

A network of Bereavement Support Groups run by Age UK Oxfordshire

Many find that others who have lost a loved one
can offer valuable comfort and support

- Groups meet twice a month over coffee and cake
 - are relaxed, warm and friendly
- Are facilitated, providing an opportunity and space for people to 'chat with purpose'
 - are a gentle link to peer support, information, advice and local opportunities

A place where you can just be yourself...

