



# SLOW Annual Report

Feb 2016 – Jan 2017

SLOW – Surviving the Loss of Your World [www.slowgroup.co.uk](http://www.slowgroup.co.uk)  
Registered Charity Number 1161337



## Charity Details

### CHARITY NAME

SLOW – Surviving the Loss of Your World

### CHARITY REGISTRATION DETAILS

Registered Charity Number 1161337

Registered April 2015

### FOUNDED

September 2007

### TRUSTEES

#### Chair of Trustees

Tim Whitworth until 9<sup>th</sup> September 2016

Andrew Wright from 9<sup>th</sup> September 2016

#### Treasurer

Position currently vacant

#### Acting Secretary

Finella Craig

#### Trustees

Tim Whitworth

Andrew Wright

Finella Craig

Philippa Murray

Sara Portnoy

### PATRON

Jason Watkins

### CONTACT DETAILS

#### Member Correspondence:

SLOW, St George and All Saints Church, Crayford Road, London, N7 0ND

[info@slowgroup.co.uk](mailto:info@slowgroup.co.uk) Tel 07532 423 674

#### Grants and Fundraising Correspondence:

SLOW, 11 Donovan Avenue, London, N10 2JU

[admin@slowgroup.co.uk](mailto:admin@slowgroup.co.uk) Tel 07734 577407

[www.slowgroup.co.uk](http://www.slowgroup.co.uk)

## Our Objectives

The following objects are for the public benefit: -

- To promote and protect the good health of bereaved parents suffering as a result of the death of their child through the provision of self-help and mutual support
- The promotion of social inclusion by offering a sanctuary for bereaved parents to relieve the needs of those people and assist them to integrate back into society

## Our Ethos

At SLOW, we have evolved a unique and successful model of bereavement support that is a direct response to what bereaved parents have told us they need. Our ethos has grown from the roots of a community, facilitated and supported by bereaved parents who have experienced first-hand the devastating grief resulting from the death of a child. SLOW cultivates a stance of 'coming alongside' parents, going at their own pace, within a non-pathologising culture.

At SLOW we know that a parent's grief cannot be fixed, and do not strive to 'make things better'. Instead we support and give space to parents, so they may in time harness their own resources in slowly rebuilding their lives. In this way, we believe there is **hope** to be found in connecting with other bereaved parents, **relief** in sharing the pain of grief, and **company** in bearing the unbearable, alongside others who are living with the death of their child.



## SLOW Activities 2016-17

### Bereaved Parent Support Groups

The heart of SLOW lies in the culture and the community of its support groups for bereaved parents. It is here that parents come to find connection, company, comfort and hope after the death of their child. Parents themselves shape the content of the groups, offering each other support and their lived experience of grief, reducing the sense of isolation that bereaved parents feel. The support groups aim to cultivate an atmosphere of safety and strength within their structure, whilst also giving space for the suffering of grief to be witnessed and shared. By listening to each other and sharing experiences of coping with life and managing grief, parents are often slowly able to make small but significant steps towards rebuilding their lives.

Attendance at both groups is fluid and flexible with regular core members attending each week / month while others choose to drop in less frequently as and when they need support.

#### Support Group Themes





## The Weekly Support Group

The weekly daytime group ran without fail for the whole year (during term-time). Several newly bereaved

***‘we have supported more bereaved parents in our groups’***

parent members joined the group, and were supported and made to feel welcome by the longer-term members, some of whom actively take a supporting role in the running of the group. The reciprocal sharing of early grief and later grief provided a range of experiences in the discussions. Though circumstances surrounding the deaths of children, as well as their ages at death, differed widely, the parents found a way to share and absorb those differences in a cohesive way. The culture of the group is welcoming and inclusive.

The children attending the crèche moved up into school this year, and the crèche will be reinstated when the need arises.

The weekly meetings have between 6 and 15 attendees drawn from an increasing membership of 220+. The groups are facilitated by Nicola Whitworth and supported by volunteers Maria Wojszwillo and Liz Cancea and run thirty-nine weeks of the year with each meeting lasting 1.5 hours at our Tufnell Park, N7 venue.

## The Monthly Support Group

This year, our monthly evening support group has gone from strength to strength with new members joining and eleven groups running over the year. The group enables parents who are working or have other commitments to come and talk about their child with those who understand.

As a relatively new group, there is now an established core of parents who attend regularly. The evening group is attended by bereaved mothers and fathers, some of whom attend as couples. Our group members have experienced the death of their child in different circumstances, as babies, young children, young people and adults. Some parents have been in touch with each other outside of the group, and attended other SLOW social events. In the evening group, the invitation to light a candle and place a photograph of your child on the central table at the beginning of the group has become established.

***‘our monthly support group has gone from strength to strength’***

These meetings attract between 4 and 12 members and take place in Archway, N19 on a Thursday evening at the end of each month. The group is facilitated by Nicola Whitworth, Tim Whitworth and, occasionally Maxine Holdsworth and Jason Watkins and eleven groups, each lasting 1.5 hours, are held each year.

## Email and Telephone Contact

SLOW recognises that the first steps in reaching out for support are difficult to take for many bereaved parents. We offer a prompt telephone response to any enquiry about SLOW, and take care to arrange an initial telephone call to talk with parents about what has happened and how they would like to be supported. Parents' enquiries are then followed up

***'members tell us  
that contact before  
the group is  
extremely  
helpful'***

by email or text after their first visit to the group. At times, parents may be unable to attend the group for a period of time due to work or family commitments. In these situations, the feedback that we have received is that parents value maintaining contact via email or via the website blog where they may read articles and news about SLOW.

SLOW recognises that the charity may not meet the needs of every bereaved parent or other enquiry and will endeavour to signpost them on to other organisations that may provide a specific information service and support.

## SLOWsibs

The 'SLOWsibs' creative arts workshop came about in response to requests from parents using the SLOW weekly support group. Parents were concerned about the impact that their own grief and the subsequent changes in the family after the death of their child would have on their surviving children.

SLOWsibs provides a place for bereaved siblings to meet each other and develop their creative skills, with the aim of reducing isolation, building confidence through making new friends and exploring feelings in a safe space. Our creative activities are designed to:-

- support each child living with their grief while building a hopeful future;
- commemorate their sibling who died;
- and to express their own unique place in their altered family.

The SLOW sibling group has been a huge success, with regular attendance of 6-12 children for each session with ages ranging from 5-15 years. SLOWsib members are at different places in their grief and ability to express themselves, and with different understandings of death. It is therefore important that the activities are flexible enough to sustain different levels of interpretation and engagement.

***'we supported  
new children at  
SLOWsibs'***

and Kelly

In 2016-17 we have had an exciting year at the SLOWsibs with a variety of activities, some of which have been co-facilitated by visiting guest artists. This year Kat Roberts, Rachel Nott, Sue Lowe Carter have all volunteered their time for the workshops.

We held the following four workshops over the year, each session lasting for two hours:

### **Miniature Worlds - Co-facilitated by guest artist Lili Barcroft**

**March 12<sup>th</sup> 2016 (funded by Rosie's Rainbow)**

The seven sibs attending then made a 3D design of their hopes and dreams – these included a garden filled with flowers, a ballerina's studio with dancers and music, a football pitch, a Dr Who Tardis, a fantasy bedroom filled with favourite objects, a scene with jeweled rainbows and suspended clouds and a box inlaid with mirrors to reflect itself ("Bigger on the Inside" as entitled by the 13-year old member).



### **Batik Lanterns - Co-facilitated by guest artist Sofie Layton**

**June 18<sup>th</sup> 2016 (funded by Rosie's Rainbow)**

The sibs group looked at aboriginal art form 'Dreamings' which depict the tribal culture and stories handed down from generation to generation. Maps of family groups are made and ancestors spirits return in the form of fish, plants and animals. The therapeutic aim was to make a colourful representation of their own family map, choosing their own images and patterns.

The SLOWsibs learned the batik method of hot wax, paint and tissue paper to make their designs, then turned into lanterns and lit by candles in the closing circle. A really successful workshop which the sibs enjoyed and learned some new art techniques.



## **A Song for Sibs - Co-facilitated by music therapist and guitarist Jimmy Lyons**

**8<sup>th</sup> October 2016**

A group of four siblings gathered for this workshop and produced the beginnings of a song created from musical warm ups, rhythm improvisations and lyric writing. Though the sibs were quite tentative (affected by the small size of the group) Jimmy was skilful in putting children at their ease and using all of their ideas in the construction and recording of the song. The song remains unfinished but would be a good starting point for a future workshop with a larger group.

## **Christmas Wreath Making Workshop**

**17<sup>th</sup> December 2016**

The wreath making Christmas workshop was an ambitious project to which the seven sibs attending responded brilliantly, each working very hard to design and create a wreath that was highly original and personal. Wreaths were made the traditional way with a moss backing on a wire frame, using foraged greenery, fruit, spices, baubles and ribbons to decorate. Some of the children wrote a personal message to their sibling, attaching it as a scroll to their wreath.

Xmas tree branches, greenery and training were generously donated by FBombe Flowers, Frederick and Violet, and Coles Nurseries so it was a community affair and raised awareness of SLOW. The Mayor of Islington Kat Fletcher and her consort visited the workshop, and shared tea with us while showing a real interest in the sibs work.





## Collaborations, Partnerships, Events and Professional Outreach

SLOW often receives requests from professionals regarding supporting and working with bereaved families and one of SLOW's strategic priorities is to build closer working relationships with referral agencies and professionals.

Over the course of 2016-17 SLOW met and shared information with the following organisations, with a hope to build future mutual support and shared projects: -

*'professional outreach was a priority in 2016-17'*

- **CARIS Islington** - Jan 2016
- **Rosie's Rainbow** - May 2016
- **Islington Bereavement Service** – November 2016
- **Islington Health Visitors** – November 2016
- **Complex Depression, Anxiety and Trauma Team** – January 2017

## Links with Other Organisations

SLOW continues to value its ongoing links with other organisations that share and complement our work. These include Grief Encounter, The Stuart Low Trust, Child Death Helpline, Life-Force, Rosie's Rainbow Fund, Angus Lawson Memorial Trust, the Rainbow Trust, Helen House Dads group, NE London Sands, The Compassionate Friends and Great Ormond Street Hospital as well as our kind hosts St Georges and All Saint's Church.

This year we developed and strengthened links with the Child Death Helpline, Life Force (Children's Palliative Care Service for Islington, Camden and Haringey), GOSH, Angus Lawson Memorial Fund, Helen House Dads' group, and The Compassionate Friends.

## Marketing

**Marketing Materials** - SLOW worked with designers, Absolute Print, to update all our marketing materials including banners, leaflets, posters, running tops for fundraising events and business cards, all consistent with the look and feel of the SLOW website.



New marketing materials were distributed to Child and Adolescent Mental Health Services (CAMHS), the Child Death Helpline, Islington Health Visitors, CBUK, CARIS Islington, Islington Bereavement Group and at the Whittington Big Day Out.

**SLOW Website / Social Media** – The SLOW website continues to serve as an integral source of information for our members and for new enquiries. We have continued to blog about SLOW events, support meetings and articles throughout the year. Further work is now being carried out to update the website. Our Facebook page has been updated, to be consistent with our marketing materials, and is being managed by Susie Hanson. A new Instagram account has been set up for pictures from SLOW events.

**Jason Watkins - Daily Mail Article and BBC Breakfast Interview** - SLOW's Patron, Jason Watkins, and Clara Francis were interviewed by the Daily Mail as part of their Sepsis Awareness Campaign in February 2016. SLOW received coverage as part of the interview and received a number of related enquiries. In January 2017 Jason Watkins was interviewed by BBC Breakfast about his loss and grief. He referred to the amazing support he received from SLOW a number of times which resulted in a flurry of emails and calls.



**Local Media** – the Camden New Journal, Islington Tribute and the Muswell Hill Flyer were all contacted with updated information about SLOW for their 'What's On' sections online and in the newspaper.

## Personnel, Volunteers and Training

The core work of running SLOW is carried out by Nicola Whitworth, Co-founder and Facilitator, and Kelly Carter, Business Development Manager and both increased their hours in 2016-17. SLOW depends heavily on volunteers and we have further expanded our volunteer base in 2017-16. Special mentions should be given to the following volunteers who have dedicated their time to SLOW for a number of years.

Volunteers, Liz Cancea and Maria Wojszwillo, assist the facilitator, welcoming members and providing refreshments at weekly support meetings. Maxine Holdsworth and Tim Whitworth are volunteer facilitators at the monthly support groups.



In 2016 Charlie Davies kindly donated his time, developing effective administrative IT systems. Meanwhile Kat Roberts and Rachel Nott have offered support in setting up the database and are now regular volunteers at SLOWsibs. Nick Ruskin, continues to provide invaluable support, designing, managing and curating the SLOW website. Finally, Richard Field offered his services as an independent examiner of the SLOW accounts once again in 2016.

### Training and Professional Development

SLOW staff attended the following training: -

- Professional Development Session with Tricia Wass (May 2016)
- Fundraising Planning - Local Giving (free training) (March 2016)
- Book keeping and Final Accounts training - e-Cash (June 2016)
- Anticipating and Adapting to Change - VAI (free conference) (July 2016)

SLOW's facilitator, Nicola Whitworth, is provided with professional supervision throughout the year from the Islington, Camden and Haringey Life Force team, who work with families where a child has a life limiting illness.

### The Queen's Award for Voluntary Service

In September 2016 Kat Fletcher, the Mayor of Islington, nominated SLOW for the Queen's Award for Voluntary Service. In December 2016, Kelly Carter, Nicola Whitworth, Andrew Wright, some of our members and Kat Fletcher, the Mayor of Islington, met with the QAVS assessor, Rupert Goodman. The meeting, discussing the application and the merits of SLOW, went well and the decision regarding our application will be made in June 2017.

## Future Developments

**SLOW's 10<sup>th</sup> Birthday Celebrations** - SLOW 10<sup>th</sup> Anniversary Celebrations are being planned for Saturday 10<sup>th</sup> June 2017 at the Islington Ecology Centre.

**Planning for Growth** - A number of Strategic Planning sessions have been held to plan for SLOW's growth in 2017 and we are actively looking to recruit a Co-facilitator to assist us with the expansion of our support groups in another London location.

## Our Members

In December 2016, the SLOW membership base was 220+, which grows as new people contact us.

*When I first made contact and received such love and care, I knew I'd found the support I needed to help me find a way through my nightmare.*

*I will forever be indebted to SLOW and the incredible work they do*

*It makes me so happy to know that my daughter has other bereaved siblings she can talk to about the experience of losing her sister and that she too is not alone in her grief.*

**What our members say about SLOW**

### Member Case Study

In 2011 we were contacted by a bereaved mother and her partner who had lost their 2-year-old daughter in extremely traumatic circumstances. The parents, and their other young daughter, had discovered that their little girl had died in her cot on the morning of New Year's Day. The family were instantly plunged into every parent's worst nightmare and the shock, confusion and grief was overwhelming. After a number of counselling sessions and a call to child bereavement helpline the mother found out about SLOW in her local newspaper. She recollects walking into her first SLOW group:

*I walked into the group for the first time two months after my daughter's death and I remember so vividly thinking, these are my people, this is my new tribe. I sat, drank tea, ate cake, cried, talked and listened to the other bereaved people tell their stories and felt, in that ninety minutes, for the first time since my daughter had died, a tiny little sense of peace. I was reassured that my thoughts and feelings were normal and that life would become easier albeit very, very slowly. There were people in all different stages of their grief and seeing them gave me the courage to go on.*

Over the course of six years this mother continued to come to support groups, often with her husband, and they have now found 'a new kind of happiness'. Their daughter also regularly attends SLOWsibs, our creative workshops for siblings. The family have made lifelong friends through the charity that they now meet outside of the groups. More recently the father has volunteered for SLOW and together the family have held a number of inspirational fundraising events for the charity. The bereaved mother recently said of SLOW:

*SLOW is an absolute lifeline for so many. I know for me that for the first three years it was an absolutely necessary for me to attend weekly sessions. To know that there was a place, always there, constant where I could go and talk and cry and receive such special love and care and above all else understanding is a rare thing.*

*Case Study given with the member's permission and approval.*



## Financial Review 2016-17

### Overview

The charity's income in 2016-17k rose by over £10k from the previous year, largely through member fundraising and grants. The Awards for All grant of nearly £10,000 covered eleven months of activities in this year.

Expenditure was up from £25.1k to 2015-16 to £30.9K reflecting more activity in groups and support for members as well as increased professional outreach.

Income surpassed expenditure by nearly £6k (with £1.7k restricted for 2017-18), resulting in a surplus of £4k+ primarily generated by phenomenal, unexpected member fundraising in December 2016.

We start the new financial year 2017-18 with carried forward restricted grant funds of nearly £6.3k committed to specific activity as well as £10.4k of unrestricted reserves. The trustees' policy is to follow recommended practice and maintain reserves to cover 3 months' expenditure - this is in the event of the charity being required to wind up for any reason and accounts for £7.7K approx. of the unrestricted reserves carried forward.

In 2016-17 the accounting basis has changed and reverted back to receipts and payments basis. In 2015-16 SLOW's accounts were presented under accounting principles recommended by the Charity Commission where all income and expenses are included if they relate to activities undertaken and paid for in the same year. In 2016-17 SLOW intended to continue with accruals based accounting however the Charity Commission / Inland Revenue have recommended that as a non-company charity, with gross income under £250,000, the simpler Receipts and Payment accounts are used rather than the lengthy SORP template with 51 pages of forms for completion.

R&P accounts unfortunately provide a less accurate picture of the finances relevant to the activities carried out in the year, however wherever required footnotes are provided to clarify where revenue is restricted for a different financial period.

### Income

#### Grants

- **C/F restricted funds** - SLOW brought forward £3.6k of restricted funds from 2015-16.
- **Awards for All** – SLOW received nearly £10,000 from the Big Lotteries with the majority falling into the 2016-17 financial year.
- **Continued Support from Islington** - SLOW received support from Islington in the form of grants from **Islington Community Chest** and the **Local Borough Initiatives Fund** for both St Georges and Junction wards.
- **SLOWsibs Support** – SLOW carried forward funds from the **Marple** Trust granted in 2015-16 that funded much of the SLOWsibs workshops and **Rosie's Rainbow** contributed towards the costs for guest artists.

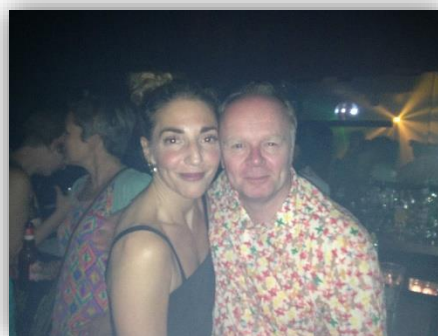
## Charitable Retail Schemes

SLOW had an unprecedented year in terms of support from **Waitrose's Community Matters Scheme**. SLOW appeared in Islington **Nationwide** branches as part of their **Living on Your Side** scheme and in North London Co-ops for the **Co-op Local Community Fund** (funds received in 2017-18). Finally, SLOW was shortlisted for the AVIVA Community Fund Vote but narrowly missed out on reaching the finals.



## Fundraising Activity

SLOW attracted a number of inspiring member fundraising events in 2016-17. Special thanks should be given to Clara Francis and our patron, Jason Watkins, Helen McDonough and SLOWsibs members, Nina Holdsworth and Lucas Carter.



## **Expenditure**

Expenditure increased by £2k year on year. This can be attributed primarily to contracting the Business Development Manager, Kelly Carter, for a full year of activities which included developing new services, fundraising, professional outreach meetings and project admin and finances. 2016-17 also saw an increase in expenditure on marketing materials as new leaflets, posters and banners were designed and printed for professional outreach and marketing. Cost savings were however made in other areas, notably the crèche (which was no longer required) and sibling workshop materials.

In addition, the cost of professional supervision for the weekly group facilitator increased in line with the demand in services – the cost of this supervision is generously supported in full by the Life Force Palliative Care team in NHS Islington and Camden. Separate and additional professional supervision commenced and was donated for the monthly group facilitators at the end of the year and has not been reflected in these accounts.

The accounts do not reflect the costs in the considerable contribution of volunteers, outlined previously.

## **Reserves Policy**

The Trustees have established a reserves policy whereby the unrestricted funds (not previously committed) should be at least three months of the current year's annual expenditure. SLOW is currently dependent on £30k approx income per year to sustain its activities therefore the reserves figure equates to £7.7k.

At this level the trustees believe that they would be able to continue the current activities of the charity in the event of a significant drop in funding while seeking to replace the funding or alternatively wind the charity down. The main concerns of the board are to ensure that the staff can continue working to either secure new funding or close the charity, and to support members to move onto other services.

The SLOW Trustees will review this policy annually.

## Contact Information



### Nicola Whitworth

#### Co-founder and Facilitator

[info@slowgroup.co.uk](mailto:info@slowgroup.co.uk)

07532 423674

Nicola Whitworth has been facilitating groups and working with individuals as a creative therapist for over 30 years. She studied at the Institute of Group Analysis in Group Dynamics and holds a Certificate in Counselling Skills from Birkbeck College, University of London. She more recently trained at the national Child Bereavement UK charity in 'Advanced Facilitation' Skills for Bereavement groups', in 'Traumatic Grief,' and in 'The Impact of Suicide on Families'.

Following the death of her daughter Naomi Grace in 2005, Nicola Whitworth co-founded SLOW to support bereaved parents. Nicola facilitates all the SLOW support groups and provides training on parental bereavement to charity and healthcare professionals. As well as her work for SLOW she is an honorary member of the National Child Death Helpline volunteer staff and provides bereavement support for grieving families at Rosie's Rainbow Fund and Angus Lawson Memorial Trust. Nicola is a member of the Mindfulness Practitioners network. She teaches Mindfulness and is working alongside bereaved parents at Helen House Hospice, Oxford, running workshops in 'Mindfulness for Grief'.



### Kelly Carter

#### Business Development Manager

[admin@slowgroup.co.uk](mailto:admin@slowgroup.co.uk)

07734 577407

Kelly is a bereaved parent having lost her daughter Esme in 2010. She first attended the weekly SLOW meeting in December 2011 and has been a regular member since that date. Kelly says "SLOW has been a lifeline for me and I am a staunch advocate of the group, fully signed up to its unique ethos and purpose".

Kelly began voluntary work for SLOW in December 2013 becoming increasingly involved by the day. Her current remit for SLOW includes planning and developing new services, grants and fundraising, project outreach and presentations and project administration and finances.

Kelly worked for 13 years in the Telecoms and Media Industry at News International and BSkyB in a variety of management roles, primarily in product marketing but also in project management and operational roles.



## Our Trustees



### Andrew Wright – Chair of Trustees

Andrew currently works on communications, charity governance and grant making at cultural heritage and environmental charity Arcadia Fund. He began working in the charity sector at The Passage, a homeless charity with roles starting on reception but moving on to assisting senior management, human resources, volunteer management and fundraising which gave him a great introduction to how charities work.

He first encountered SLOW when he joined the Cripplegate Foundation and Islington Giving, where he was a programme officer for three years. Over that time, he got to know Islington's voluntary sector well, and, as manager of Islington Council's Community Chest, spent much time helping small, local organisations to develop their work. He hopes to bring this experience, along with skills and knowledge, to SLOW to help it continue its "brilliant, necessary work."



### Dr Finella Craig - Secretary

Finella is a Consultant in Paediatric Palliative Medicine at Great Ormond Street and has worked as a paediatrician since 1989. She is on the management group of The Child Death Helpline, where she is a shift supervisor, and is a Medical Practice Facilitator with Child Bereavement UK.

Her palliative care training included two years with a community and hospital-based adult palliative care service as well as with the Paediatric Palliative Care team at GOSH. She has contributed to several national and international service and policy documents.



### Tim Whitworth - Trustee

Tim has many years' experience working with the public sector and supporting and advising new and small enterprises. A qualified training practitioner and executive coach, he worked with the Office for Public Management for over 9 years and now has his own consultancy and training practice running master classes in political and stakeholder engagement, doing more with less, commercial awareness and innovation skills for a number of large local authorities & NHS Clinical Commissioning Groups across the Midlands, East and North and providing team and performance coaching for health and local authority senior management teams.

Tim also works at a practical level managing major change within a community in East Oxford and redefining new ways of working, utilising community assets, providing social care and supporting vulnerable and older people. He has used his personal experience of the diagnosis and loss of his daughter Naomi in running a bereaved dads support group based at Helen and Douglas House Hospice in Oxford since 2011.



### **Philippa Murray - Trustee**

Pippa joined SLOW in 2012, initially taking on the role of Treasurer for two years. She has a background in central government, having held a number of senior posts in HM Treasury and HM Revenue and Customs. Pippa was also a member of Great Ormond Street Hospital's Transformation Board between 2008-2012.

She has been a Trustee of the Brain Tumour Charity since 2008, chairing its Information and Support Sub-Committee and serves as a member of the Research Sub-Committee, having a degree in Biochemistry. She is also a non-executive director of Dasic Marine Limited, a marine engineering business based in Hampshire. Pippa has taken a career break since her 15-month old son, Lawrence, was diagnosed with a brain tumour. She cared for him until he passed away in September 2007 aged 3 years 9 months.



### **Sara Portnoy - Trustee**

Sara is a Consultant clinical psychologist at University College Hospital, London, UK and has worked with children and their families for over 25 years in the health service. For the past 10 years she has worked with Life Force (Community paediatric palliative care and bereavement team) in Camden, Islington and Haringey with families where their child has a life limiting or life threatening condition and with families who have been bereaved. She has published and teaches on bereavement.



### **Jason Watkins - Patron**

Our patron, Jason Watkins, is a BAFTA award winning British stage, film and television actor. Jason's two-year-old daughter, Maude, died in 2011 tragically and unexpectedly due to Sepsis. Jason and his wife, Clara Francis, have attended numerous SLOW groups and have raised thousands for SLOW through inspiring fundraising events. Jason is also a Sepsis Trust ambassador raising awareness of Sepsis to prevent further deaths.

## Acknowledgements

SLOW would like to thank its staff, volunteers, Trustees and our Patron for their hard work and dedication. None of our work would be possible without the support of our new and continuing funders including: Islington Local Borough Initiatives and Community Chest, Awards for All, the Marple Trust, the Charles S French Charitable Trust, Waitrose Community Matters, the Nationwide, and the Co-op. We are especially proud of the fundraising events organised by our members and are extremely grateful for donations from our members, their friends and families. Thank you.



## Do you need support from SLOW?

Anyone who is a bereaved parent can attend our support groups. Parents can call us themselves or we can be contacted by a family member or health professional.

Please call 07532 423674 or email [info@slowgroup.co.uk](mailto:info@slowgroup.co.uk) to make an initial enquiry, leaving a message if the answer phone is on. A member of staff will contact you within a few days to arrange a convenient time to phone and discuss with you whether the SLOW group will be able to help. This initial phone call puts you under no obligation to arrange to visit the SLOW support groups. If you wish to proceed, you'll be invited to attend a SLOW group after which SLOW will follow up your visit by telephone or email. Attendance at the group is flexible, parents may attend for as long and as often as they feel the group is providing them with the support they feel is helpful.

Bereaved siblings between 5 and 15 years that have lost a brother or sister are also welcome to attend SLOWsibs. For more information, please also call 07532 423674 or email [info@slowgroup.co.uk](mailto:info@slowgroup.co.uk).