



## Your first steps to our Bereavement Support Service

Stepping Stones Bereavement Support Group offers support for adults who have had a bereavement. Our support service is available to anyone who is grieving, irrespective of time, cause or relationship. There is also no requirement to have had previous contact with Pilgrims Hospices Services.

### What can I gain from attending the support group?

Bereavement can often increase feelings of loneliness and isolation. Stepping Stones volunteers can offer you bereavement support. This informal social group provides a welcoming and confidential space for you to share with others in similar situations.

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## Who runs the support group?

The group is run by a team of trained volunteers, through a local partnership between Pilgrims Hospices in East Kent and South Kent CRUSE Bereavement Care.

## Attending the support group

The support group meets every month and is free of charge. We meet in a comfortable lounge area, at one of the local Pilgrims Therapy Centres.

New people can join the group at any point and gain support for up to six months. Information about further supportive services will be available.

“How people die remains in the memories of those who live on.”

**Dame Cicely Saunders**

## The time and place of the nearest support group for you:

- Pilgrims Hospice Ashford, Hythe Road, Willesborough, Ashford, TN24 0NE  
The first Friday of every month, 5-6.30pm
- Pilgrims Hospice Canterbury, 56 London Road, Canterbury, CT2 8JA  
The first Saturday of every month, 3-4.30pm
- Pilgrims Hospice Thanet (Margate), Ramsgate Road, Margate, CT9 4AD  
The last Friday of every month, 4-5.30pm

There is free parking available at each site. Go to the reception, where someone will greet you.

We very much hope to welcome you at one of our Stepping Stones groups, please ring 01233 504 127 in advance so that we can expect you. If this number is unattended, please leave an answerphone message.

If you would like some more information about the service please contact us on:

**01233 504 127**

**[steppingstones@pilgrimshospices.org](mailto:steppingstones@pilgrimshospices.org)**

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