



## Press Release

For immediate release

dated 22nd December 2021

### **Bereavement Group opens in Bridport**

Local mental health charity The Burrough Harmony Centre have started a group in partnership with others to support people who have been bereaved. The loneliness that bereavement may cause can lead a loved one to mental health problems such as anxiety and depression.

The group provides holistic support from;

- Burrough Harmony Centre. Practical knowledge of mental health and wellbeing
- Ammonite Health Partnership. Activities and links to GPs
- A G Down, Funeral Directors. In-depth knowledge of funeral procedures.
- Weldmar Hospice. Support regarding end-of-life care

The Burrough Harmony Centre manager Carrie Gamble said “There’s been such an increase in the number of bereaved people over the last two years that specialist bereavement counselling services are overwhelmed by demand and are not able to offer group and peer support at present. So we’ve set up this partnership to support local people experiencing grief and loss as an alternative to going to GP surgeries or trying to cope alone. We offer a welcoming, safe space where people can share and understand their emotions and feelings around their bereavement with others who are also experiencing grief and loss.”

The group meets in Bridport at the Assembly Rooms, Gundry Lane, DT6 3RL on the second Monday of every month at 4pm. Access to the group is by self-referral and from other statutory and third sector/ community groups. A Carer’s group has also recently started and is becoming very popular.

The six month pilot will allow the group to become established and, if number build, self-sustaining. For more information, telephone the Harmony Drop-in on 07597 379290.

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For more information about the Burrough Harmony Centre, visit our website  
[www.harmonydropin.org](http://www.harmonydropin.org) or our Facebook page 'Harmony Mental Health Bridport Dorset'

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For Harmony press enquires, contact;

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