COOK SUITE

Presented by Karen Philippzig

Terry Pratchett once said, "No one truly dies until the last person on Earth stops talking about them." But what happens when the person who can't talk is the mother of a child who has died?

Karen's daughter, Bree, died 20 years ago, and in all that time she was unable to truly talk about her or share her story and all the little things that made Bree the bright light that she was. In order to change this, Karen decided to walk the 800km Camino Trail across Spain in a pilgrimage to share her daughter's story and help people understand that the love and connection to a child is forever. You are invited to share her journey and what this mother did to bring her precious daughter back to life.

Presented by Dorothea Stockmar

Mourning is a response of our soul to a deeply felt loss. Grief is painful and important to experience, so that the soul might comprehend the depth of a great loss and find new balance.

Symbols may assist the bereaved to get in touch with various sensations of mourning. Instead of words, symbols can help to express the pain felt. Grief becomes visible.

In a PowerPoint presentation of approximately 15 minutes I will give some ideas how grief can be expressed and transformed into hope.

After the presentation we will have the chance to get in touch with our own feelings by answering simple questions. Thus we may discover unspoken moments of grief and relief.

Writing workshop - writing towards healing

Presented by Cathy Sosnowsky

Anyone can find relief in writing about their pain—and joy in recreating memories. Cathy will encourage you to express your feelings in a safe way and will inspire you to keep writing. She will encourage those who already write to continue writing, and those with writer's block to release their held-in pain. Within the workshop, participants will be asked to respond to writing prompts, and to share what they have written - if they wish and always optional!

NOW workshop

Presented by Sangeeta Mahajan

"Sunday morning will be the start of multiple new possibilities. We'll practice being fully connected to our body and breath. We'll practise being present to everyday objects and ordinary activities using all our senses. We'll find refuge in ourselves. We'll nurture our compassion for ourselves. We'll honour our pain, our learning and our growth."

Men and grief

Presented by Woldy Sosnowsky

This workshop will explore particularities with respect to men and the grieving process. Ideas about maleness and understandings of cultural, historical, and personal perspectives in the grieving process will be discussed. Means for broadening expressions of male grief will be introduced and a hands-on exercise will be included.

It's OK to be broken

Who we are, who we have become and how we live now

Presented by Dany Park

After loss, we learn to live behind a mask; we become professional actors without realising it in an effort to 'blend' back into society. In the process we sometimes make it look too 'easy' to the outside world, even unwittingly fooling ourselves that we made it through and accepting that this is the person we have always been. Dany will explore her own journey in confronting the pain of bearing the loss of her only child, becoming comfortable without her mask and finding out that 'It's OK to be broken'. This talk and discussion will be suitable for those who are past the initial raw pain of loss and on their journey of survival.

Activities Programme and Other Special Sessions

Friday Evening

9.00 - 10.00pm

Singing group rehearsal with Margaret Pringle

RALEIGH

Join us if you would like to sing 2 special songs - the more the better. All warmly welcome. You don't have to be a Diva or Pavarotti - just come along and enjoy singing together.

9.15 - 10.15pm

Nuggets of comfort and hope with Gina Claye
(primarily for those in the early years of loss)

MANOR LOUNGE

This session is an opportunity for those parents in the early months and years of loss to hear a few 'nuggets' of hope given by longer bereaved volunteer speakers. You'll hear what helped them and gave some small comfort during the early weeks, months and years of their loss - from writing to sudoku, from box sets to exercise, from being around nature to meeting other bereaved parents...We would love to hear from you too - what has helped you?

Saturday Morning

7.15 - 8.00am

Yoga with Lala Menen

COOK SUITE BAR

An introduction to Hatha Yoga for all levels including beginners. Wear loose clothing suitable for moving and stretching and bare feet. Bring a mat if you have it, otherwise mats will be provided.

7.15 - 8.00am

Tai chi and chi kung with Sue Webber

1911 LOUNGE

A gentle session for all. Whether you're a beginner or experienced you'll be welcome. The gentle meditative movement is great for the whole body: especially heart, lungs and overall balance. Tai chi lets the mind rest allowing moments of peace as we breathe and move. Wear comfortable clothes, soft shoes, trainers, socks or bare feet. We may practise outdoors if the weather is mild.

9.15 - 11.00am

A Love That Never Dies

COOK SUITE

Screening of the film followed by discussion with filmmakers Jimmy Edmonds and Jane Harris.

A Love That Never Dies is a personal journey by two bereaved parents Jimmy Edmonds and Jane Harris. Their son, Joshua, died in a road accident in SE Asia seven years ago and they now honour him with their own journeys - to Vietnam and the place where he died, to Varanasi, India and a road trip across the USA, where they meet with other families who have also lost a child, all of whom have found grief variously isolating, transformative yet ultimately life enhancing.

Saturday Afternoon

1.00 - 4.00pm

Outing to Bletchley Park led by Adrian and Carol Keach

HOTEL RECEPTION AT 1.00PM

This is a pre-booked outing and available for those who signed up prior to the Gathering weekend. A packed lunch will be provided.

2.15pm

Screening of World Cup Rugby Final

EYRE SUITE 2

2.15 - 3.10pm

Workshop for TCF volunteers only with Jo English

OATES

Creating space for tears, anger, laughter and joy in the support group setting.

This session is for TCF support group leaders and discussion facilitators who are interested in exploring how they can create a safe space for their bereaved members to share and express the range of emotions that are "part and parcel" not only of grieving but of being human. We will talk about emotions bereaved individuals experience that may go unexpressed. Why aren't they expressed? Does it matter? We will learn specific steps - not particularly difficult but really important - to create the space for group members to share their emotions.

We will talk about how tears and laughter can mingle together. And how a group of individuals experiencing a mixture of sadness, anger, joy and hope can serve one another with compassion and acceptance. The session will wrap up with a few self-care steps leaders can incorporate to help minimize the "weight of the world" feeling after leading a support group session.

2.15 - 3.30pm

Knit (crochet or sew) and natter with Maria Ahern

MANOR LOUNGE

Whether you are a novice, an expert or just interested in learning a new skill, come and join Maria for a spot of knitting, crochet or sewing. Whatever your project, please bring it along and share your tips and techniques with the group.

Maria will also run a short demonstration on how to make a crochet feather using the most basic crochet stitch. If you want to bring your own yarn and hook, please do. Maria will be using a 4 ply cotton for the feather. You may also want to bring a bead or two to decorate and an optional hanging clip. Don't worry if you haven't got any of these things. Maria will bring enough yarn and supplies for you to purchase on the day.

Saturday Afternoon Continued

2.15 - 3.30pm

Floral workshop with Christina Ford

DRAKE

Gain a moment of calm creativity using nature's gifts and make a beautiful floral arrangement to take home using fresh flowers and foliage. There's something wonderful about working with your hands and floristry has a calming, restorative effect - it's great therapy. Christina's workshops - for beginners and seasoned flower arrangers alike - are designed to inspire. All tuition, flowers, foliage and sundries will be supplied. Christina would encourage men to try this out too - many of the world's top florists are men!

2.15 - 3.30pm

Relaxation workshop with Lynda Tomlinson

COOK SUITE BAR

Come and experience a guided visualisation and learn some relaxation techniques. Lynda will also tell you how to give yourself a relaxing and calming hand and arm massage.

2.15 - 3.45pm

Walk in the local area with Terry Ahern

GATHER IN HOTEL RECEPTION

Join Terry for a gentle walk to explore the grounds of the House, which is situated within 38 acres of Buckinghamshire's most beautiful countryside. At this time of the year, the glorious colours of Autumn should make for quite a spectacle.

We will meet at the hotel reception. Please wear suitable footwear and clothing for the weather. The hotel has Wellington boots for hire with a deposit payment. Please ask at reception.

Sunday Morning

7.00 - 7.50am

Water aerobics (max: 15 people) with Caroline Fletcher

SWIMMING POOL

Join Caroline for a gentle session of water aerobics in the hotel swimming pool. Done mostly vertically and without swimming typically this is both a relaxing and invigorating way to start your Sunday morning!

Please wear appropriate swimwear.

7.15 - 8.00am

Pilates with Yvonne Clifford, therapist & Pilates instructor

COOK SUITE BAR

Pilates aims to improve posture, strength, flexibility and improve overall health and wellbeing. Pilates focuses on alignment, breathing and centring therefore all exercises are carried out in a slow, controlled manner for maximum effect.

Please come along if you are a total newbie or recent beginner of Pilates. If you want to attend but are slightly more experienced, you can perform some of the more advanced levels.

Please arrive 5 minutes before class. Clothing you would wear for exercising or attending the gym is ideal. This class is carried out in bare feet so no trainers or socks needed. Mats will be provided. Bring a little water along to keep yourself hydrated.

11.00 - 11.45am

Walk to remember led by Carol and Adrian Keach

MEET IN RECEPTION

Join us for this short and easy Walk to Remember around the grounds of Horwood House. Together we will walk and talk as we remember the children, siblings and grandchildren whose lives ended too soon. Ribbons will be provided to tie on the branches of a tree at the end of the walk as we gather round to hear a few short sentences of remembrance.

Although most of the walk will be on pathways, please wear suitable clothing and footwear for the November UK weather.

International Programme

During the weekend there are sessions designed specifically for our friends from outside of the UK, particularly those who are part of the leadership and volunteer teams for TCF around the world. These are described below, but please note all delegates at the Gathering are more than welcome to attend these sessions if they are of interest whether you come from inside or outside the UK.

Friday

3.15 - 4.00pm

International members welcome meeting

EYRE SUITE 2

Greetings and a warm welcome to international TCF members, volunteers and leaders from outside of the UK. Come and meet Maria Ahern (Chair of Trustees, UK), Margaret Pringle (International Liaison Officer, UK), Myrtle Fleming (International Chair) and Margaret Brearley (UK Trustee).

9.15 - 10.30pm

Film screening: Say Their Name plus Q&A

EYRE SUITE 2

Bereaved parents and filmmakers, Jimmy Edmonds and Jane Harris will show their powerful short film, **Say Their Name**, made for The Compassionate Friends, UK. This is the only film available in the UK made exclusively by and for bereaved parents and siblings. It's an invaluable insight into what many have described as many parents' worst nightmare - the death of a son or daughter. It will give comfort to the newly bereaved, solace for those further down their grief journey and understanding to friends and family.

"Such a moving film. Very sad but very powerful" Claudia Hammond presenter of Radio 4's All in the Mind.

Jimmy and Jane will discuss their motivation for making this film, how it was put together and what they've been doing since. There will be time for questions and discussion with both filmmakers after the screening.

Saturday

9.15 - 10.30am

Challenges and innovations within TCF chaired by Andrew Miller, Trustee, UK

EYRE SUITE 2

- Australia - John Bradley (for John Sedunary)
- USA - Debbie Rambis
- UK - Carolyn Brice
- VEID, Germany - Karin Grabenhorst
- Canada - Cathy Sosnowsky

TCF leaders from around the world share some of the challenges they have faced during the last few years and innovations within their own country. There will be time for questions and discussion to learn and support each other.

5.45 - 7.00pm

International sessions chaired by Margaret Brearley, Trustee, UK

EYRE SUITE 2

These sessions will focus on UK support for those bereaved by suicide and a discussion of the language around suicide. They will be of interest to both international delegates and anyone who wishes to find out more about supporting those bereaved by suicide.

5.35 - 6.20pm *Support after suicide in the UK*

Speaker: Hamish Elvidge, founding Chair of the Support after Suicide Partnership, UK

6.20 - 7.00pm *Language around suicide*

Speaker: John Bradley, TCF Australia

Sunday

9.00 - 10.15am

International TCF: Planning for the future

EYRE SUITE 2

Discussion led by Andrew Miller (UK). Speakers to include Debbie Dullabaun (USA); John Bradley (Australia); Karin Grabenhorst (Germany), Carolyn Brice (UK).

Our Keynote Speakers



LIBBY PURVES

Friday, welcome meeting

Libby Purves is a novelist, journalist and was for 40 years a regular broadcaster for BBC Radio 4. She writes for the Times of London and other newspapers and magazines and is a theatre critic. She also writes about sailing and family matters. Her twelve novels include SHADOW CHILD.

She has been married to the TV presenter and author Paul Heiney since 1980. She has a daughter, Rose, and lost her son Nicholas in 2006 to suicide. Libby will be talking about her son, her experience of being a bereaved parent, and what helped her (and what didn't).



BARONESS SUE MILLER

Friday evening, after dinner

Sue Miller was born in Hampshire in 1954 and went to a Quaker school in Somerset. She worked in book publishing in London and then book selling in the West Country, before becoming involved in local politics in the Somerset village where her two daughters went to school.

She was elected in 1987 to her local council then her District and County Council for the Liberal Democrats. She became Leader of the Council and received nomination to the House of Lords in 1998. In her time in the Lords she has been spokesperson on the Environment and Rural Affairs (1999-2007) and Home Affairs (2007-10).

Her elder daughter Charlotte died in 2002. She had been on a gap year between her foundation Art year and her degree course in Bristol and was visiting Ecuador. The local company's failure to keep the mains electricity safe caused her death. Sue has founded a charity in her memory www.articulate.global which offers creative safe spaces to children and young people living or temporarily staying in difficult, deprived or dangerous circumstances. Articulate has worked with street children, refugees, homeless young people and many other groups. It is based in Brighton.

She played a major role in the Inquests Act to ensure the coroners' service became more efficient. This was as a direct result of her experience of the inquest into Charlotte's death.

When not in Parliament, Sue now lives in France and works with her husband in their vineyard.



REVEREND CANON DR SIMON STEPHENS OBE

Saturday morning

Whilst working as a hospital chaplain in Coventry in 1969, Canon Simon Stephens founded The Compassionate Friends, together with Joe and Iris Lawley, Bill and Joan Henderson, and Betty Rattigan.

He understood grief profoundly, both from his own experience of family tragedy and from having worked with Elizabeth Kübler-Ross and Mother Theresa. He fostered the creation of TCF organisations in the USA and many other countries. He remains the much-loved Patron-Founder of TCF and has spoken at TCF events throughout Australia.

After serving many years as a chaplain in the Royal Navy and later as priest-in-charge of Sta Margarita, Menorca, Canon Simon then served for fourteen years as Chaplain of St Andrew's and Anglican Centre, Moscow. In that role he travelled to Mongolia for Christmas Services, to Kiev and St. Petersburg to take Communion Services, and even to Murmansk Prison to visit British detainees. He fostered closer relations with the Russian Orthodox Church and with Patriarch Alexei and his successor Patriarch Kyrill.

Retiring from that post in 2014, he then spent several months assisting the Archbishop of Melanesia. On 31 March 2016 he was honoured in a ceremony at Lambeth Palace, when he was given a Lambeth Cross for his significant contribution to ecumenism, especially with the Eastern Orthodox Churches.



HAMISH ELVIDGE

Saturday morning

Hamish Elvidge is married with four children aged 29 to 38. He had a 30-year career at J Sainsbury plc as Finance, IT and Change Director from 1996-2006 and finally, as Competition Inquiry Director before retiring in 2010.

He is chair of The Matthew Elvidge Trust, which was formed after his third son, Matthew took his own life, aged 23 after a very short period of anxiety and depression. The Trust aims to increase understanding and awareness of the importance of good emotional wellbeing and mental health, especially in young people and ensure people receive the right professional support. The Trust provides funding to Students Minds, Nightline and other student led organisations promoting mental health in the education sector and is a founding member of the Universities UK Mental Health Advisory Board and a member of the University of Bristol Mental Health Advisory Board.

He is Founding Chair of the Support after Suicide Partnership, which is a network of organisations that support people bereaved or affected by suicide. It has recently been appointed by NHS England to develop a Central Hub of information and resources and support the implementation of new suicide bereavement support services in every area of the country, following publication of the NHS Long Term Plan in January 2019.

He is a member of the National Suicide Prevention Strategy Advisory Group; Founding Co-Chair of the National Suicide Prevention Alliance (2013-2016) and Co-Chair of the Alliance of (small) Suicide Prevention Charities (TASC), founded in 2010, alongside Clare Milford Haven (Chair, James Wentworth Stanley Memorial Fund).



CATHIE SEIGAL

Saturday morning

I trained as a counsellor in the mid 1980's having a background in mental health as a social worker. Once qualified I worked as a counsellor in general practice for fifteen years, supporting patients with a range of issues including anxiety, depression, trauma, and relationship problems .

I had a year out to take a career break , travel and work in a local coffee shop.

And then I took a job as a counsellor at a large children's hospital, offering a service to parents whose children were patients there. This meant that at times I was working with parents whose children were dying, including supporting them after their child had died. I was there for five years, until I retired to live in Dorset.

It was then that I felt that I wanted to write about all I had learned from meeting with bereaved parents. In the end I wrote a book Bereaved Parents and their Continuing Bonds; Love after Death, which in some way became my continuing bond with the families I had had the privilege to meet, and who had shared so much with me.



JANE HARRIS AND JIMMY EDMONDS

Friday evening and Saturday morning

One cold but sunny Sunday morning seven years ago two policemen knocked on Jane and Jimmy's door to convey a message from the British Consulate in Vietnam. Five hours earlier their son Josh (22 years old) had died in a road accident on the Ho Chi Minh Highway just south of Hanoi. That was the start of a new journey for them and a new way of looking at life.

In 2013 they made SAY THEIR NAME a short film for The Compassionate Friends. By now they had learnt that social anxieties about death and bereavement are magnified when a child dies and many parents become isolated from their communities, feared by their friends and ignored by professionals.

A year later they formed THE GOOD GRIEF PROJECT with the idea of travelling in honour of Josh although their main objective was always to produce a documentary that would shed light on how grieving for a child is so different from other types of grief. So came in 2017, A LOVE THAT NEVER DIES, part home movie, part road movie, visually exciting and full of compassion, this is a documentary that is unique in its story telling, full of insights and a raw honesty made possible only by the fact that both filmmakers and subjects share a common bond. Grief is the form love takes when somebody dies. A LOVE THAT NEVER DIES gives a voice to that grief.

They are a husband and wife team. Jimmy Edmonds is an experienced and Bafta award winning documentary editor with over 100 broadcast credits for BBC, Channel 4, ITV and other broadcasters. Jane Harris is a fully qualified psychotherapist with 30 years clinical practice.

**THOMAS HARDING****Saturday afternoon**

Thomas Harding is a journalist who has written for the Sunday Times, Financial Times and the Guardian, among other publications. He co-founded a television station in Oxford, and for many years was an award-winning publisher of a newspaper in West Virginia. He is also the author of the Sunday Times bestseller Hanns and Rudolf: The German Jew and the Hunt for the Kommandant of Auschwitz. He lives in Hampshire, England.

In July 2012 Thomas Harding's fourteen-year-old son Kadian was killed in a bicycle accident. Shortly afterwards Thomas began to write. The book, Kadian Journal was the result. Beginning on the day of Kadian's death, and continuing to the one-year anniversary, and beyond, Kadian Journal is at once a record of grief, a moving tribute to a lost son, and a celebration of a life lived to its fullest.

"A wonderful book, unflinching in its portrayal of the agony - and fury - of grief but at the same time filled with the incandescent love and joy felt by a father for his son, his beautiful boy. Rarely has that intimacy been so lyrically and beautifully described." (Sally Brampton)

**SANGEETA MAHAJAN****Saturday evening, after dinner**

On the 16th of October 2014, I lost my darling son Saagar to suicide. Since then I have developed a keen interest in the workings of young minds, their design, their expression and their challenges. I have also come to learn about the NHS and its limitations when it comes to looking after young people. I am now a mental health activist and educator, a qualified trainer in youth mental health first aid and have trained many teachers to identify students in difficulty at an early stage. Through writing and speaking, I endeavour to engage with as many people as I can so that we can work together to prevent young suicide through raising awareness and reducing stigma.

I empower people with skills so that they can understand the vulnerabilities of those around them and be aware of their own fragility. I aim to enhance the confidence of carers by supporting them with knowledge on how to interface with services and resources. I also work with bereaved families, enabling them to cope with their pain.

**LINDA HURCOMBE****Sunday morning**

Linda Hurcombe is a mother, teacher, author and editor. She has raised and treasured two children, Sean and Caitlin*. Caitlin died by suicide in 1998 aged nineteen. In 2001 Linda discovered the godsend of The Compassionate Friends following Caitlin's death. She edited the TCF quarterly newsletter Compassion, from 2001-2003.

Linda taught English Literature in the USA and the UK at both university and secondary levels for more than 27 years. She has published several works of non-fiction; the catalyst for two of these books sprang directly from Caitlin's death and from her own and her family's grief - Losing a Child: Explorations in Grief (2004), and Depression: Healing Emotional Distress (2007). 2019 year greets the publication of The Jesse Tree, a novel for the 'forever young'.

*www.caitlinskickstartaward.org.uk is an educational charity, founded in 2001 in Caitlin's memory.

Therapeutic Conversations at The Compassionate Friends' Supportive Events

What we offer

As part of TCF's commitment to peer support, those of us who have lost a child and are qualified therapists will offer one to one or one to two (couples or parent and surviving sibling) therapeutic conversations to parents and other family members attending our supportive weekends. We are there to be alongside you. We will not be offering advice and nor do we consider that we have the answers. We feel this service offers a unique opportunity to have a private conversation with a qualified therapist who also has the experience of being a bereaved parent. The main focus of our sessions will be your individual loss and its repercussions. It may be your first time to access counselling support so this may be an opportunity for you to experience and explore what is involved before you make a decision to access longer term counselling locally. Or you may wish to access this private time to explore a very specific aspect of your loss or grief or simply to have this safe space to cry from the beginning to the end of your session.

More about our Therapeutic Conversations

- Therapeutic conversations usually last between 45 and 60 minutes
- These conversations differ from counselling in the respect that we offer one-off sessions rather than the building of an ongoing therapeutic relationship
- Sessions take place in a quiet, separate room away from other activities taking place over the supportive weekend
- Booking of sessions will always be on a first come, first served basis so we are fair to everyone
- Every session will be confidential, unless we feel you are at risk to yourself or to others. Confidentiality and its limitations will be discussed at the outset or during each session
- A session, where available, may be booked with the same therapist if you are attending a subsequent TCF supportive weekend although this second session cannot be booked in advance of the weekend
- Following a therapeutic conversation, therapists cannot be engaged for ongoing private, paid or voluntary sessions. In addition, ongoing contact on a therapeutic basis will not take place unless and only if agreed during the session that the therapist will send you some relevant follow-up information such as details of organisations that might be able to support you with aspects of your loss
- All therapists are fully qualified, registered with a recognised accredited counselling organisation, hold professional indemnity insurance and have access to supervision
- As part of TCF's commitment to caring for our volunteers and to ensuring ethical standards are maintained, therapists who offer their support at our weekends, will consult and share with one another to ensure parents and family members they have seen have been appropriately supported. Bereaved family members' privacy will be maintained during these supervision sessions unless we believe confidentiality needs to be breached

For Your Own Notes

For Your Own Notes

A Warm Thank You to Our Sponsors

Abraham family in memory of Fabian Garcia Miller

Terry & Maria Ahern in memory of James Ahern

Peter Austin in memory of Linda and Sandra Austin, and their loving mum, Jean Austin

John & Wendy Beecher in memory of Benjamin Jon Beecher

Stephen & Margaret Brearley in memory of Joshua Brearley

Teresa Brett in memory of Robin Brett

Carolyn Brice in memory of Rosie Beecroft

Janet Ferjo in memory of Daniel Paul Rains

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Anna Hunter in memory of Sebastian Hunter

Hilary & Nigel Hurley in memory of Deborah Ann Hurley

Betty Madill in memory of Lisa Ann Madill

Bill & Sheila Maskell in memory of our daughter Samantha

Andrew Miller QC and Adrian Garcia Miller in memory of Fabian Garcia Miller

Sue Miller in memory of Charlotte Miller

Sheila & Derek Phillips in memory of Duncan Andrew Phillips

Margaret Pinsent in memory of Dylan Christopher Pinsent

Mark & Debbie Rambis in memory of Tony Rambis

Rhonda Smith in memory of Nigel Smith

Annie & Gary Thompson in memory of Gareth John

Jean & Howard Weiss in memory of Emily Weiss

Thank you to the donors to our charity auction and Saturday night fundraiser

Marion Cameron Dawn Mobbs of Mobbsey Art

Louise Chapman Amanda & Jon Moore

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Gill & Neil Hardy Rowland Phillips

Thank you

Linus Moran of Linus Moran Photography for providing gratis photography services during the weekend.

Yoga mats provided to TCF by Carmel-Global Clothing

Thank you

To all the volunteers and staff who have contributed in so many different ways to our 50th Anniversary Gathering, including the organising team, sharing session facilitators, workshop presenters, our speakers and patrons, and everyone who has given of their time and expertise before and during this special weekend together. It would not have happened without you and we are immensely grateful.



The Compassionate Friends

Supporting bereaved parents and their families

Get in touch

UK Helpline:

0345 123 2304

Northern Ireland Helpline:

0288 77 88 016

General Enquiries

0345 120 3785

E: info@tcf.org.uk

TCF Library

0345 120 3785

E: library@tcf.org.uk

To find out more about TCF visit

www.tcf.org.uk | [@tcf.org.uk](https://www.facebook.com/tcf.org.uk) [@TCFCharityUK](https://www.instagram.com/TCFCharityUK)

Support TCF by donating



We cannot support bereaved parents, siblings and grandparents without your support, we would appreciate any donations large or small.



Online

Donate online at
www.tcf.org.uk/donate



By phone

Donate by debit or credit card
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Founder: The Revd Canon Dr Simon Stephens OBE, President: The Countess Mountbatten of Burma

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