

# Bereavement Care 41<sup>st</sup> Annual Conference

## BACK TO THE FUTURE

### New Ways of Being

*A conference for bereavement visitors, counsellors, clergy, family support workers, healthcare professionals, community leaders, teachers and learning support assistants.*

## Wednesday 26<sup>th</sup> October 2022

### 10.00am – 3.30pm

**NEW VENUE: Emmanuel Church, High Street, Northwood, Middx HA6 1AS**

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#### Outline Programme

9.30 am	Arrivals and Registration (Tea & Coffee available)	
10.00 am	Welcome and Introductions	
10.10 am	New Ways of Being (Part 1): "Numbing the Pain"	<b>Samantha Duggan</b>
11.10 am	Tea/Coffee Break	
11.40 am	New Ways of Being (Part 2): "Looking for the Signs"	<b>Judy Roth</b>
12.40 pm	Lunch	
1.40 pm	Choice of <u>ONE</u> of these Workshops	
	A) Mindfulness	B) Supporting those bereaved by Suicide
	C) Supporting Children and Young People	D) Mental Health First Aid
	E) Unconscious Bias	F) Supporting Bereaved People by Telephone
3.00 pm	Top Tips from the Workshops	
3.15 pm	Close	

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#### Conference fee

##### **Early Bird booking before 31<sup>st</sup> August**

**£65.00** (£45.00 Special rate for Bereavement Care Corporate / Individual members)

##### **Standard Booking from 1<sup>st</sup> September**

**£75.00** (£50.00 Special rate for Bereavement Care Corporate / Individual members)

##### **Student Rate (on application)**

#### How to book

Please complete the Application Form and return it to:

**Conference Bookings, Bereavement Care, The Lodge, 64 Pinner Road, Harrow HA1 4HZ**

**You can also book your place by e-mail** by downloading an Application Form from our website and e-mailing it to: **[admin@bereavementcareandsupport.co.uk](mailto:admin@bereavementcareandsupport.co.uk)**

**Full payment should accompany all bookings.** You can make payment by bank transfer (payment details on Application Form), or send your cheque by post with your application.

## Speakers

**Dr Samantha Duggan** is a Behavioural Psychologist who specialises in helping families escape dysfunctional relating patterns and create loving, supportive family environments where all members of the family can thrive. She is also a person in long term recovery for her own addictions and dysfunctional behaviours. She went to her first 12 step support group in 2007 and since then has been involved in recovery at local and national level. Since February 2020 she has been Secretary of the Westminster based All Party Parliamentary Group for 12 Step Recovery who advocate in Parliament for better policy to support people who struggle with addictions and dysfunctional behaviours.



**Judy Roth** is the Volunteers Co-ordinator at Jewish Women's Aid. She recruits and trains volunteers for administration, education, awareness, helpline and other roles. Judy has a background in nursing, health visiting and post compulsory education. She has experience of various types of volunteering including bereavement support, home visiting for refugee placement and volunteer befriender management.



## Afternoon Workshops

**A) Mindfulness – Barbara Lenton** is a qualified Mindfulness Based Awareness Coach who is deeply passionate about personal growth and development of wellbeing. Over the last 30 years, both Barbara's professional and personal life have been focussed on supporting individuals. She came across the concept of mindfulness and living mindfully in her personal life and, after gaining an appreciation and recognising the benefits it had given her, decided to immerse herself fully in the practice. Barbara decided to explore mindfulness and meditation professionally and qualified in 2018 so that she could share the practice and benefits with as many people as possible.

**B) Supporting those bereaved by Suicide – Workshop Leader TBC** This workshop will be run by a Counsellor from Bereft. Bereft Bereavement Support was set up in 1999 to fill the need for specialist bereavement counselling and support for the adult residents of the London Borough of Ealing.

**C) Supporting Children and Young People – Sharon Merchant** is Child Bereavement UK's Regional Lead for the London Region. Prior to working for Child Bereavement UK, Sharon was Counselling Lead at Harlington Hospice. Sharon, who is a counsellor and member of the BACP has been with Child Bereavement supporting parents bereaved families for four years.

**D) An Introduction to Mental Health First Aid – Derek Reale** is Founder and Managing Director of Primum Workplace Wellbeing in Hillingdon. He has a clinical background having worked in well-being and occupational health for 20 years. He is a mental health first aid instructor and recently has been leading a proactive mental health initiative across a large-scale organisation which involved getting leaders and employees engaged in increasing their knowledge base around mental health.

**E) Unconscious Bias – Workshop Leader TBC** How a person thinks can be determined by their life experiences. Unconscious biases are stereotypes about certain groups of people that individuals form outside their own conscious awareness. Everyone holds unconscious beliefs about various social and identity groups, and these biases can affect how clients may be perceived by bereavement visitors, and vice-versa.

**F) Supporting Bereaved People by Telephone – Kalpana Mehta & Isobel Nissen**

**Kalpana** trained as a Samaritan some eight years ago, with a special interest in the onset of mental health issues at an early age. Four years ago, she set up the school outreach team at the Harrow Branch, who talk to children, parents and teachers about emotional health, coping mechanisms, the importance of seeking support etc. Work outside of the branch extends to a variety of others including drug and alcohol agencies, gay pride, synagogues, music festivals, the homeless, rail network.

**Isobel** trained as a listening volunteer with the Harrow Branch of Samaritans fourteen years ago; having taken early retirement from her work as an NHS Medical Secretary. Isobel is now part of the Harrow Samaritans Outreach, Recruitment and Training Teams. She also mentors NVs (new volunteers) who have completed their Core Training. In addition to her volunteering at Samaritans, she joined Stanmore Synagogue's Community Care Group. In 2019 she completed the Initial Training Course of Bereavement Care and since then has been part of the Synagogue's Bereavement Care Group.

**Delegates will be able to choose ONE of these Workshops for the afternoon session.**