

SLOW – SUPPORTING BEREAVED PARENTS, GOING AT THEIR PACE

It is highly likely that someone in your community has suffered the death of their child and may be reading this. That person may be you.

SLOW (Surviving the Loss of Your World) North London came about in 2007, when we, Susie and Nicki, two bereaved mothers, decided to provide a space where other bereaved parents could come to meet, take time out and simply be with others who felt isolated in their grief.

What happens at SLOW?

The SLOW group lives, breathes and grows from a simple ethos - we meet, we listen, we talk, we can be silent, and we share our pain.

Our meetings take place every Wednesday in term-time from 11.00 – 12.30, close to Tufnell Park Tube. We have a crèche worker (for which there is a small charge) and access to a kitchen. We also have a small lending library of books that parents have found helpful and we provide refreshments (sometimes home-baked!) There is a small subscription of £2 for the group.

“How long will I feel like this?”

This is the cry of so many who first contact us. Grieving takes not just days, weeks and months, but years, as any bereaved parent will tell you. This can cause others to feel mystified and shut-out. They seem to grieve the person you were “before”. But the most important thing is that you are able to get as much support that you can find, along with the necessary time and space for you to grieve in your own way.

SLOW provides a haven where there are no taboos and where we can share experiences that we often dare not talk about with our friends and families.

At **SLOW**, we walk alongside each other, going at our own pace. We know that life will never feel the same again, and that our children will be forever missing. But gradually we may find a way to work or live that honours our child and their gift to us, and can rebuild a life that feels meaningful.

There is no pressure to come regularly, but to come whenever it feels right to do so. We find that parents come because they want to connect with others who understand what they are going through, be it weeks, months or years after the death of their child. Though our circumstances vary widely, there is so much that is shared. All bereaved parents are warmly welcomed.

Are you a bereaved parent, or do you know somebody who is a bereaved parent who may like to talk to us?

Please call or text **Susie or Nicki on 07532 423 674**. We have an answering service.

For more information see our website www.slowgroup.co.uk or email us at slow_survive@btinternet.com.