

2024



# 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 to the course with you for support. 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.

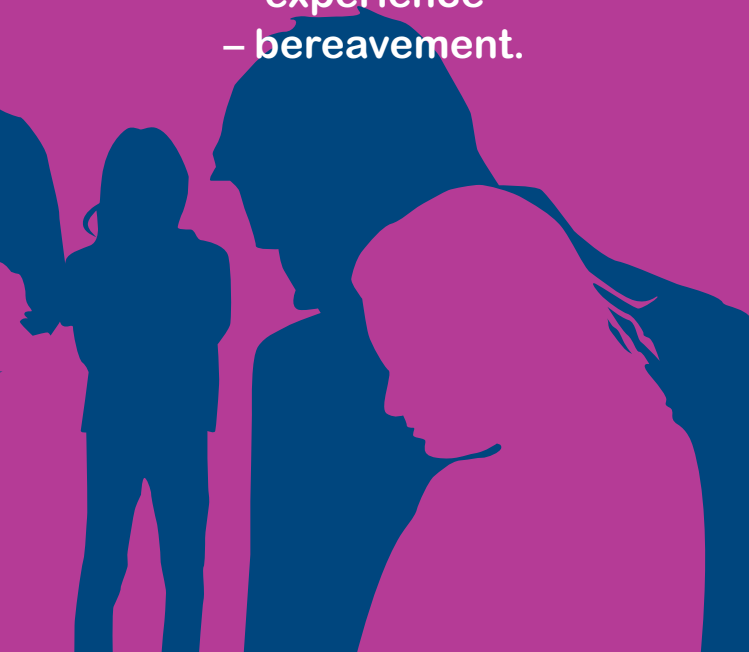




# STEPS

Supporting Those Experiencing  
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 from 10.30am to 12.30pm on the Wednesdays listed overleaf.

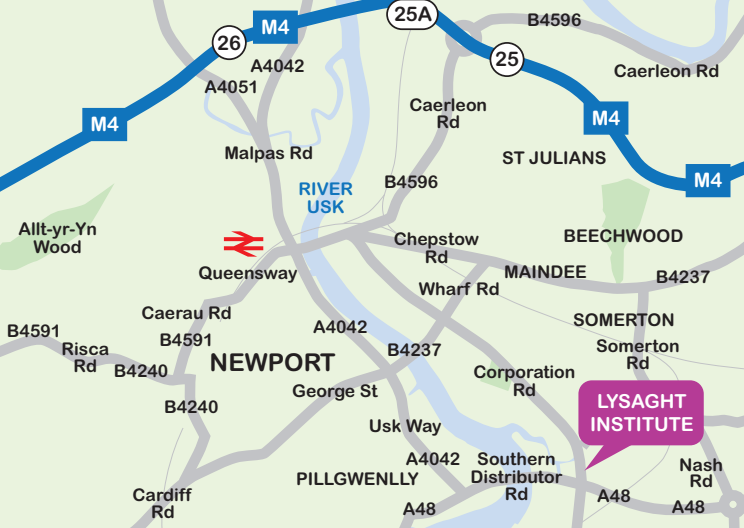


## **REGISTRATION**

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](mailto: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 Wednesday mornings.

**STEPS DATES 2024**

(Wednesdays, 10.30am-12.30pm).

**MARCH (Spring):** 6th March, 13th March, 20th March, 27th March.

**JUNE (Summer):** 5th June, 12th June, 19th June, 26th June.

**SEPTEMBER / OCTOBER (Autumn):** 11th September, 18th September, 25th September, 2nd October.

**NOVEMBER (Winter):** 6th November, 13th November, 20th November, 27th November.

**FRIENDS**

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:

Supporting Those Experiencing Personal Sadness

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

**9-11 Cardiff Road, Newport NP20 2EH.**

**Tel: 01633 266848**

**Email: [steps@toveybros.co.uk](mailto:steps@toveybros.co.uk)**

**Website: [www.toveybros.co.uk](http://www.toveybros.co.uk)**