

HAVE YOU THOUGHT OF SETTING UP A SUPPORT GROUP?

'*The Purple Group*' operates in Bristol as part of the Jessie May Hospice at Home. It was founded by a parent for parents.

It is not a therapy group but a place where parents can speak frankly about their children and their feelings of loss. This is a safe space where confidentiality is respected. Here there is mutual respect and empathy and no need to mask true feelings which can be expressed honestly, without fear of embarrassment.

The benefits are obvious – it is such a relief to talk to others who understand; it breaks through the isolation parents so often feel, and as trust within the group builds, coping strategies can be shared.

A suggested structure for the sessions:

- * Choose a private, central place to hold your meetings.
- * The timing, frequency and length of these meetings will depend on the needs of the group. The Purple Group meets in the middle of the day for two hours, every three months.
- * Parents are invited / welcomed by the 'Lead' parent who will share her / his own story with the group and then encourage others to participate. No pressure is ever put on anyone to join in.
- * The first hour is a time dedicated to talking about their children, and their feelings, and responses to loss.
- * There is then a break for refreshments and time for the all important, informal chat.
- * The final session picks up on these grief-related conversations.

Should anyone need to leave the room during a session there should be a person designated to check on their welfare.

Key Points:

The 'Lead' parent will require supervision / support from a professional. This could be provided by your local hospice or bereavement service.

The group should be reminded of the importance of confidentiality at the beginning of each meeting.

If you feel you would like to start a group and need further advice, just let us know.