

# "I'LL JUST PUT THE KETTLE ON" – ESTABLISHING A BEREAVEMENT CAFE



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## Introduction

As a Practice Nurse, and having experienced a personal loss, I realised there was a lack of accessible and supportive spaces for those experiencing loss. This led to the creation of a Bereavement Cafe - a free, informal, non-judgemental peer support group offering a safe environment for grieving individuals to connect.

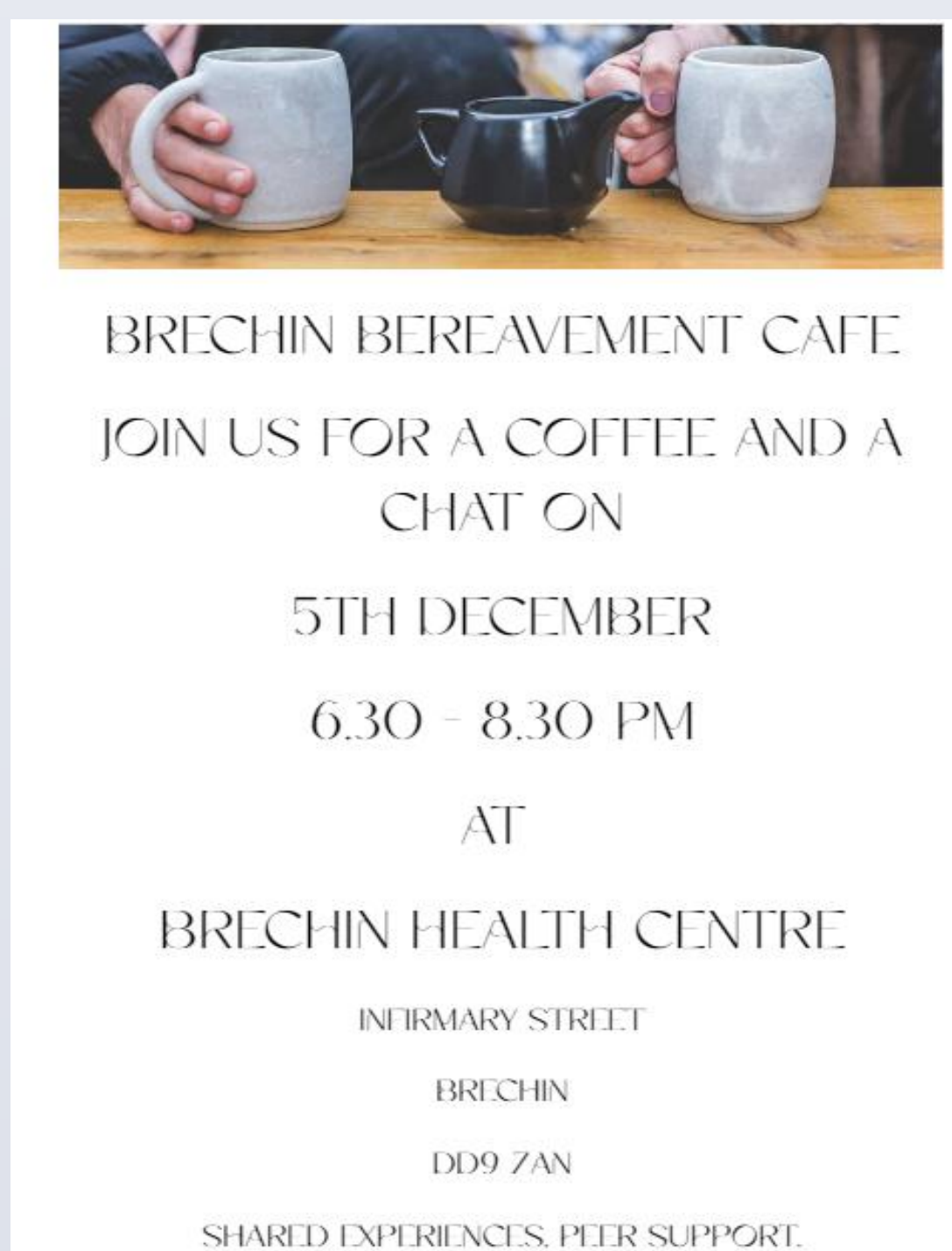
## Brechin Bereavement Cafe

Was set up in December 2022 . GPs and the Practice Manager were supportive and agreed to the use of the waiting room after surgery hours.

Purpose of the café is to provide individuals with a safe space to express their grief, share stories and support one another over a cup of tea or coffee.

Format - 8 weekly meetings  
6.30pm - 8.30pm drop in  
No booking required.  
Attendance 10-12 per meeting

Advertised on social media and  
Posters displayed in the  
local community.



The local CO-OP responded to the 1<sup>st</sup> advert and offered to donate tea and coffee, diluting juice and sugar . This allows the café to run free of charge.

Other local services have offered their support and have attended the group both to share information and resources and also to learn from the group how they can provide better bereavement support. Those who have attended include Funeral Director, MacMillan Nurse, Community Link Workers , GP.

## Evaluation

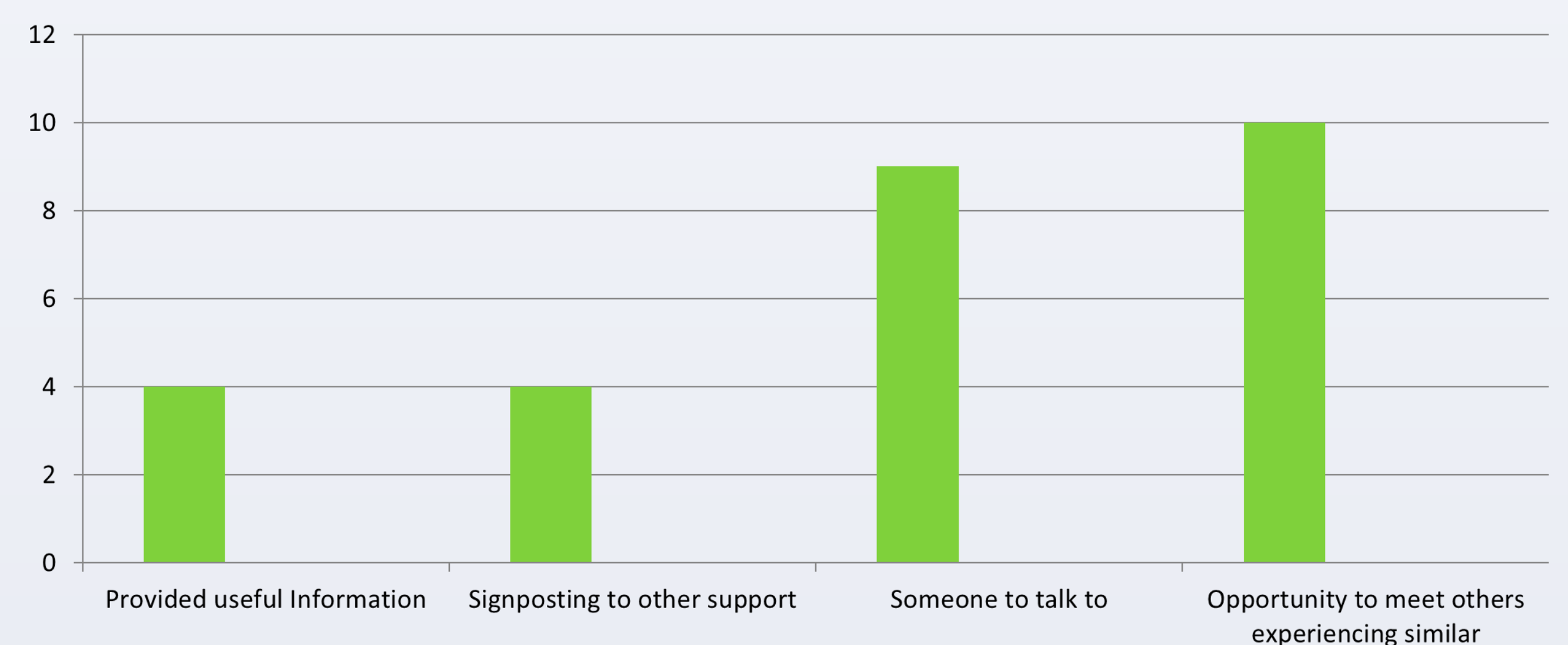
A feedback questionnaire was developed to allow participants to give optional feedback and try to capture the impact of the bereavement cafe.

This was given to participants at 2 separate bereavement cafe meetings

10 questionnaires were returned .

## Results

10/10 participants reported finding the Bereavement Cafe Beneficial .The ways in which the Cafe has helped them are illustrated in the chart below:



## Participants Feedback



## Conclusion

The bereavement café is a cost effective and accessible model of peer support which helps people to cope through their shared experiences. The café fosters a sense of belonging and reduces the feeling of isolation that often accompanies grief. The simplicity of the bereavement cafe format would allow it to be replicated easily in other areas encouraging and enhancing a low cost community approach to bereavement support.

## Next Steps

- Establish an appropriate alternative venue in community for future meetings and encourage shared leadership of meetings to ensure future sustainability of the café
- Create and strengthen links with existing community hubs and NHS bereavement pathways

I was honoured to be nominated by patients for this work and to win the Peoples Choice award at RCN Scotland Nurse of the Year Award 2024

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