**Getting through together**

**A support network for people working in care affected by bereavement and loss**

The last year has affected us all in so many different ways. In our workforce, many people have experienced loss and bereavement like never before. This support group is for those of you who have experienced bereavement in your workplace during this time.

We would like to invite you to be part of a new online support network where you can connect with others who have had similar experiences. The network will be a space for you to meet others working in social care, to share and support each other.

**How does it work?**

The network will meet once a month on Zoom. You can access this anywhere, on your phone, laptop and tablet. If you’re new to using Zoom, don’t worry, it’s easy to use and we can help you with short guides and training.

The meet up will last for an hour. You’ll be met by a host who will explain how it all works. You’ll then join a smaller group where you can share experiences and help and support each other. You’ll be supported in your group by someone who is experienced in bereavement support.

**Who is it for?**

This network is aimed at anyone working in care who has experienced grief, bereavement or loss at work during the pandemic and needs a bit of space to talk about it. If you’re not sure it’s for you, please give us a call or email and we can talk it through.

**Is this group counselling?**

This group isn’t a counselling session, it’s a chance to stop, talk and share. If you need more intensive support such as counselling we can signpost you to support services that can help.

**Is it confidential?**

The sessions are confidential and are not recorded. In your groups we will ask you to agree expectations of each other and this will include respecting each other’s right to confidentiality over anything that is shared in the group.

**Who is involved?**

This is a partnership between Social Care Wales, Age Cymru, Care Forum Wales and Hospice of the Valleys. Someone from these organisations will be there to welcome you to the session.

**Do you offer sessions through the Welsh language?**

All network information is fully bilingual. Sessions are available in “every day Welsh” or English. Just let us know your language preference in advance.

**When is it?**

The first meet ups will be on 18th March and 25th March at 5pm.

To book your place, e-mail [asha.hassan@socialcare.wales](mailto:asha.hassan@socialcare.wales)

**Does this count as professional development?**

Attendance can be recorded as Post Registration Training and Learning (PRTL) with Social Care Wales.

**Who can I speak to about this?**

Find out more by contacting Rebecca for a chat on [rebecca.cicero@socialcare.wales](mailto:rebecca.cicero@socialcare.wales) or call or text 07780 993649

**Confidential help and advice**

If you are struggling at all or need anyone to talk to, there is help available for people working in care.

If you work for a care provider in Wales, you can Care First for free advice and counselling on 03332 129212

Samaritans has launched a new confidential support line for NHS and social care workers in Wales. Their volunteers are here to support you when you’ve had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind and need to talk it through. Call the free confidential support line 0800 484 0555 (Open every day, 7am to 11pm) or the free confidential support line in Welsh 0808 164 2777 (Open every evening, 7pm to 11pm).

Find out more about the support available on <https://socialcare.wales/service-improvement/health-and-well-being-resources-to-support-you-during-the-coronavirus-covid-19-pandemic>