

NEWSLETTER

Together through every step

August Edition | First Issue

North
London
Hospice

Bereavement support, connection and compassionate care for our community.

Welcome to the first edition of our bereavement newsletter.

North London Hospice has been caring for local people since 1984 and provides free palliative and end-of-life care, as well as emotional, spiritual, wellbeing and bereavement support for patients, families, friends and carers across our community. Grief can affect people in many ways, and there is no right or expected way to feel. Through this monthly newsletter, we hope to offer gentle information, reassurance and opportunities to connect with others, reminding you that support is available and you do not have to navigate grief alone.

Featured groups this month		Living Well Centre, Wood Green	
Continuing Bonds	Fri 4 Sept, 11am-1pm	A gentle creative space using art, memory and reflection to honour ongoing connections.	Living Well Centre, Wood Green
Carers' Café	Thu 20 Aug, 2pm-3:30pm	A welcoming space for carers to talk, receive emotional support and find practical signposting.	Living Well Centre, Wood Green
Knitting Group	Every Thursday 11am-1pm	No experience needed, come for companionship, conversation and a relaxed activity.	Living Well Centre, Wood Green
Death Café	Fri 28 Aug, 11:30am-12:30pm	A thoughtful conversation space about living and dying.	Living Well Centre, Wood Green

Grief Cafés: support and connection

Our Grief Cafés are free, welcoming spaces for anyone grieving the death of a relative or friend. Supported by trained volunteers, they offer tea, gentle conversation and mutual support. No booking needed.

Enfield Town Library	Tues 8 Sept, 10am-12pm	Venue addresses: Enfield Town Library: 66 Church Street, Enfield, EN2 6AX Julius Newman House: Woodside Park Road, Finchley, N12 8RP South Friern Library: Colney Hatch Lane, Barnet, N10 1HD Living Well Centre: First Floor, The Mall Wood Green, 159 High Road, N22 6YQ
South Friern Library	Thurs 13 Aug 11am-1pm	
Julius Newman House	Fri 21 Aug, 10.30am-12pm	
Living Well Centre, Wood Green	Wed 23 Aug, 12pm-1.30pm	



For more information about bereavement support, please contact North London Hospice.

General enquiries: **0800 368 7848**

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