



What if I only need information?

To discuss further details of any of our services or with questions you may have related to your bereavement we are just a phone call away to assist you directly or sign post you to the appropriate agency.

- Benefits
- Wills advisory Information
- Children and Young Persons bereavement counselling services



Contact us



0207 511 6444

The Drop-in Bereavement Centre

187 Grange Road, Plaistow ,
London E13 0HA

*Off Street parking available

Directions

Bus route 69 from Canning Town Bus Station , Stratford Central or Plaistow Station

Alight at stop for East London Cemetery



THE DROP - IN
Bereavement Centre

We are here to help you on your grief journey

Our Values are

- Understanding
- Compassion
- Hope



The Drop In Bereavement Centre is a small community Organisation which gained charitable status in May 2015. It was established in 2011 to provide help and support to bereaved individuals aged 18-75 years and is the only Centre providing this service within East London.

Registered charity number :1161526

What we offer



Counselling

- **1-2-1 (Maximum of 6 free sessions)**
- **Men's Support Group**
- **Women's Support Group**



Complementary Therapy

- **Reiki**
- **Reflexology**
- **Aromatherapy**
- **Craniosacral Therapy**



Well-Being Projects

- **Yoga**
- **Tai chi**
- **Zumba**
- **Pilates**
- **Art & Music Therapy Workshops**
- **Life Skills Workshops**

To access these services ask your GP or Medical professional to complete a referral form, which can be printed from our web site.

We DO NOT accept self-referrals



Weekly Drop-In Session

No Appointment Needed

We also offer a weekly Drop-In Tea & Coffee Socialising Group every Wednesday 11.30am to 2pm. No appointment is necessary and you are welcome for part or the whole duration.

Support us at one of our social and fundraising events

- **Fun Bingo Night**
- **Bring & Share BBQ**
- **Cake Sale & Raffle**
- **Day Trips**



One of our founding principles is that we work with the people we support as equal partners to design, plan and provide services together for their individual needs. We recognize that each of us has a different journey to take when we are bereaved.

"To the drop in bereavement Centre thank you for helping me to have my life back, now I look forward to the future"

In 2012 in recognition of our work in the community The Drop-In Bereavement Centre was awarded the Newham Health and Well Being Consortium Accreditation.

More recently the Centre's work was featured on Sports Relief 2016 where Margaret one of our service users kindly shared her story and experience of using our services. Visit our News & Media page on our web site to listen to how the Centre helped Margaret on her grief journey.