



**Suicide
Bereavement
Services**



Programme

Welcome to the Oct - Dec 2024 programme

Below you will find news from our service along with a list of our planned groups, events and workshops running through October to December

To book your place, or for further information, please email your Practitioner or contact the service directly:

sbs@leedsmind.org.uk

0113 305 5800 (Leeds Mind reception)

Places are limited. If you book onto a group, please let us know in advance (minimum of 24 hrs prior) if you need to cancel your place. We hold a waiting list for people who would like to attend and your timely cancellation may mean someone else requiring support is able to attend. Unfortunately if you are not on our register there is the possibility you may be turned away due to room capacity.

Please note, sessions can only run if there are 3 or more people signed up for that session. Any sessions with 2 or less will be cancelled.



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Ways to get involved

Suicide Bereavement Services steering group

We have a steering group that meets 6 weekly online. The aim of the steering group is to ensure the Suicide Bereavement Service is shaped and informed by lived experiences as we continue to develop as a service. To join please email SBS@leedsmind.org.uk or call 0113 3055800 (Leeds Mind reception).

Leeds Mind Impact Group

Leeds Mind aims to deliver high-quality and inclusive support by understanding the needs of our communities. The Impact Group gives you the opportunity to influence Leeds Mind's work, to make sure we are offering the services you want and need and working in a way that works for you. The group meet once every 6 weeks. For more information contact impact@leedsmind.org.uk or call 0113 305 5800 (Leeds Mind reception).

Volunteering opportunities at the Suicide Bereavement Services (or across Leeds Mind)

All volunteering opportunities are advertised on the Leeds Mind website here [Volunteering - Leeds Mind](#)



Memorials

Our memorials are a relaxed family friendly event where we remember our loved ones. We have refreshments and optional activities followed by a brief non-religious ceremony to light a candle in remembrance.

Please email SBS@leedsmind.org.uk to register your place and to let us know if you will be bringing anyone with you.

Leeds Memorial

Saturday 7th December

1pm - 3.30pm

Leeds Memorial

Abbey House Museum

Kirkstall

Calderdale Memorial

TBC

This year we will be introducing our memorials to the Calderdale area. We will update you with details as soon as possible.





Zoom Peer Support Groups

Date	Time	Group
Mon 7/10/24	6pm - 7.30pm	Zoom Monthly Support Group
Mon 4/11/24	6pm - 7.30pm	Zoom Monthly Support Group
Mon 2/12/24	6pm - 7.30pm	Zoom Monthly Support Group



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Face to Face (F2F) Peer Support Groups - Leeds

Date	Time	Group
Tues 1/10/24	5pm - 6:30pm	F2F Monthly Support Group
Tues 5/11/24	5pm - 6:30pm	F2F Monthly Support Group



Full Calendar

Date	Time	Group
Tues 1/10/24	5pm - 6:30pm	F2F Monthly Support Group
Mon 7/10/24	6pm - 7.30pm	Zoom Monthly Support Group
Mon 4/11/24	6pm - 7:30pm	Zoom Monthly Support Group
Tues 5/11/24	5pm - 6.30pm	F2F Monthly Support Group
Sat 7/12/24	1pm - 3.30pm	Leeds memorial