



**THE DROP - IN**  
Bereavement Centre

# ABOUT US

**The Drop-In Bereavement Centre** provides ongoing help and support for bereaved individuals and families. It aims to assist them in coming to terms with bereavement. It seeks to help in making a real and sustained difference in the community.

Our Values are:

- Understanding
- Compassion
- Hope

We are here to help you on your grief journey.

## Our Team

**The Drop In Bereavement Centre** - is managed and co-ordinated by the Co-founders of the Project. The Project was directed under the expertise of Kevin Jenkins ([Community Links](#)) working towards developing the goals and strategic needs for the bereaved community.

**Our Volunteers**- The Centre has a dedicated team of volunteer staff members who are constantly working towards supporting and befriending individuals and families in helping them cope with their grief.

**The Complementary Therapists**- Physical changes takes place on the body following bereavement - feelings of lethargic, loss of concentration, delaying shock resulting in feelings of numbness - life changes dramatically physically and mentally - loss of identity and self-esteem - treatments of reiki, reflexology, aromatherapy body massage and Indian Head Massages are offered to gain rebalance and inner well-being.

**Bereavement Counsellors** - The Centre offers 6-12 consecutive counselling sessions for service users. one to one sessions deals with feelings of depressive state of mind - loneliness - emptiness - anger - hurt - betrayal - guilt - suppression of thoughts - fear of taking responsibility of household finances - talking about feelings of emotions leading to



**The Drop-In Bereavement Centre, 187 Grange Road, Plaistow, London E13 0HA**

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🌐 [www.dropinbereavementcentre.btck.co.uk](http://www.dropinbereavementcentre.btck.co.uk)

Registered charity number. 1161526





**Bereavement Counsellors Continued** – taking control of lives through recognition of the need to talk to someone other than family members. All counsellors adheres to the Ethical Framework of the British Association of Counselling and Psychotherapy ([BACP](#)).

**Gardener** - Gardener Bill was a User in 2011 and volunteered to look after the garden space; He has made the garden space into a holistic tranquil space for users to make use of throughout the summer period. Do visit our picture gallery page on our website to view our before and after images of Bill's wonderful creation.

**Our Services** - The Centre provides information and practical guidance on issues surrounding bereavement through a number of services offered within the Centre which are openly accessible to the needs of the community at a time when it is most needed.

#### The following services can be accessed from the Centre:

- Bereavement Counselling
- Support Group
- Complementary Therapy Sessions
- Access to information on bereavement
- Social Activities
- Will Advisory Information
- Life Coaching

#### How can a person access these services?

You will need to request your GP or Medical professional to complete a [Referral Form](#)  
**We DO NOT accept self-referrals.**

If the referral process is not for you then why not come along to our weekly **Drop-In Tea & Coffee Socialising Group** every Wednesday held 11.30am to 2pm. No appointment is necessary and you are welcome for part or the whole duration. We only ask for a contribution of 50p towards refreshments and that you respect each individual is at a different stage in their journey.

You can of cause contact us to discuss further details of any of our services or with questions you may have related to your bereavement and we will endeavour to assist you directly or sign post you to the appropriate agency.



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