

# Compassionate Communities Workshop

Cruse is working with Co-op to bring grief resources, drop-in support sessions and workshops to your local grief hub. We're offering free community support to those who are grieving, and new skills to those who want to understand how to better support someone following a bereavement.

## Who can attend Compassionate Communities Workshops?

These workshops are open to all members of the community looking to broaden their understanding of loss and bereavement, and gain skills on how better support those bereaved in their communities.



## Benefits of attending:

- Understand why people grieve differently and the factors that influence how they grieve.
- Explore the impact of loss and grief on individuals, friends, families and communities.
- Improve knowledge of how to provide emotional and practical support to someone who is grieving.
- Understand how to communicate effectively and compassionately with someone who is grieving.
- Develop confidence in talking about difficult and sensitive topics.
- Be aware of the impact of supporting someone who is grieving and how to look after yourself.

Find things to do and ways to connect with others in your local community at [coop.co.uk/griefandbereavement](https://coop.co.uk/griefandbereavement)

working in partnership with:

**Cruse**  
Bereavement  
Support



**Cruse  
Scotland**  
Bereavement Support



It's what we do



## Workshop Format

We have recently launched a brand new Community Grief Hub at STAR Hub. In person Compassionate Community workshops will be run from the hub monthly throughout 2023. There will be no more than 20 attendees to the session which will run for 1½ hours with an optional 1 hour support session so you can connect and share experiences. These sessions are delivered by a professionally trained Cruse Facilitator and a Community Development Officer and is suitable for anyone from the community who wants to learn more about grief.

## Why should I sign up?

The Connecting Communities project is working in your area to provide local bereavement

## Key Facts

**Workshop length:** 1½ hours with optional 1 hour peer support following session

**Delivery:** In person at STAR Hub, Muirton Rd, Tremorfa, Cardiff CF24 2SJ

**Cost:** FREE everyone is welcome

### Workshop materials:

Printed handout with workshop content, certificate of attendance

To find out more, or sign up for an upcoming workshop email [connecting.communities@cruse.org.uk](mailto:connecting.communities@cruse.org.uk)

support with the help of local residents. Research shows that in the UK just under half of people (49%) who have not experienced a bereavement feel unprepared in knowing what to say to a bereaved friend or relative.

This training will help you feel more confident to talk about grief and bereavement, and give you the skills to help bereaved community members when they need it most.