



# **Crane Valley Bereavement Group**

***You don't have to navigate  
bereavement alone.***

For people living with grief or struggling to move forwards due to a loss, it's crucial to seek support and look after themselves during this challenging time to mitigate the negative health consequences of bereavement.

Your local surgery's Social Prescribers' Health & Wellbeing Team has established a **Bereavement Group** to bring together people who have experienced loss and grief.

Informal meetings of the Group are held:

The 2nd Monday of each month starting at 2pm at the Crane Valley PCN Bungalow 131 Newtown Road, Verwood BH31 6EH.

You are welcome to come along for an informal chat with others going through this challenging time. Tea, Coffee and biscuits are provided.

For more information, call the Social Prescribing team on 07462 0506168 or 07462 521670. Alternatively, email [cranevalleysocialprescribers@dorsetgp.nhs.uk](mailto:cranevalleysocialprescribers@dorsetgp.nhs.uk).

