Helping People Help Each Other

Developing peer support in the context of bereavement
End Goal

Reduce the feelings of loneliness and isolation following bereavement
Support Components

• Preventative Support

• Responsive Support

• Restorative Support
Peer Support (so far)

- More than Words (loneliness)
- BEAD (drugs and alcohol)
- Facing the Future (suicide bereavement)
- Bridging the Gap (LGBTQ+)
- Bereavement Supporters (retirement)
- Rambling (walking)
More than Words

- Peer groups in 12 identified areas
- Supportive materials
- Project webpage
- Training for people to run their own groups
Bereavement Champions

1. Bereaved person contacts Cruse
2. Registration
3. Supportive contact
4. Local training
5. Support and start group
<table>
<thead>
<tr>
<th>Achievements</th>
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<tbody>
<tr>
<td>200 people attended Champion training</td>
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<tr>
<td>825 people received support – through groups and phone support</td>
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<tr>
<td>Groups commenced in 12 areas, with 2 continuing</td>
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Learning Points

• Eagerness for contact

• Access to online registration

• The importance of telephone support
• Supporting and supervising champions

• Loneliness relating to bereavement (60/40)

• The need for infrastructure

• An escalation point
What Now?

- Co design ‘narrow and deep'
- Perception of loneliness and bereavement
- Link to existing services
- Tiered approach
- Test and learn through roll-out
Thank you