

gentlespaces

for those who are grieving



gentlespaces

A photograph of a beach at sunset. The sun is low on the horizon, creating a bright glow and long shadows. The sand is dark and has several footprints leading away from the viewer towards the water. The sky is a mix of orange, yellow, and dark blue.

Have you recently lost a friend or family member?
Would you find it helpful to meet with others who
are also dealing with loss?

gentlespaces are safe places for those who are
grieving.

If you would like to join one of our supported
groups, please contact 01908 382318 (6-8pm Mon,
Weds, Fri) to book your place

We offer

- a place for those who grieve
- in a group setting
- hosted and facilitated by trained volunteers
- at a range of times and venues in MK
- and a free service

We do not offer

- a counselling service
- support for those under 18

We are

- based in MK
- volunteers from local churches
- trained in bereavement support
- safeguarding compliant

"I found sharing with others my feelings and emotions in a time of grief really helpful. With the support of group leaders we discovered we were able to help each other at a difficult time."

Lynda

"MK Community Foundation are honoured to support Gentlespaces with an emergency appeal grant enabling them to set up a number of support groups across Milton Keynes. Coping with grief and loss is a challenge for many of us, and the Covid-19 pandemic has heightened this for many members within our community. Gentlespaces bereavement support groups are a very welcome addition within the Milton Keynes community."

Ian Revell

CEO MK Community Foundation

We are supported by

- Stantonbury Ecumenical Partnership
- St. Mary's Church, Bletchley
- Woughton Ecumenical Partnership
- Watling Valley Ecumenical Partnership
- The Church of Christ the Cornerstone
- Walton Ecumenical Partnership

This project is brought to you by

MK Mission Partnership

<https://missionpartnership.org.uk/gentlespaces/>



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MK Community Foundation

<https://www.mkcommunityfoundation.co.uk>

