

The Alder Centre - Therapeutic Family Break 2019

The Alder Centre takes a number of bereaved families each year on our Therapeutic Family Break.

This year we went away on Friday 21st – Sunday 23rd June to the YHA Conwy - situated in North Wales, just 10 minutes walk from Conway, in the Snowdonia National Park. It provides the perfect setting for families, individual parents, adults and children to meet with others who have also been bereaved.

Supported by trained Alder Centre Volunteer Befrienders who are themselves bereaved parents, the weekend breaks are paid for from the Alder Centre's fund-raising activities.

While at YHA Conwy the children, mums and dads complete a number of craft activities, play games and spend time together. As well as paint and play, they decorated memory boxes. On Saturday the group went for a day trip to Greenwood Family Park; and on Sunday we spent time at Llandudno on the journey back to the Alder Centre.

The children come together to enjoy the environment and each other's company. The therapeutic value of including them in a safe environment with other bereaved children is immensely important.

.... and for the adults too!

The percentage of men who seek formal support through one-to-one counselling or befriending, group work or telephone helpline is very small. Mixing with others who are at different stages of overcoming, accepting and integrating their individual losses helps normalise the experience.

Mums too, have the opportunity to meet other bereaved mothers. The break allows individuals a space for themselves as well as the opportunity to mix with others; to relax or participate in the communal experience – and many of the families, children and adults make long lasting friendships.

Contact the Alder Centre on 0151 252 5391.

