About Us: Butterflies Bereavement Support is a community Charity run by trained volunteers. We provide bereavement care and support to all those who have experienced the loss of someone special.

Based in Romsey, we cover the surrounding areas and offer a range of groups, activities, counselling, advice and information services.

There is no set charge for any of our services although as a self funded organisation we do suggest a suitable donation for counselling and a loose change donation for our drop in groups.

Our volunteers are all vetted and have current DBS checks in place and receive regular supervision and support. We are organisational members of the British Association of Counsellors and Psychotherapists; The National Counselling Society; The Grief Trust; The Commission for Social Justice; Rethink: Dying Matters; The Bereavement Alliance; The National Suicide Prevention Alliance.

Contact Us

Email: info@butterfliesbereavement co.uk

Call: 02381550066 or 07889009393

Write: Butterflies, PO Box 369, Romsey SO51 1EF

We usually meet at: Wisdom Centre, The Abbey, Romsey, SO51 8EL **Tel:** 01794 830206 and other venues within the community.

www.butterfliesbereavement.co.uk
(Registered Charity Number: 1181599)

Wisdom Centre

Evening Groups: 7-8pm on 2nd and 4th Wednesday of the month

Lunchtime Groups: 1pm - 2.30pm 1st and 3rd Wednesday of the month

Counselling: By Appointment

Special Events: Annual All Souls Evening

Cost: A small suggested donation



A Walk in the Park

Meet outside Wisdom Centre 1st Sunday of the month. See: www.butterfliesbereavement.co.uk for timings.



Wisdom CENTRE

All Souls Evening

Butterflies Bereavement Support Groups and Counselling at Wisdom Centre, Romsey



30th October 2019
6.30-8.30pm

During the Autumn we host an annual All Souls Evening using the gardens, labyrinth and sitting room at Wisdom Centre. The community are invited to light a candle and create a giant heart in remembrance. During the evening we invite participants to write the names of loved ones on a butterfly which is placed in the gardens of Wisdom Centre. Warm drinks and biscuits are provided.

Donations Welcome

Butterflies Bereavement Support

Support Groups

We have created a range of specialist support groups for different Bereavement needs.

Led by an experienced trained team member, we support: all types of Bereavement

Suicide Support Road Traffic Accidents Sudden Death Addiction Based Bereavement Illness Related Death Age Related Child Death Loss of a Pet Pre Bereavement Work Place Colleague Support Other Significant Loss

Drop in and Chat

Our Drop in and Chat sessions take place on the 1st and 3rd Wednesday of the month from 1pm– 2.30pm in the Sitting Room at Wisdom Centre.

This informal group provides a place to chat with others, make friends, gain support and advice.

Refreshments are available

Evening Support group

We offer an evening bereavement support group on the 2nd and 4th Wednesday of the month from 7-8pm in the Sitting Room of Wisdom Centre.

This is an informal group and has developed so people can gain support, advice and comfort in a relaxed place.

Refreshments are available

Counselling and Listening service

We offer. A counselling and listening service for those who would like a private session away from others to discuss grief and sadness.

These sessions are run by trained bereavement counsellors and offer a 45-minute session in the Quiet Room of Wisdom Centre.

Counselling is provided at a suggested donation of £20 per session to cover the cost of Room hire and our travel costs.

Friendship Club

We are very aware that when someone loses a loved one a great void is left in their lives.

Our friendship group provides a meeting point for those who have lost someone in their lives.

We share experiences, make friends, activities, events and tea and cake!

Advice and Information

When someone passes away there is a minefield of paperwork and unanswered questions relating to finances, benefits and the rights of those left behind.

Through the support of our volunteer advisors we will work with you an advise on help with benefits, funeral payments and other allowances to help you secure support at the time of need.

We are also able to work on the provision of practical support such as funeral care. Cooking for one, financial management, wills and probate.

Other Support—Contact us for details

Dementia bereavement care for those living with Dementia and families.

End of life care and pre-bereavement care

Suicide Support and Prevention for the whole community

Training Courses for volunteers

I am interested in Bereavement Support and would like someone to contact me

Name .....

Address .....

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Telephone .....

E-mail .....

I am happy to be contacted by Butterflies by:

Email ☐ Phone ☐ Post ☐

Any special needs?.....

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Yes Please ☐ I am also happy to be contacted by phone/email by Wisdom Centre.

Wisdom Centre run quiet days, craft days, meditation and Bereavement events. There is no need to tick the box showing interest in Wisdom Centre unless you are interested in these events.

Anything else you would like to tell us?

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