Wisdom Centre

A Ministry of the Daughters of Wisdom

We create space for people. . . space to meet, space to reflect, space to talk, space simply to be. At the heart of this is hospitality rooted in the tradition and spirit of the Daughters of Wisdom. Our flame logo gives expression to these roots: the warmth of hospitality, the light of the Spirit, the spiral path to Wisdom.

For more information:

Tel: 01794 830206 or email: reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.org.uk

Wisdom Centre

Wisdom Centre is a Ministry of the Daughters of Wisdom, an international Congregation of Religious Women. We offer the Centre at Wisdom House to people of all faiths and none as a sanctuary of peace and tranquillity.

Safeguarding: The Congregation of the Daughters of Wisdom is committed to promoting and implementing the safety and wellbeing of children and adults. We start from the principle that each child and each adult has a right to expect the highest level of care and protection, love, encouragement and respect.



Wisdom Centre
Romsey, Hampshire
SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk
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Exploring Loss and Bereavement



Friday 9th May 2025

9.30am—4.30pm

Tea and Coffee available from 9.00am
Suggested Offering—£37 to include refreshments, lunch and afternoon tea







Wisdom CENTRE

Exploring Loss and Bereavement

What is it? An interactive day exploring loss & bereavement.

Who is it for? Adults wanting to explore more about loss, grief & bereavement in an interactive, reflective, and creative space.

For those: who have experienced loss/bereavement (though not within the last 6 months), and for those who work with and/or support bereaved people.

What can I expect on this day?

In the morning:

- Reflecting on loss, why & how we grieve.
- Learning around rituals, grief models, balancing experience of loss, enduring connection & moving towards life.
- Reflective space to share learning & experience together.

Lunch at 1.00 pm

In the afternoon:

- Choosing creative, reflective space. Options include: (art, writing, walking the labyrinth/garden,cgentle yoga exercise, quiet space…)
- Final reflective activity.

Tea and Cake at 3:00pm

Facilitator: Karen MacKinnon is a Counsellor based at Wisdom Centre and is the Staff Wellbeing & Support Lead for University Hospital Southampton NHS Trust (previously Head of Spiritual Care). Karen is also Canon Emeritus of Winchester Cathedral. As a specialist palliative care chaplain, Karen worked alongside the dying & bereaved for most of her professional life.

Wisdom Centre is set in beautiful gardens, including a Labyrinth, which you will be able to enjoy during your day.
The emphasis at the Centre is on welcome and hospitality. The building itself is spacious, warm and comfortable with an airy Conference/ Meeting Room, Quiet Room, Sitting Room and a Creative Room. Each room offers something to help you relax and make the most of your time with us. Wisdom Centre is entirely non-profit making. **Our suggested offering of £37 includes materials, refreshments and lunch.***

*Please advise us of any **special dietary requirements** which we will do our best to accommodate. Those with severe allergies please be advised that our food is prepared in an environment where nuts and other common allergens are present. **Note we require 7 days' notice of cancellation and refund.*





Exploring Loss and Bereavement

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend — Friday 9th May 2025

Lunch is vegetarian, X box for Gluten Free☐ Dairy Free/Vegan ☐ Diabetic (low sugar)☐ Other ☐

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Yes ☐ I am happy to be contacted by phone/ email about this and similar events at Wisdom Centre.

Please call to pay by credit/ debit card. BACs payment on request. Alternatively please enclose a cheque, payable to Congregation of the Daughters of Wisdom for £37 – Please leave an answerphone message if we are unable to answer.

Please return payment and form to :
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email: reception@wisdomhouseromsey.co.uk