



SLOW Annual Report

Feb 2017 – Jan 2018

SLOW – Surviving the Loss of Your World 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

Andrew Wright (from 9th September 2016)

Treasurer

Kieran Hull (from 13th December 2017)

Secretary

Finella Craig (to 9th May 2017)

Tim Whitworth (from 9th May 2017)

Trustees

Philippa Murray

Sara Portnoy

Helen McDonough (from 9th May 2017)

PATRONS

Jason Watkins

Clara Francis (from Jan 2017)

CONTACT DETAILS

Member Correspondence:

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

info@slowgroup.co.uk Tel 07532 423 674

Grants and Fundraising Correspondence:

SLOW, 11 Donovan Avenue, London, N10 2JU

admin@slowgroup.co.uk Tel 07734 577407

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

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. The support groups offer a simple structure that allows safety through containment and continuity. An introductory round gives each parent space to reflect and identify areas that they'd like support with and these form the basis of the discussion. Parents may also occasionally bring poems, readings, or photos to share and these are welcomed into the group. By making room for the experience of grief, parents often say that they leave 'feeling lighter'. By listening and sharing experiences of coping with life whilst 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.

The Islington Weekly Support Group

The weekly daytime group ran without fail for the whole year (during term-time). The number of parents attending has increased throughout the year, with a wide range of experiences resulting in lively and far-reaching discussions. As new parents arrive at the group, those who have been attending for longer maintain the core values and culture of the group, fostering an atmosphere of welcome, warmth and inclusion. Some longer-term members, actively take a supporting role in the running of the group.

Anniversaries of a child's death and birth, as well as family holidays and religious festivals, are important landmarks for members to share. In addition, the group particularly supports newly bereaved parents by providing a regular weekly space where the 'everyday' events of living without your child can be shared as parents make their way through grief.

The weekly meetings have between 3 and 18 attendees (including facilitators) drawn from an increasing membership of 319. The groups are facilitated by Nicola Whitworth and supported by volunteers Maria Wojszwillo and Liz Cancea. Christiane Kerr joined the team in October 2017 to co-facilitate the group. The group ran for thirty-nine weeks of the year with each meeting lasting 1.5 hours at our North London venue in Tufnell Park, Islington.

The Islington Monthly Support Group

This year our monthly support group has seen many new members joining and finding a place where they can share their experiences of their child's death with others, within a non-judgemental and inclusive atmosphere. The group enables parents who are working or

have other commitments to attend a regular support group and build new relationships with those who understand. The evening group begins with a candle lighting for each child (if parents choose) and photos are regularly shared in this session. All members, including those who attend as a couple, are encouraged to speak about their individual experience of grief and their bond with their child. The number of parents attending this year was affected temporarily when several couples moved abroad and to other parts of the country. Despite this, they have maintained strong links with members of the group by writing, emailing, meeting up outside of the group, and by attending other SLOW social events. In this way, the bonds between members are an important part of rebuilding their lives.

These meetings attract between 3 and 12 members and take place in Archway, Islington on a Thursday evening at the end of each month. The group is facilitated by Nicola Whitworth, Tim Whitworth and occasionally Maxine Holdsworth.



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 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 and will endeavour to signpost them on to other organisations that may provide a specific information service and support.

SLOWsibs

The 'SLOWsibs' creative arts workshops provide 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 SLOWsibs group has been a huge success, with regular attendance of 5-11 children for each session with ages ranging from 5-15 years. SLOWsibs members are at different places in their development and understanding of death and therefore their expression of grief. Activities are chosen to reflect this variety of experience and allow each child to express themselves at different levels of interpretation and engagement.

In 2017-18 we had an exciting year at the SLOWsibs with a variety of activities, facilitated by Nicola Whitworth and supported by Kat Roberts, Rachel Nott, Kelly Carter and Sasha Morris who have all volunteered their time. We held the following four workshops over the year, each session lasting for two and a half hours:

Memory Bunting and Paper Decorations 12th March 2017 - A group of 10 siblings, with ages ranging from 8 to 14 years attended this workshop making paper bunting and decorations for SLOW's 10th Birthday Celebrations in June. Siblings created three designs on bunting flags – one for their sibling, one for themselves and one for their hopes and dreams – with images, graffiti, collages, glued objects and photos.



Herb Pots 15th July 2017 - A group of five siblings aged 6 to 15 years attended this workshop making and decorating herb pots. Siblings decorated terracotta pots with spray paints in memory of their sibling and then them with a selection of herbs with symbolic meanings – hope, remembrance, love, hospitality, and good health.



Body Mapping Collage 14th October 2017 – Eight sibs were invited to pair up and take turns to draw around each other, making a large life-size representation of themselves with a shadow ‘support’ person behind them. This ‘support’ person was identified as either a friend, other sibling, parent, carer etc. Then, children were invited to fill in the body map of themselves, with paints, collage materials, magazines, 3D objects, choosing to mark places in the body where they were able to remember their sibling e.g. heart, stomach, brain.



Christmas Wreath Workshop 16th December 2017 - The SLOWsibs Christmas Workshop was again an ambitious project but a great success attended by 10 sibs. An introductory circle gave new SLOWsibs a chance to learn names and play games and was followed by a discussion on the symbolism of the wreath (the circle of life, renewal and growth). A further positive development was noted – the older sibs, have taken on a more active facilitating role, and this has drawn out some of the quieter and more private sibs.



Collaborations, Events and Professional Outreach

SLOW often receives requests from professionals regarding supporting and working with bereaved families and in 2017-18 built closer working relationships with referral agencies and professionals. SLOW met and shared information with the following organisations, with a hope to build future mutual support and shared projects: -

- **Complex Depression, Anxiety and Trauma Team (CDAT) Camden and Islington** – Jan 2017
- **The Big Alliance** – Feb 2017
- **Rachel Cooke Great Ormond Street Hospital** – March 2017
- **Richard House Hospice** – June 2017
- **Just Talking** – November 2017
- **Sebastian's Action Trust** – November 2017



SLOW also ran an information stall at the **Foundation for Infant Loss Training / Conference** in Kensington in March 2017 networking with other charities and hospitals in the bereavement field.

Nicola Whitworth and Kelly Carter attended the conference **Bereavement Support in the London CDOP** in June 2017 where London-wide midwives, bereavement nurses, hospices, hospitals and bereavement charities were represented.



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, Sebastian's Action Trust, Just Talking, NE London Sands, The Compassionate Friends and Great Ormond Street Hospital as well as our kind hosts St Georges and All Saint's Church.

Marketing

SLOW Website - The SLOW website continues to serve as an integral source of information for our members and for new enquiries. We have regularly blogged about SLOW events, support meetings and articles throughout the year.

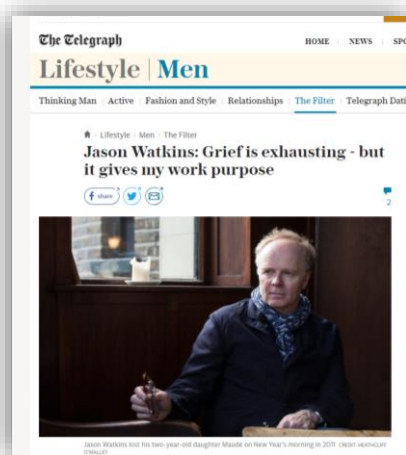
Online Directories - SLOW was registered on the following online portals:

- At a Loss Directory
- Haricare

SLOW Marketing Materials - Leaflets and a new vertical banner were printed for SLOW's stall at the Infant Loss Conference. Leaflets were distributed in 'goody bags' to 300 delegates as well as being distributed from the stall. Leaflets and posters were also forwarded to organisations and charities we met throughout the year including Islington Crematorium and Rachel Cooke (GOSH).

Jason Watkins and Clara Francis Press Articles - Jason Watkins and Clara Francis publicised SLOW in many articles this year including:

- **The Guardian** – There are ways to get through it - Aug 2017
- **The Daily Mail** – Work helps me cope – Oct 2017
- **The Sunday Times Magazine** – Relative Values - Nov 2017
- **The Telegraph** – Grief is exhausting but it gives my work purpose - Dec 2017



Personnel, Volunteers and Training

Personnel - The core work of running SLOW in 2017-18 was carried out by Nicola Whitworth, Founder and Lead Facilitator, and Kelly Carter, Business Development Manager and both increased their hours in 2017-18.

In 2017 SLOW took on two additional paid facilitators – Christiane Kerr and Michelle Tiedman. After receiving over 50 applications, interviews of six shortlisted candidates took place in the October. Christiane Kerr started training in November and is supporting Nicola Whitworth in the North London groups. Michelle Tiedman started her training after Christmas and assisted Kelly Carter with the planning for the new South London groups. Her future role will be to facilitate the South London groups.

Volunteers - SLOW depends heavily on volunteers and we have further expanded our volunteer base in 2017-18. Special mentions should be given to the following volunteers who have dedicated their time to SLOW this year:-

- Liz Cancea and Maria Wojszwillo assist the lead facilitator at the North London groups, welcoming members and providing refreshments.
- Tim Whitworth volunteers as a facilitator at the monthly support groups.
- Kat Roberts, Sue Lowe and Sasha Morris have all assisted at the sibling workshops.

- Richard Field offered his services as an independent examiner of the SLOW accounts.
- Sara Portnoy and Steve Dilworth provided clinical supervision for the facilitators.
- Charlie Davies continued to offer IT support.
- Nick Ruskin designed, managed and curated the SLOW website.

Training and Professional Development - SLOW staff attended the following training: -

- **The Foundation for Infant Loss Training** (March 2017)
- **Lois Tonkin Masterclass 'Growing around Grief' - Cruse Bereavement Care** (May 2017)
- **Professional Development** (June 2017)
- **Governance for Charities Slaughter and May** (July 2017)

Supervision - SLOW's facilitators are provided with professional supervision throughout the year from Sara Portnoy from the Islington, Camden and Haringey Life Force team and Steve Dilworth, a facilitator, supervisor and bereaved parent.

Queen's Award for Voluntary Service

On Wednesday 5th July at AVIVA Headquarters, SLOW was awarded the Queen's Award for Voluntary Service. SLOW was just one of twenty charities in Greater London to receive this award, known as the MBE for the Voluntary Sector. Kat Fletcher, the Mayor of Islington, had nominated SLOW for the Queen's Award for Voluntary Service in September 2016.



The 10th Anniversary Party

On Saturday 10th June, SLOW held its 10th Anniversary Party at the Islington Ecology Centre. It was a beautiful, sunny day and an amazing success with scones galore.

Trustees and volunteers worked tirelessly throughout the day and we received countless message of thanks from members and other attendees who felt it was a day filled with warmth, connection, and celebration.



Well done to you for all your hard work. What an amazing group of people. You should be so proud of what you have done.



South London Planning

In March 2017 Kelly Carter carried out research into bereaved parent support provision across London. In all, 52 different organisations and charities were researched and mapped.

Research findings from this work (as well as the many networking opportunities that SLOW attended in 2017):

- SLOW's intimate peer to peer support groups **meeting weekly** for bereaved parents that have lost children in any circumstances is unique in London.
- There is a good London wide network of support for still births and neo natal bereaved parents from charities such as SANDS etc.
- There are ten different locations for Compassionate Friends (TCF) groups across London but there are gaps in the TCF service in W London and S London.
- Bereaved parents who have lost children to suicide are well served with support groups across London.
- Free (charity) counselling services vary between areas
- There is excellent web and telephone-based bereavement support – with the Child Death Helpline and numerous online bereavement support groups on Facebook.

A strategic decision was made by trustees to open a new South London weekly bereaved parent support group in the Spring of 2018.



Plans for the Future

- **SLOW South London** – To set up and embed a new weekly group in South London.
- **SLOW North London** – To continue to run our weekly, monthly support groups and sibling workshops.
- **Extensive South London Marketing and Professional Outreach** – To market the new South London group via extensive marketing and outreach to hospitals, hospices etc.
- **Strategic Planning** – to hold a trustee strategy day.
- **Website** – to revamp the website, adding new content and information about the South London groups.
- **Fundraising** – to work with our patrons to organise a one-off celebrity auction gala in 2019.



Our Members

In February 2018, the SLOW membership base was 319, which grows as new people contact us.

What our members say about SLOW



Thank you for inviting me to join the group. It is simply unique – to share with others who have experienced a similar grief. What lovely people they all are and I really admire their courage and honesty.



Looking at SLOW with its dignity, humility and genuine warmth and love, I realise what a fantastic thing you have going and what a privilege it is to be part of that. I always feel that the love is palpable.



Coming to the group was like putting one foot back in the world.



Thanks so much to you and all the incredibly kind, strong, brave and welcoming women I've met at SLOW. You were all there for me when I felt I was the only woman feeling so desperately low and lost.



I find being part of SLOW a real privilege, it always has been and remains an important and therapeutic part of my life.

Financial Review 2017-18

Overview

The charity's income in 2017-18 rose by over £15k from the previous year, largely through corporate donations, member fundraising and grants. Expenditure was up from £29.9k to £38k reflecting the additional costs for the new recruits and an increase in hours devoted to business development, research and administration. Income surpassed expenditure by nearly £13k (with £10.7k restricted for 2018-19).

We start the new financial year 2018-19 with £29.5k of funds. This includes carried forward restricted grant funds of £10.7k committed to specific activity as well as £12.5k of unrestricted reserves and a £6.3k surplus.

This year, as per advice from the Charity Commission, we have excluded in kind income / expenses for supervision provided by volunteers and free premise hire for the monthly evening group at the Peabody Community Rooms. In 2016-7 this amounted to £2750 of in kind revenue / expenses. As a result, expenditure on courses / events and premise hire appears to have decreased in 2017-18. However, expenditure this year is in line with 2016-17 expenditure if in kind expenses are taken out. The accounts therefore do not reflect the costs in the considerable contribution of volunteers, outlined previously.

Income

Grants

- New funding received from
 - **Garfield Weston Foundation** (received September 2017)
- Continued Support from
 - **Local Borough Initiatives Fund** for St Georges and Junction wards (March 2017)
 - **The Charles S French Charitable Trust** (March 2017)
 - **The Marple Trust** (April 2017)
 - **Islington Community Chest** (received April 2017)

Corporate Donations

New funding received from **The ICCM Metals Recycling Scheme / Islington Crematorium** (two donations received March and September 2017)

Charitable Retail Schemes

SLOW received funding from the following charitable retail schemes: -

- **Nationwide Living on Your Side** (February 2017)
- **Co-op Local Community Fund** (April 2017)
- **Waitrose Community Matters** (throughout the year from various branches)
- **AVIVA Community Fund** (January 2018)

Fundraising Activity

It was a truly amazing year for member fundraising events.

Special thanks should be given to the 16 Tough Mudders and their leader Elliot Lowe, SLOWsib Lucas Carter, our patrons Jason Watkins and Clara Francis, Ellen Davis, Helen McDonough and SLOWsib Nina Holdsworth.

”
*Thank you to
all our
supporters*



Expenditure

Expenditure increased by £8k year on year. This is primarily due to an increase in staff costs as both Kelly Carter and Nicola Whitworth increased their hours and two new members of staff were recruited. 2017-8 also saw an increase in expenditure on fundraising costs and travel as well as new one-off costs for recruitment and the 10th Birthday party. Cost savings were however made in other areas for example the crèche (which was no longer required).

Reserves Policy

The Trustees's policy is to follow recommended practice and maintain reserves to cover three months' expenditure. SLOW is currently dependent on approximately £50k of income per year to sustain its activities therefore the reserves figure equates to £12.5k.

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.

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 listed below. 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.



The Team



Nicola Whitworth

Founder and Lead Facilitator

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 the North London 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 as a Grief Support Practitioner at Angus Lawson Memorial Trust and Rosie's Rainbow. Nicola is a member of the Mindfulness Practitioners network. She teaches Mindfulness and has developed a Mindfulness for Grief programme.



Kelly Carter

Business Development Manager

admin@slowgroup.co.uk

07734 577407

Kelly is a bereaved parent having lost her daughter Esme in 2010, she first attended SLOW support meetings in 2011.

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.



Michelle Tiedman

Facilitator - South London

info.south@slowgroup.co.uk

07908 93 77 22

Michelle Tiedman has been working as an integrative counsellor for the past five years. She holds a CPCAB Diploma in Therapeutic Counselling and is a Registered Member of the British Association of Counselling and Psychotherapy.

Michelle is a bereaved parent having lost her daughter Sophie in February 2005. After Sophie died she began voluntary work in a primary school as a Teaching Assistant which eventually led to a permanent role supporting

pupils with additional needs. Michelle joined SLOW in 2017 and facilitates the South London SLOW support groups.

Michelle also works as a School Counsellor for pupils with special needs and provides social and emotional learning and pastoral care alongside one to one therapeutic support. Michelle has completed the MBSR Mindfulness Course and is a fully trained member of the Mindfulness in Schools Project. She teaches Mindfulness to pupils aged 4-19 years old with special needs and also facilitates lunch-time drop in workshops



Christiane Kerr

Co-facilitator – North London

info@slowgroup.co.uk

07532 423674

Christiane Kerr is a qualified yoga teacher and an experienced Montessori teacher. In 2014 Christiane trained to teach **MBSR** (Mindfulness Based Stress Reduction) with Bangor University.

Christiane is a bereaved parent having lost her 16-year old son Sam in 2009.

Our Trustees and Patrons



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."



Kieran Hull - Treasurer

Kieran works at MUFG, a Japanese bank in the City of London. He was introduced to SLOW through The Big Alliance, which connects local charities with workers at major institutions with an interest in volunteering. Kieran has a background in finance and is keen to get involved in treasury work for charities. As a child, he grew up near Cambridge and regularly attended Cruse events, where he gained an interest for organisations helping those with bereavement.



Tim Whitworth - Secretary

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.

Dr Finella Craig - Trustee



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.

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.



Helen McDonough - Trustee

Helen is currently Head of Socio-Economic Regeneration at Haringey Council and has worked at a senior level in Housing, Regeneration and Community Safety in London. She has developed and managed a number of London wide youth programmes delivered by third sector organisation. Helen joined SLOW in 2011 after her son Aidan died of cancer and she has been a regular attendee and volunteer.



Jason Watkins and Clara Watkins - Patrons

Our patrons, Jason Watkins and Clara Francis, lost their two-year-old daughter, Maude in 2011 tragically and unexpectedly due to Sepsis. Jason and Clara, have attended numerous support groups and have raised thousands for SLOW through inspiring fundraising events.



Jason is an award winning British stage, film and television actor and he dedicated his 2015 BAFTA to Maude. Jason is also a Sepsis Trust ambassador raising awareness of Sepsis to prevent further deaths. Clara is an actress and designer of exquisite intricately beaded jewellery. Clara recently said 'SLOW is a place that offers practical help and huge support to people when they need it the most. I will forever be indebted to SLOW and the incredible work they do.'

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 the following number to make an initial enquiry.

North London Support Groups

Call 07532 423 674 or email
info@slowgroup.co.uk

South London Support Groups

Call 07908 93 77 22 or email
Info.south@slowgroup.co.uk

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 come to a group, 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.