



SLOW Annual Report

Feb 2018 – Jan 2019

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:

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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.



Bereavement Support

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.

Healing for bereaved parents can begin as they share their grief with others who validate their experience. They discover they are not alone, and gradually learn ways of managing their grief and coping with their loss. At SLOW, parents come to understand that healing means remembering, not forgetting their child and we encourage them to be compassionate, gentle and patient with themselves. In this way bereaved parents are building themselves a safety net that will resource them long after they cease to attend the group.



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. We welcome all bereaved parents irrespective of whether their child was an adult or a baby or the varying circumstances in which they died. Our parents are a mix of very recently to more long-term bereaved and members can join at any point regardless of how long ago their child died. The death of a child cuts across all communities and a diverse range of families. Our support groups welcome bereaved mothers and fathers, of differing cultures and faiths.

The Islington Weekly Support Group

The weekly daytime group ran without fail for the whole year (during term-time). The group is thriving and the number of parents attending has increased throughout the year with a wide range of experiences.

Lively discussions characterise the groups with a strong emphasis on developing strategies for coping, taking care of ourselves and meeting the demands of surviving children, family members and relationship with friends and work colleagues. 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.

Members attest to the value and support that the weekly group brings to their lives and how it gives them a space where they feel acknowledged and listened to with a level of understanding that helps them cope with their grief.

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. Between 7 and 15 members (including facilitators) attend each session and the groups have been facilitated by Nicola Whitworth, with co-facilitator Christiane Kerr or Michelle Tiedman. Volunteers Maria Wojszwillo and Liz Cancea continue to provide the facilitators with support. The creche has been reintroduced due to member requirements.

The Islington Monthly Support Group

This year our monthly support group has flourished with members attending regularly and a sense of the group's foundations strengthening. Many new members have joined, 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.

Eleven groups ran in 2018-19, with between 6 and 12 attendees (including facilitators). Meetings take place in Archway, Islington on a Thursday evening at the end of each month for two hours and are facilitated by Nicola Whitworth and Tim Whitworth. The new refurbishment of the venue at Cathcart Hill has made the venue more inviting, and the running of the centre has improved with the new Peabody centre co-ordinator.

The Streatham Weekly Support Group

After extensive research into bereaved parent support services across London in 2017, a strategic decision was made by trustees to open a new South London weekly bereaved parent support group in 2018.

Michelle Tiedman, the facilitator for the new South London group, was recruited and trained. In the Spring of 2018, fifty-six potential South London venues were researched by Kelly Carter and Michelle Tiedman. After visiting three shortlisted venues, St Thomas's in Streatham Hill was chosen due to its beautiful venue, reasonable hire rates and good transport links.



***We opened our
new weekly
support group in
South London in
May 2018***

After extensive local targeted marketing, the first South London support group started on 8th May 2018. Over the course of the 2018-19 year we have run a total 29 support groups.

Group numbers have been fairly low with 3 to 5 attendees (including facilitators) each week, as expected for an establishing group. In 2019 to date there has been a number of new enquiries as local marketing has begun to take effect and word of mouth is spreading throughout the community. Members say that they feel valued and supported and that the weekly group gives them a space where they feel acknowledged and listened to.

Meetings take place on a Tuesday in Streatham Hill. The group is facilitated by Michelle Tiedman with co-facilitation from Nicola Whitworth, Kelly Carter and new bereaved parent volunteer Gil Mills.



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 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 specific support.

SLOWsibs

The 'SLOWsibs' workshops provide a safe 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. 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.



SLOWsib 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. Each workshop includes an introductory circle, the planned activity, an afternoon tea and a closing circle.

This year the workshops included four to ten attendees and were run by Nic Whitworth with the assistance of a strong team of volunteers – Kelly Carter, Kat Roberts, and Rachel Nott as well as two new adult bereaved sibling volunteers Michael Williams and Lisa Barnett. A couple of the older teenage sibs, Nina Holdsworth and Hamish Whitworth, have now moved into 'Young Leader' roles at these workshops supporting the younger sibs.

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



Cupcakes Workshop 10th March 2018 - New friends were made and each sib was incredibly inventive as they decorated six cupcakes to take home and give to family members.

Memory Herb Pots 23rd June 2018 - Sibs were invited to decorate large flowerpots with symbols, patterns and writing to remember their sibling. Then there followed a smelling and tasting of a variety of herbs that represented hospitality, patience, courage, love and remembrance.

Graffiti T-shirts 13th October 2018 - A successful workshop, helped by the sunny day which enabled sibs to work outside with spray paints on their t-shirts designed with symbols and words that connected the sibs with their brother or sisters who died.



Christmas Wreath Workshop 15th December 2018 - The wreath workshop was a great success as we opened up the afternoon to family members for the first time. The afternoon was structured so as to protect the private space for siblings, by having a welcome room for the bereaved parents and a welcome circle for the sibs, in different spaces. Both groups came together in the large hall for the wreath making, using a wide array of natural evergreen and floral materials, silver and gold spray, ribbons and baubles.



Links with Other Organisations and Professional Outreach

In 2018-19 SLOW built closer working relationships with referral agencies and professionals that share and complement our work in the following ways: -

Promotion of the SLOW service

SLOW promotes access to the groups through local NHS paediatric teams, palliative care teams, hospitals, specialist service providers, health visitors, local charities, as well as via the SLOW website, the media and word of mouth.

In 2018 we had meetings with the following organisations to update them on the progress of the charity and to share learnings.

- Rachel Cooke, GOSH - March and November 2018
- Delmelza Hospice - May 2018
- Kings College Hospital - May 2018
- Evelina Hospital - May 2018
- Camden, City, Islington, Westminster Bereavement Service - June 2018
- The Rainbow Trust - November 2018.

To set up the new South London group in 2018 we extensively promoted the service with targeted local marketing contacting the following organisations: -

- Demelza Hospice
- Shooting Star Hospice
- King's College Hospital
- Evelina Hospital
- University College Hospital
- St Mary's Hospital
- Royal Marsden Hospital
- Various local hospitals e.g Kingston, Barts, Hammersmith, Lewisham
- CCGs
- Greenwich/Lewisham Kaleidoscope
- Child Death Overview Panels
- Register Offices
- Undertakers
- Cemeteries and crematoriums
- Coroners Courts
- Bereavement counselling charities
- SANDS
- Branches of CRUSE
- Jigsaw

We also contacted local media and carried out leafleting in churches, shops, doctors' surgeries, health centres, libraries and Citizen Advice Bureaus.

Referrals

SLOW receives referrals from a range of sources including Great Ormond Street Hospital, The Lifeforce Team, St Mary's Paddington, CRUSE, The Child Death Helpline, The Compassionate Friends, IAPT Improving Access to Psychological Therapies, The Rainbow Trust, Rosie's Rainbow, Islington Bereavement Centre, CLIC Sargent, Grief Encounter, CARIS Islington, Helen House Dads Group, Delmelza and SANDS.



Advice for Professionals working in Parental Bereavement

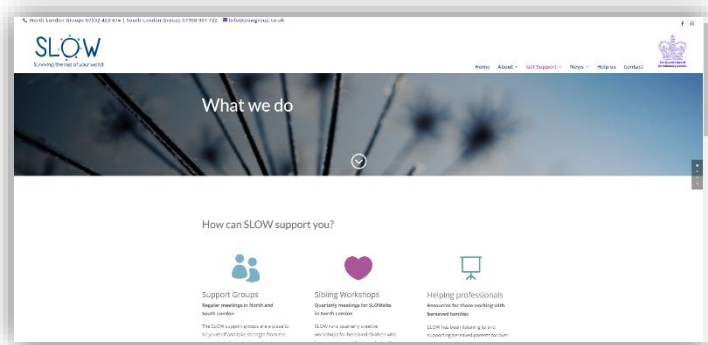
SLOW often receives requests from other professionals and specialist organisations regarding supporting and working with bereaved parents and families and this year we presented 'A Parent's Perspective' to a selection of 35 nurses from the Disabled Children's Team at the Whittington in November 2018.

Marketing

The SLOW website

A completely new SLOW website was designed and developed in the Spring of 2018 with Sophie Russell-Ross. The new website now gives comprehensive information about SLOW, with a calendar of forthcoming support groups. The blog has been reinstated and new webpages including other bereavement organisations and useful grief articles have been introduced.

The copy is warm and welcoming and the colour pallet of the SLOW logo is used throughout. Since the website was redeveloped it has been regularly updated by Kelly Carter with new blog posts and events.



Social Media

SLOW is now registered on Facebook, Instagram and Twitter and Buffer has also been set up to allow for posting updates from one platform.

Marketing Materials - New double-sided leaflets were designed in conjunction with Absolute Print.



Jason Watkins Article –Daily Mail


Our Patron Jason Watkins was interviewed by the Daily Mail in May 2018 and mentioned the support his family received from SLOW in the article.

Personnel, Volunteers and Training

Personnel - The core work of running SLOW in 2018-19 was carried out by Nicola Whitworth (Founder and Lead Facilitator), Kelly Carter (Business Development Manager), Michelle Tiedman (Facilitator South London) and Christiane Kerr (Co-facilitator North London). Unfortunately, Christiane Kerr left in July 2019.

Volunteers - SLOW depends heavily on volunteers and we have further expanded our volunteer base in 2018-19. 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.
- **Gil Mills** volunteers as a co-facilitator at the support groups in South London.
- **Kat Roberts, Rachel Nott, Lisa Barnett, Michael Williams, Nina Holdsworth** and **Hamish Whitworth** have all assisted at the sibling workshops.
- **Gaurav Tak** 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.



*Huge thanks
to our
amazing,
dedicated
team of
volunteers*

In 2019 we have also welcomed cofounder **Susie Hanson** back to North London where she is currently co-facilitating with Nicola Whitworth.

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

- **GDPR Training** (March 2018)
- **Suicide Awareness Training** (July 2018)
- **Wordpress Training** (Summer 2018)

Supervision - SLOW's facilitators are provided with professional supervision throughout the year: -

- Supervision for the North London weekly group takes place on a 4-6 weekly basis with Sara Portnoy from the Islington, Camden and Haringey Life Force team.
- Supervision sessions for the North London monthly group are held approximately every six weeks with Steve Dilworth, a facilitator, supervisor and bereaved parent
- Michelle Tiedman has monthly supervision for the South London group with Trefor Bevan.

Focus Group

In October 2018 SLOW held its first focus group to evaluate the SLOW service and to explore service improvements with our members. The feedback was a resounding endorsement of the SLOW ethos and the way in which we run our groups. Our members have said that they need and appreciate:

- **Weekly support groups** – SLOW is unique in terms of offering this in London.
- **Small group sizes** of between 8 and 12 members
- **All groups being facilitated by bereaved parents**
- That groups include a **different mix of bereavement** and that members come at varying stages after their loss and can come as long as they need support.
- That **bereaved parents are involved at all levels of the organisation** – from facilitators to business development managers to trustees.

We learned from the focus group that SLOW members truly feel like part of a community and love the personal, open and inclusive feel of SLOW.

Members also recommended many new additional ideas including:

- Suggestions that we have already taken on board and actioned e.g. improvements to the website and marketing materials, expanding existing marketing channels, quarterly member lunches and providing members with more information about the charity and its fundraising successes;
- Recommendations to expand our support services and we are currently analysing the logistics of delivering these services.

Strategy Day and Plans for the Future

The trustees plus Nicola Whitworth and Kelly Carter attended a Strategy Away Day facilitated by Radojka Miljevic on 23rd February 2018.

SLOW is planning to do the following in 2019-20:-

- **A new North London group** - our existing North London weekly group is currently running at full capacity and we plan to introduce a new weekly group on another day in this area.
- **South London group marketing** - to embed the weekly group in South London with further marketing.
- **Recruitment** - to recruit a further facilitator to set up the new North London based group and to assist with the co-facilitation of the existing Islington weekly group.
- **Fundraising** - we have eleven runners signed up to run the Royal Parks Half Marathon in October 2019 and are applying for multi-year funding from the Lotteries Reaching Communities.
- **Website** - we plan further development to the website, adding more content.
- **SLOW Pamphlet** – we are working with Radojka Miljevic on a new SLOW pamphlet.

Our Members

In February 2019, the SLOW membership base was 363, which grows as new people contact us.

What our members say about SLOW



You feel like a family. I feel secure when I come here.



Every single thing that everyone says makes me feel better and able to go out into the world. And people don't just come once, they come again and again.



I love that it's weekly, it's lovely, super regular but also very flexible.



I love everything about sibs!



I moved through so much more here in this safe space than anywhere else.



It was a lifeline for me to know I wasn't alone and that there were others who really understood what I was going through.

Financial Review 2018-19

Overview

The charity's income in 2018-19 rose by over £5k from the previous year, largely through corporate donations and grants. Expenditure was up from £38.k to £52.4k reflecting the additional costs for setting up and running the new South London group and the complete redesign and development of the website. Income surpassed expenditure by nearly £4k.

We start the new financial year 2019-20 with £33.4k of funds. This includes carried forward restricted grant funds of £5.4k committed to specific activity as well as nearly £28k of unrestricted funds.

Again 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. The accounts therefore do not reflect the considerable contribution of volunteers as well as the generosity of the Peabody Estate.

Income

Grants

SLOW received continued support from: -

- **Local Borough Initiatives Fund (Islington Council)**
- **Islington Council Community Chest**
- **The Lotteries Awards for All**



We also carried forward £10k of restricted funds from 2017-18 from **Garfield Weston**, the **Co-op** and the **Marple Trust**.

Corporate Donations

A special mention should be made to **The Institute of Cemetery and Crematorium Management** for their generous donations received via **Islington Crematorium** and **Croydon Crematorium**.

Charitable Retail Schemes

SLOW received funding from the following charitable retail schemes: -

- **Waitrose Community Matters**
- **AVIVA Community Fund**



Fundraising Activity

It was another successful year for member fundraising events.

Special thanks should be given Jason Watkins who appeared on Celebrity Catchphrase for SLOW, Bessie Watkins, the Masonic Lodge Southgate, and James Galilee and Annabelle Williams who both ran the Royal Parks Half Marathon.

*Thank you to
all our
supporters*



Expenditure

Expenditure increased by £14.k year on year. This was primarily due to:-

- the expansion of SLOW support groups to South London including the additional staff and premise costs;
- the redesign and development of the SLOW website.

2018-19 also saw an increase in expenditure on creche, fundraising costs, travel, mobile and equipment expenses.

Reserves Policy

The Trustees' policy is to follow recommended practice and maintain reserves to cover three months' expenditure. SLOW is currently dependent on approximately £60k of income per year to sustain its activities therefore the reserves figure equates to £15k.

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 Patrons 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.



Garfield Weston
FOUNDATION

The Marple
Charitable Trust

Waitrose
Community Matters

We support good causes.
You decide who gets what.



The Team



Nicola Whitworth

Founder and Lead Facilitator

info@slowgroup.co.uk 07532 423 674

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. Following the death of her daughter Naomi Grace in 2005, Nicola Whitworth co-founded SLOW to support bereaved parents. Nicola facilitates the SLOW support groups and provides training on parental bereavement to charity and healthcare professionals. She is also an honorary member of the Child Death Helpline and a Grief Support Practitioner at Angus Lawson Memorial Trust and Rosie's Rainbow. She teaches Mindfulness and has developed a Mindfulness for Grief programme.



Kelly Carter

Business Development Manager

admin@slowgroup.co.uk 07734 577 407

Kelly is a bereaved parent having lost her daughter Esme in 2010. She first attended a SLOW support meeting in December 2011 and benefitted from SLOW's support for over four years. Kelly began working voluntarily for SLOW in 2013 and then in 2015 she took on the role of Business Development Manager. Her current remit for SLOW includes planning and developing new services, grants and fundraising, professional outreach and marketing and finance. Kelly previously worked for 13 years in the Telecoms and Media Industry in a variety of management roles. After her daughter's death, she raised over £125,000 for the HR Trust.



Michelle Tiedman

Facilitator - South London

info.south@slowgroup.co.uk 07908 93 77 22

Michelle 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. Michelle has completed the MBSR Mindfulness Course and is a fully trained member of the Mindfulness in Schools Project. Michelle joined SLOW in 2017 and facilitates the South London SLOW support groups.



Christiane Kerr

Co-facilitator – North London

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.

Christiane worked for SLOW in 2018 but has now left the charity.

Our Trustees and Patrons



Andrew Wright – Chair of Trustees

Andrew is currently Head of Administration at Arcadia Fund. He has worked in the charity sector for eight years.

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.



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 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, commercial awareness and innovation skills for a number of large local authorities & NHS Clinical Commissioning Groups. Tim has used his personal experience of the loss of his daughter Naomi in running a bereaved dads' support group at Helen and Douglas House Hospice since 2011.



Dr Finella Craig - Trustee

Finella is a Consultant in Paediatric Palliative Medicine at Great Ormond Street Hospital 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. 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.



Sara Portnoy - Trustee

Sara is a Consultant Clinical Psychologist at University College Hospital, London and has worked with children and their families for over 25 years in the health service. For the past 15 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 organisations. 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, tragically and unexpectedly to Sepsis in 2011. 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 also a Sepsis Trust ambassador raising awareness of Sepsis to prevent further deaths. Clara is an actress and designer of exquisite, intricately-beaded jewellery.

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. To make an initial enquiry please contact SLOW on:-

North London Support Groups	07532 423 674	info@slowgroup.co.uk
South London Support Groups	07908 93 77 22	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. To enquire about SLOWsibs contact us on:

North London SLOWsibs	07532 423 674	info@slowgroup.co.uk
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