

Aims and Outcomes

This course is intended for professional and voluntary workers who work with bereaved individuals and families; people relating to those who are facing the death of relatives and friends and any who are considering voluntary or paid work with the dying or bereaved.

The course sets out to deepen awareness of the complexity and extent of bereavement; to develop personal understanding of death and other losses; and to increase the sensitivity of those in any kind of relationship with the dying and bereaved.

Each evening will begin with coffee/tea, followed by a lecture on a specific aspect of bereavement. This will be followed by questions from the floor and discussion with the speaker.

The Aspects course is very useful for anyone who is considering becoming a Cruse Bereavement Support Volunteer or operating the helpline. It is also an excellent opportunity for continuing professional development. Attendance certificates will be issued.

Please note:

Painful feelings relating to unresolved grief may be stirred up during this course. If you have experienced a major loss or bereavement during the past two years, are still suffering from bereavement issues, are being treated for emotional illness or are under stress for other reasons, you may consider it inadvisable to enroll at this time, but please talk to us before you make your decision.

**To book your place please call
01865 245398 or email
oxfordcruse@yahoo.co.uk**

**For further information visit:
www.oxfordcruse.co.uk
Oxford Cruse
Wesley Memorial Hall
New Inn Hall Street
Oxford, OX1 2DH
Tel: 01865 202242 (Admin)**

Registered Charity No. 208078



Aspects of Bereavement 2018

**Venue
The Parlour
Wesley Memorial Hall
New Inn Hall Street
Oxford OX1 2DH**

A series of 8 lectures to be held on
Thursday evenings

**3rd May - 28th June 2018
7.30pm - 9pm**

Coffee from 7pm

£10 suggested donation for each evening.

To book your place call **01865 245398** or email
oxfordcruse@yahoo.co.uk then pay on the
door.

ALL WELCOME

Aspects of Bereavement 2018

3rd May 7.30-9.00pm

Understanding Grief and Bereavement

Dr. Marilyn Relf

Sobell House Bereavement Service; Chair, National Bereavement Alliance, Founder Trustee of SeeSaw (Grief support for children and young people in Oxfordshire), member of the European Association of Palliative Care's Bereavement Task Force. Marilyn was presented with the Ann Norfolk Lifetime Achievement Award for 2017 by Hospice UK for her contribution to palliative care. Marilyn will give an overview of current theories around Grief and Bereavement

10th May 7.30-9.00pm

Addiction and Bereavement

Michael Bain

Michael Bain is a Recovery & Outreach Worker at Turning Point drug and alcohol support in Oxford. He has worked with clients experiencing substance misuse issues for over five years in various settings, and has lived experience of addiction. He will talk about the impacts of a death on someone's recovery, how the death of someone experiencing substance misuse affects those they have left behind, the prevalence of death within addiction, and shares some personal experiences of grief.

17th May 7.30-9.00pm

Trauma and Crisis - working with a large group of young adults

Helen Spooner

Helen is a Bereavement Volunteer with Oxfordshire Cruse. She will speak about her experience last summer of working with a large group of young adults following a tragic death in Greece.

24th May 7.30-9.00pm

Bereavement and Chaplaincy

Mary Gurr

Mary Gurr works as the Associate Priest at St Michael at the Northgate. She has been working as the Chaplain to the Homeless in Oxford since 2011. Before she retired to Oxford she was Curate in Bracknell and then Team Vicar in High Wycombe. Mary's talk will explore her experiences of being a Chaplain and offering support and funerals after a death. The talk will explore themes of faith, death, homelessness, and how family groups process a death at funerals.

One week off for half term

7th June 7.30-9.00pm

From Despair to Repair. Why You Don't Need Resilience

Dr. Anna Scarna

Anna Scarna is a psychologist and neuroscientist. Her research is on the brain and language, as well as on dopamine, mood disorders and stress. She lectures in the Department for Continuing Education at Oxford University, giving courses on Personality, Neuroscience, and Psychological Disorders. Anna's recent work has involved developing wellbeing and neuroscience programmes for schools and colleges. She frequently collaborates with scriptwriters and theatre directors to inform storylines about mental health issues. Anna delivers training to a range of charities including the bereavement charity, CRUSE, and has produced self-help materials for mental health issues in young people, and is training on a course in Psychoanalytic Counselling.

14th June 7.30-9.00pm

The Jewish Way of Death

Dr Wendy Fidler MBE

Wendy is an active member of the Oxford Jewish Community (OJC). In her illustrious career, she has worked as a radio therapist treating cancer; she has been a scientist in the NHS working in cancer prevention; and has been a headmistress in a school for children with behavioural disorders and developmental delays. Two years ago, she gained her Doctorate in Interfaith issues; she has been deeply involved in interfaith activities at a local, national and international level and three years ago she received an MBE for her work in this field. Her retirement enabled her to broaden her commitment. She has designed and taken part in programmes for Holocaust memorials and Pass-over commemorations for non-Jewish communities throughout the UK. She has also been trained for BLESS, the counselling service of the OJC.

21st June 7.30-9.00pm

Talking to children and young people about death and dying

Eve Robins and Jenny Armstrong

Eve and Jenny are both Children and Families Practitioners with SeeSaw, Oxfordshire.

28th June 7.30-9.00pm

The Inside Story - How the Prison Service supports Bereaved Prisoners

Jon Crossley

Jon has been a Bereavement Volunteer for 20 years and is also a Cruse Supervisor and Trainer with Cruse Bereavement Care West Berkshire. Since 2010 Jon has specialised in supporting Young Offenders, Adult Prisoners and Foreign Nationals in 4 local Prisons and provides pastoral and End of Life Care at a local Hospital.