

2025



STEPS

Supporting Those Experiencing
Personal Sadness

‘Our aim is to provide a safe place for bereaved people to find support, reassurance and information on their unique, natural but often difficult grief journey.’



Tovey Bros sponsors **STEPS** several times during the year without any cost to those who come along.



The group uses materials produced by Dr Bill Webster, founder of the Grief Journey, a resource for those going through loss.

Running over four weekly sessions, the atmosphere is informal and you are welcome to bring a family member or friend with you for support, subject to capacity. The course is for any person who is bereaved, whether recent or dating back over the years.

After a significant loss, people often feel isolated. The first days of sympathy quickly fade as life goes on for those less affected by the death. Some seem to expect that everyone should 'be strong', and that life should go on as normal.

A support group offers a chance to learn what grief is; where people can discover that their reactions to it are normal and be among people who understand. They find it is OK to feel the way they do because grief is a natural human reaction to loss.

STEPS aims to provide a caring environment in which people can work through the many emotions and tasks that lead to reconciliation and help them to move on.





STEPS

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Personal Sadness

A four week programme that
provides support and
understanding for people
who have shared a similar
experience
– bereavement.



A four week programme that provides support and understanding for people who have shared a similar experience – bereavement.

VENUE

STEPS meets at the Lysaght Institute, Orb Drive, off Corporation Road, Newport NP19 0RA on the Wednesdays listed overleaf.

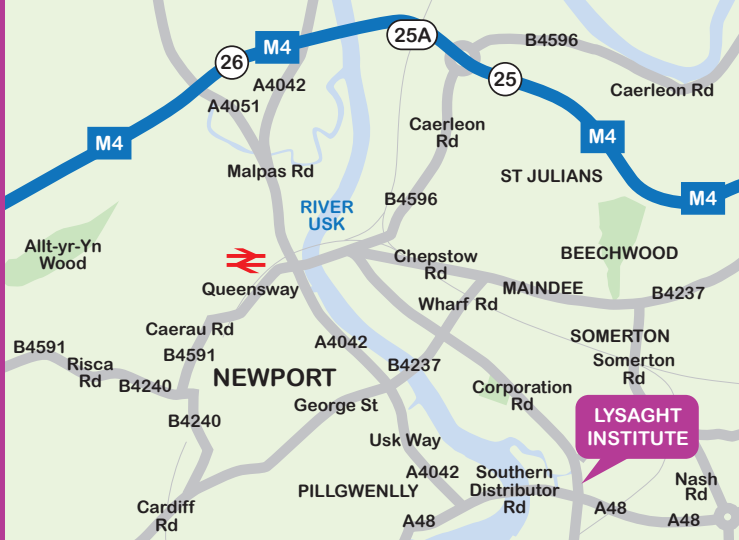


REGISTRATION

Pre-registration is required and you may do so either by sending the tear off panel (overleaf) to Tovey Bros, 9-11 Cardiff Road, Newport, NP20 2EH or by telephoning Tovey Bros on 01633 266848 or Email: steps@toveybros.co.uk or via our Facebook page.

For further information please use these contact details.





VENUE

STEPS meets at the Lysaght Institute, Orb Drive, off Corporation Road, Newport NP19 0RA on Wednesdays.

STEPS DATES 2025
(Wednesdays)

EVENINGS 6.30pm – 8.30pm.

SPRING: March 5th, 12th, 19th & 26th.

AUTUMN: September 3rd, 10th, 17th & 24th.

DAYS 10.30am – 12.30pm.

SUMMER: June 4th, 11th, 18th & 25th.

WINTER: November 5th, 12th, 19th & 26th.

EXTRA GET TOGETHERS

Details will be announced at each course and on our website.



PRE-REGISTRATION FORM

Please select from above your preferred four week course:



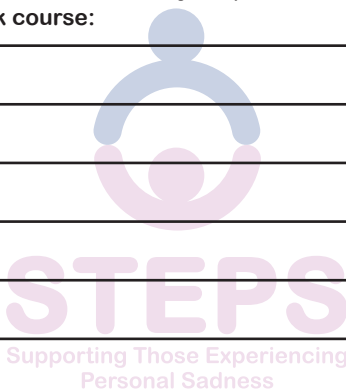
Name:

Address:

Tel:

Mobile:

Email:



Please send this pre-registration slip to Tovey Bros
9-11 Cardiff Road, Newport NP20 2EH.



**‘While we must never
minimise the pain and the
difficulty of grief, we need to
hold on to the hope that
some day the pain will
subside, and life will have
meaning again.’**

Dr Bill Webster



TOVEYBROS
FUNERAL DIRECTORS

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