



SLOW Annual Report

Feb 2019 - Jan 2020

SLOW – Surviving the Loss of Your World

Registered Charity 1161337

slowgroup.co.uk

SLOW
Surviving the loss of your world

Charity Information

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

Treasurer

Kieran Hull

Secretary

Tim Whitworth

Trustee

Finella Craig

Trustee

Philippa Murray

Trustee

Sara Portnoy

Trustee

Helen McDonough

PATRONS

Jason Watkins and Clara Francis

CONTACT DETAILS

Member Correspondence:

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

info@slowgroup.co.uk

Tel 07532 423 674

Registered Address and all other correspondence:

SLOW, 11 Donovan Avenue, London, N10 2JU

admin@slowgroup.co.uk

Tel 07734 577407

www.slowgroup.co.uk

SLOW's Objectives and Ethos

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

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.



Why SLOW's work matters

The death of a child is an incredibly traumatic event leaving parents with overwhelming emotional needs. Bereaved parents face the challenge of living in a radically altered world in which close family ties, routines and friendships are impacted and many of SLOW's members initially report that they feel very socially isolated.

SLOW support groups make a positive intervention by:

- Providing a safe space for parents that offers hope for the future they face without their child.
- Connecting, sharing and validating grief.
- Finding new ways to manage grief and cope with loss.
- Encouraging members to find ways in which to connect with their child.
- Building bereaved parents' confidence at a time when life can feel hopeless.
- Reducing isolation by creating a transforming community connected through the loss of a child.
- Encouraging bereaved parents to regain their sense of wellbeing so that they find purpose in life again.



“Your child dying is something beyond words, when your child dies, your life isn't just changed, it's demolished. Seven years ago, I found SLOW, my daughter had died, I was desolate, distraught and isolated. Walking into a room of bereaved parents for the first time was for me like finding an oasis in a desert. I was with others who understood completely how I felt. The separateness I felt from the world disappeared, and for a couple of hours I could express myself honestly, no matter how shocking and illogical my thoughts and feelings were. It gave me strength to carry on.”

Member quote

Charitable Activities and Achievements

Support for Bereaved Parents

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 our 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.

Longer term members that no longer require regular support at the meetings often come to our social events or take on active volunteering roles.

In 2019-20 SLOW ran **75 support groups across London**, each lasting one and a half hours and by February 2020, the SLOW **membership base was over 400**, which grows as new people contact us.



"I can say with 100% belief that without the support of SLOW that I would not be here today. After I lost Evan, I had days when I couldn't even get out of bed or feed myself and I was completely isolated. SLOW gave me somewhere to go, to get up and dressed for, and gave me the support I needed to slowly start to rebuild my life. SLOW is a charity that means so much me."

Member quote

Charitable Activities and Achievements

The Islington Support Groups

The **Islington 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 relationships 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.

The group ran for thirty-nine weeks of the year at our North London venue in Tufnell Park, Islington. Numbers have been consistently high with between 6 and 16 members (including facilitators) attending each session. The groups were facilitated by Nicola Whitworth and Michelle Tiedman for the first part of the year and then founder, Susie Hanson, returned as co-facilitator for the latter half of the year. Volunteers Maria Wojszwillo and Liz Cancea continue to provide the facilitators with support. A creche for babies and small children is provided whenever members require childcare during the groups.

This year our **Islington monthly support group** continues to strengthen in numbers with a core group attending regularly. 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 grief. 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 2019-20, with between 4 and 15 attendees (including facilitators). Meetings take place in Archway, Islington on a Thursday evening at the end of each month and are facilitated by Nicola Whitworth and Tim Whitworth.

The Streatham Support Groups

Our **South London weekly daytime group** opened in 2018 after extensive research and local marketing.

Over the course of 2019-20 we ran 25 support groups at our venue in Streatham Hill. Between 3 and 7 parents (including facilitators) attended each week, as expected for an establishing group. 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 was facilitated by Michelle Tiedman with co-facilitation from Nicola Whitworth, Kelly Carter and bereaved parent volunteer Gil Mills up until July 2019. Michelle Tiedman left the charity in July and the weekly groups were temporarily held monthly until February 2020, facilitated by Nic Whitworth and Kelly Carter.

Charitable Activities and Achievements

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 may not meet the needs of every bereaved parent and we will endeavour to signpost them on to other organisations that may provide specific support.

Themes from the SLOW Support Groups



Charitable Activities and Achievements

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 five to thirteen attendees and were run by Nic Whitworth with the assistance of a strong team of volunteers – Rachel Nott, Lisa Barnett, Mandi Tolga, Shushma Jain, and Kelly Carter as well as a couple of the former SLOWsibs, Nina Holdsworth and Hamish Whitworth.

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

Making Faces Masks Workshop March 2019

This popular session involved painting onto the templates of faces and decorating two masks expressing different parts of ourselves.



The SLOW Cloud Summer Workshop June 2019

This workshop, held at the Ecology Centre, was led and gifted by Cloud Workshop from New Zealand. The theme of the workshop was Peg Guardians - creating guardian figures with flat pegs, fabrics and character faces.



Charitable Activities and Achievements

Day of the Dead Marbling Workshop October 2019.

A successful workshop using a variety of materials and marbling inks to decorate large capital letters and other objects. Each child was given two initials – one for their own name and one for their sibling and invited to choose colours that they thought would represent their qualities and characteristics.



It was also the first training sessions for the volunteers, using the Sam Griffiths Foundation restricted funds. Four



volunteers attended the session, three of whom are bereaved siblings.

Christmas Wreath Making Workshop December 2019

This workshop was a huge success this year, run as a family event and taking place in Harry Rice Hall. It was a great opportunity for parents to meet each other and make connections. The children were invited to bring a memento



to customise their wreath and this gave the workshop an added significance and the results were very creative and adventurous.



“My favourite sibs’ group was the marbling workshop as I pretended to be a mad scientist! I also love the games at the beginning and end of the workshops with my sib friends.”

SLOWsibs quote

Charitable Activities and Achievements

SLOW Social Events

Member Lunches

Regular member lunches were introduced in 2019 in response to the feedback from the Focus Group. The first group held in May proved to be a huge success and a further two were held in July and November. These are unfacilitated events were attended by between 11 and 15 group members and volunteers.

Non-Christmas Night Out December 2019

There was a huge turnout for the 'Non-Christmas' meal this year, held at the Spaghetti House in Tufnell Park. Old and new members, bereaved mothers and fathers all attended, nearly filling the restaurant entirely.



“Thanks for another year of love and support. I really enjoyed the SLOW meal, it’s always so lovely to catch up with such wonderful survivors.”

Member quote

“Thank you so much for the super lunch and for all the hard work you put into it.”

Member quote

Organisational Development and Growth

2019-20 was a year of organisational planning, development and growth for SLOW.

Expansion of Services

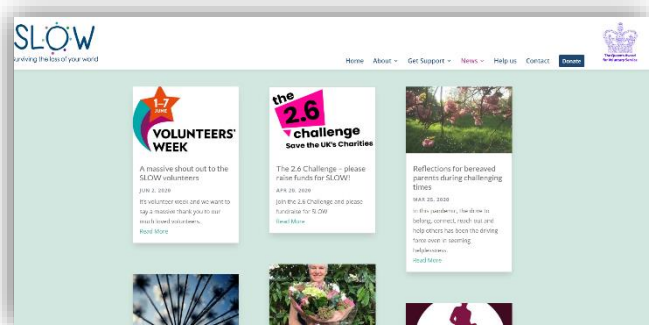
- Plans were put in place to introduce a **new weekly group in North London** (launched February 2020) due to the existing Wednesday group running at full capacity.
- **Termly member lunches** were introduced.

Recruitment, Training and Support

- SLOW recruited and trained **three new facilitators**.
- A comprehensive facilitator **training manual** was produced for training held in January 2020.
- SLOW further developed support for our sessional workers ensuring that all new and existing workers had suitable **clinical supervision, professional development** as well as introducing **reflective practice sessions** to share learnings and practice.
- Throughout the year our sessional workers and volunteers benefitted from **internal and external training** including WordPress, Excel, Emergency First Aid, CBUK's 'Supporting Parents through Pregnancy Loss' and The Compassionate Friends' 'Facilitation Training'.

IT, Website and Social Media

- A significant effort was put into developing SLOW's **IT infrastructure** including cloud sharing and storage as well as developing Google Mail.
- We continued to **develop our website** with dedicated pages for SLOWsibs, recruitment, articles and charity accounts and annual reports. In response to the focus group feedback we have added a 'coming to my first group' case study. The website received over 5000 unique users and was regularly updated with new blog posts and events.
- A new **public Facebook page** for SLOW was set up with 'donate' functionality. SLOW continues to retain a separate closed Facebook group for bereaved parent members.



Collaborative Partnerships, Referrals and Marketing

- 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 2019-20 SLOW **built closer working relationships with referral agencies and professionals** that share and complement our work including The Lifeforce Team, Angus Lawson Memorial Trust, CRUSE, The Child Death Helpline, The Compassionate Friends, IAPT, The Rainbow Trust, Rosie's Rainbow, Islington Bereavement Centre, CLIC Sargent, CARIS Islington, Helen House Dads Group, Delmelza and SANDs. We also met with Grief Encounter, Rachel Cooke from GOSH, 'We are Family' and St George's Hospital to update them on the progress of the charity and to share learnings.
- We marketed the groups on foot and via calls, meetings, emails and letters targeting hospitals, local charities, churches, SEN schools, community centres and libraries.

Sessional Workers and Volunteers

Our Sessional Workers

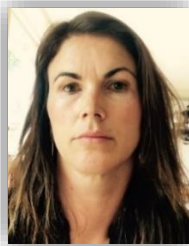
The core work of running SLOW in 2019-20 was carried out by **Nicola Whitworth** (Co-founder and Lead Facilitator), **Kelly Carter** (Business and Development Manager), **Susie Hanson** (Co-founder and Facilitator) and **Michelle Tiedman** (Facilitator) who unfortunately left in July 2019.

SLOW recruited three new bereaved parent facilitators as well as welcoming Susie Hanson back to co-facilitate the Wednesday group.

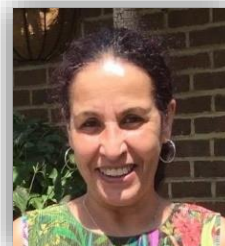
Clara Francis



Hattie Deards



Erica Stewart



Our Volunteers

Over 20 committed volunteers agreed to help SLOW's work by offering their time and skills. Special mentions should be given to the following volunteers who have dedicated their time to SLOW this year: -

- **Susie Hanson**, SLOW's Co-founder, returned to facilitate the weekly Wednesday group.
- **Liz Cancea** and **Maria Wojszwillo** assisted the facilitators at the North London weekly group, welcoming members and providing refreshments.
- **Tim Whitworth** volunteered as a facilitator at the monthly support groups.
- **Gil Mills** volunteered as a co-facilitator at the support groups in South London.
- **Kat Roberts, Rachel Nott, Lisa Barnett, Nina Holdsworth, Hamish Whitworth, Shushma Jain, Mandi Tolga,** and **Fatima Fofanah** have all assisted at the sibling workshops.
- **Ben Wright** offered his services as an independent examiner of the SLOW accounts.
- **Sara Portnoy** and **Steve Dilworth** provided clinical supervision for the facilitators.
- **Radojka Miljevic** facilitated SLOW's strategic planning day.
- **Charlie Davies** assisted with our IT and technical support.
- And finally, **our trustees** who continued to donate their time voluntarily to sustain SLOW at a governance level with passion and commitment for the work we do.



**We whole-heartedly thank you
for your time and support.**



Our Impact: A Member's Experience



Beatrix had died 5 weeks earlier at 9.5 months old. She had a very rare and incurable kidney condition and died due to unforeseen complications after a routine operation. Before her death she had suffered severe brain damage so I was somewhat prepared for her death, **but nothing can ever prepare you for watching your own child take her last breath.** The trauma, emotional - and



sometimes also physical - pain and ongoing despair is not something I can truly capture in words. **And I quickly realised that no one really understands it, unless they have experienced it themselves.** Not our closest friends, not our parents or family, not well-meaning neighbours or nursery parents, not grief counsellors or palliative care staff.

SLOW was first mentioned by the palliative care team who came to see us after Beatrix died. They described this group of parents who had experienced the death of their child or children and who meet up to support one another making sense of this new world, this new existence without your child in it. I am a big believer in the power of support groups and was really drawn to the idea of parents who could honestly say: "I know how you feel; I've been there."

So, I found myself outside a church in North London on a December morning, took a breath and walked in, along a corridor where I could hear excited chatter. In the room, I was warmly

greeted, given a tea and sat somewhat numbly on a chair listening to people around me, who all seemed to know each other. I felt afraid. But Nicki and Susie who run the group were so lovely and so was everyone else. After Nicki talked about the group's purpose, everyone introduced themselves, their dead children and shared about finding their way in this new life, our world of grief.

It was very touching, hearing all these different stories. When it was my turn to share, I almost couldn't stop talking, amidst a lot of ugly crying and snotty nose blowing. Being able to say Beatrix name, share about my envy of 'normal' families, talk about details of her death - and all of that being met by understanding and support - felt good. I felt relieved and assured that what I am going through is indeed the worst thing anyone can ever experience, that it is horrendous and dark and painful.

And the message I left with on that day is that people can find life within that grief. That there will often be dark days and dark periods, that grief changes and evolves along with us, that there is no moving through, only moving with, and that it is possible to find happiness and joy.



If you are a grieving parent, please come and see if SLOW is right for you. It is helping me so very much.



Plans for the Future

Our key areas of focus for 2020-21 will be to:

- Continue to provide of **high-quality support** for our new and existing bereaved community and run over **130 support events** across London.
- Set up and run our **new Monday North London weekly daytime group** so that pressure can be reduced on the existing weekly group.
- **Settle the new facilitators** into their new roles at their respective groups.
- Plan and launch an **Adult Sibling Support group**.
- **Extensively market** the groups including contacting the relevant organisations tasked with Social Prescribing for their boroughs.
- Expand our reach via digital tech and social media, **exploiting digital opportunities**.
- Continue to **expand our fundraising sources**, growing income and inspiring our community to fundraise for SLOW.
- Develop a newsletter for **more structured engagement** with our members.
- Continue to **build collaborative partnerships** with referral agencies and professionals in the field of bereavement.
- Review and develop the **SLOW structure** to create solid foundations for future growth.
- Support and **develop our volunteers**.
- Plan for an **impact evaluation** of the SLOW service and run a **member focus group**.
- Assess the risks facing SLOW and develop a **robust risk management framework** and risk register.
- Undertake a **Trustee skills and experience audit**, recruit a **new Chair of Trustees** and a new trustee. Develop an induction and training process for trustees.

Financial Review

Overview

The charity's income in 2019-20, £49,526, decreased by approximately £6,000 from the previous year. This decrease was primarily due to the charity requesting that the first instalment (circa £9,000) of a new three-year grant from Reaching Communities was received at the start of SLOW's financial year 2020-21.

Expenditure was marginally up from £52,418 to £53,649, surpassing revenue by just over £4,000. This was funded by the surplus generated in 2018-19.

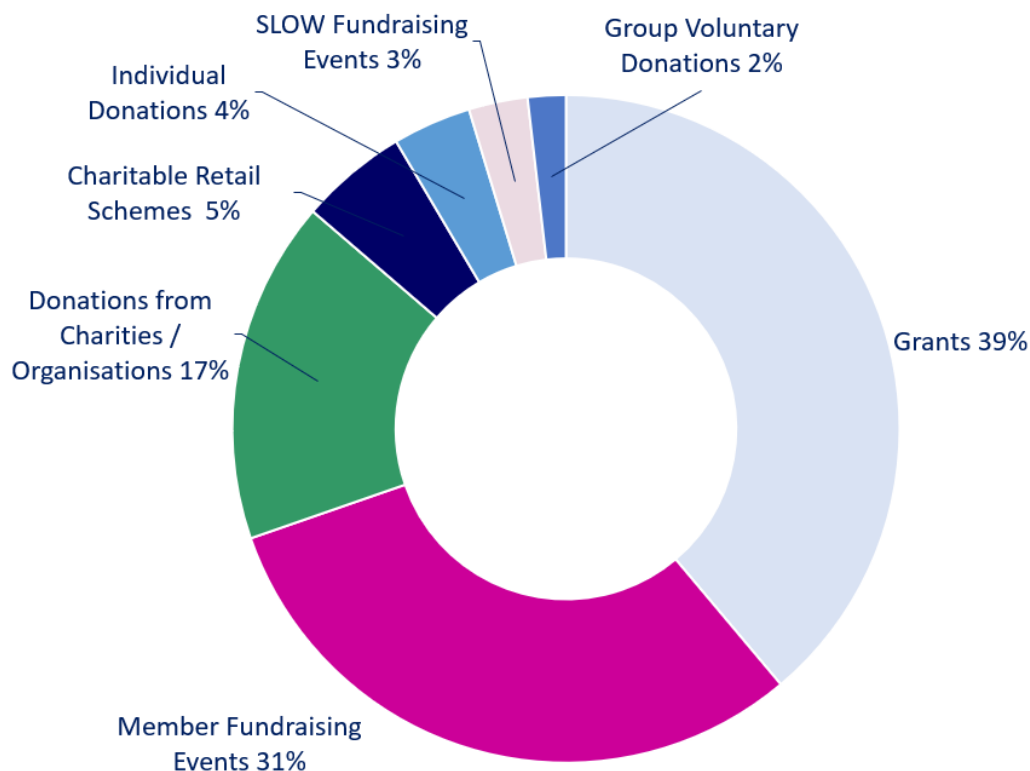
We start the new financial year 2020-21 with £29,370 of funds. This includes carried forward restricted grant funds of £1,378 committed to specific activity as well as nearly £28,000 of unrestricted funds, of which £18,000 are ringfenced for reserves.

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 our many volunteers as well as the generosity of the Peabody Estate.

During 2019 the charity registered with HMRC and on a number of fundraising platforms including Just Giving, Facebook Fundraising, Amazon Smile, Paypal Giving etc.

Income

SLOW's funding in 2019-20 came from a diverse range of income streams with no reliance on one stream. Unrestricted income accounted for 62% of our revenue, and 38% was restricted.



Financial Review

Grants - SLOW received continued support from Islington Council via the **Local Initiatives Fund** and the **Community Chest**, as well as the Garfield Weston Foundation and the **Sam Griffiths Foundation**. SLOW also received multiyear funding from **John Armitage Charitable Trust** and the **Lotteries Reaching Communities** (received Feb 2020).

SLOW carried forward nearly £1,378 of restricted funds from 2018-19 (Local Initiatives Fund, Islington Community Chest and the Lotteries' Awards for All).

Donations received from Charities and Organisations - A special mention should be made to **The Institute of Cemetery and Crematorium Management** for their generous donations received via **Islington Crematorium** and also to the **Angus Lawson Memorial Trust** who funded premise hire for our SLOWsibs workshop.

Charitable Retail Schemes - SLOW received funding from the following charitable retail schemes **Waitrose Community Matters** and **Tesco's Bags of Help**.

Supporter Fundraising - We continue to be inspired by our members and supporters who together raised over £15,200. Special thanks should be given to our **Royal Parks team**, **Harry Sroka** and **Kat Roberts** who organised a SLOW Comedy Night.



Expenditure

Expenditure increased marginally by £1,200 year on year - this reflected the additional costs spent on increasing the hours of the Business and Development Manager, volunteer expenses and fundraising.

Reserves Policy

The Trustees' policy is to follow recommended practice and maintain unrestricted reserves to cover at least three months' operational expenditure. In 2020-21 SLOW will be dependent on approximately £70,000 of income per year to sustain its activities therefore the reserves figure equates to £18,000. 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 sessional workers can continue working to either secure new funding or close the charity, and to support members to move onto other services. The SLOW Trustees review this policy annually.

Meet 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.



Susie Hanson

Founder and Facilitator

info@slowgroup.co.uk 07532 423 674

Susie founded SLOW with Nicola Whitworth to support bereaved parents after the death of their daughters, Naomi Grace and Bella Patricia. Susie nursed and tended to her daughter Bella's many complex health issues till her death. With three other children of varying ages, she greatly understands the complexities of severe childhood illness and the impact of a child's death within the family. She has been facilitating SLOW groups for many years and has given presented to professionals in the field of bereavement on the impact of child bereavement in families. Susie trained with Great Ormond Street Hospital Child Death Helpline to work on their helplines and has a certificate in counselling skills from Birkbeck college. Susie has worked in the voluntary sector for many years and passionately supports the industry.



Kelly Carter

Business and 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.

Meet the Team



Erica Stewart

Facilitator: North London Monday / South London Tuesday

Erica Stewart is a bereaved parent and mother to Baby Shane who died following major heart surgery at eight weeks old in 1983. She has three living adult children.

Erica has 25 years' experience working with bereaved parents and families at Sands (Stillbirth and Neonatal Death Charity). She started working as a volunteer on the Sands Helpline in the mid 90's, and after 2 years she was employed by Sands and worked her way up to Bereavement Support and Awareness Specialist working across all Sands teams. During Erica's time at Sands she also co facilitated the South East London Sands support group.

Erica trained at CBUK in Advanced Facilitation Skills and is a qualified Counsellor, and says that she "hopes to bring all her skills, knowledge and experience to SLOW".



Hattie Deards

Facilitator: South London Tuesday

Hattie is a bereaved parent having lost her son Theo in 2012 to SIDS. Hattie also works for Cruse Bereavement Care and is employed by the Richmond Branch to manage the area referrals and provide face to face bereavement support for individuals.

She has been trained by Walking for Health and the Ramblers Association to run walking groups for bereaved people, and is on the fundraising committee for Child Bereavement UK. Hattie spent over 15 years working in the food industry, and was compelled to change her career path after the loss of her son, wanting to help other bereaved people and offer the support she was given when she needed it.



Clara Francis

Facilitator: North London Wednesday

Clara, lost her two-year-old daughter, Maude, tragically and unexpectedly to Sepsis in 2011. Clara attended numerous support groups and have raised thousands for SLOW through inspiring fundraising events.

Clara is an actress as well as a designer of exquisite intricately-beaded jewellery and also runs O'Pioneers a British clothing label. 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."

Meet the Team: Trustees

Structure, governance and management

The trustees who served during 2019-20 are listed below. The trustee board meets at least four times per year to agree the strategy and activities of the charity and to review the finances, fundraising and risks. All trustees give their time voluntarily and no trustee remuneration was paid in the year. Day-to-day operations and management are delegated to Nic Whitworth and Kelly Carter who both regularly report to the trustees on performance and operations.



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 & Douglas House Hospice.

Meet the Team: Trustees



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.

Thank you to our supporters

SLOW would like to thank its sessional workers, 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.



The John Armitage
Charitable Trust



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Waitrose
Community Matters

We support good causes.
You decide who gets what.



Garfield Weston
FOUNDATION

CLOUD
Workshop



THE ANGUS LAWSON
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THE SAM GRIFFITHS FOUNDATION

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.



Get in touch

Bereaved Parents and Siblings

Anyone who is a bereaved parent or sibling (between 5 and 15 years) can attend our support groups. Parents can call us themselves or we can be contacted by a family member or health professional. A facilitator will contact the bereaved parent within a few days to arrange a convenient time to phone and discuss whether the SLOW groups will be able to help.

Get in touch



07532 423 674



info@slowgroup.co.uk



slowgroup.co.uk



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Any other enquiries including fundraising and donations



07734 577407



admin@slowgroup.co.uk



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