

You don't have to be alone with your grief

The Castlemilk Grief Café

"Some people have told me I'm looking much better - and I am. I'm starting to feel better and that's because of this group."

"The group is a safe place ... where we can share and feel empathy for each other."



Introduction

The Hospice was invited to co-host a local Grief Café with the Castlemilk Community Link Practitioner (CLP) for people who could benefit from regular, informal peer support around loss.

Castlemilk is a traditionally working-class area experiencing multiple deprivation and long-standing inequalities, including lower life expectancy. Castlemilk has a strong sense of community, especially around issues of death, dying, and loss.

A Grief Café is a monthly open space where people living with grief can share memories, feelings and stories, with discussions guided by members.



Our Story

The Grief Café first met at Castlemilk Community Centre in October 2024.

The Café began with three participants, and through word of mouth, now has up to nine regular members.

All members are women experiencing different types of bereavement.

Feedback suggests that members feel supported in their grief by the group and feel they can speak openly about their loss.



Impact

The growth of the Café suggests it is needed and wanted in Castlemilk.

The Café has created a space where people genuinely feel heard and supported. Where new relationships have been built and existing ones strengthened.

Some members have gained the confidence to take part in other community activities, supporting their wellbeing, and helping them build wider social connections.

After two years, the Café is now firmly established with the Castlemilk Community scene, and community networks in the area are beginning to explore issues around death, dying, and loss through their work.

The Café is a collaborative project between the PPWH and the local CLP, and working together has been crucial to the Café's impact.



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