

The STAR Bereavement Peer Support Training the Trainers course is being repeated twice in January 2023, giving people the opportunity to choose to sign up on either a Wednesday afternoon or Thursday evening.

Supported by 'Connecting Communities' (under the umbrella of Age UK Bristol) and based on the STAR model, this **free** training **guides local residents and community workers through the process of setting up their own bereavement peer-support group in Bristol, North Somerset or South Gloucestershire.** These groups will be resident-led, self-sustaining, free of charge and open to anyone aged 18 or over.

Please can you help to share this information far and wide in order to spread the word across these areas and engage interest from 'enablers' (i.e. community workers, outreach workers, 'go-getters' – motivated residents).

Support available

We are offering a free training programme to guide people through the process of setting up **their own bereavement peer-support group** in a way that is sustainable and does not rely on funding, using an Asset Based Community Development approach (ABCD).

The training is based on the successful model of the STAR (Share, Talk and Remember) bereavement peer-support group in Stockwood in Bristol which provides free support for people grieving from a bereavement or difficult transition in their life. The course will be delivered by Jan Perry, STAR Network Co-ordinator & Freelance Trainer.

The training will embed the core principles of the original STAR group to create a network of STAR bereavement peer-support groups which are self-sustaining, have strong foundations and are led by local residents.

The course is particularly aimed at local residents who are interested in setting up a bereavement peer-support group in their local neighbourhood and community workers who can support them with this. Please do share this opportunity with anyone who may be interested.

About the training course

The free training course involves 4 workshops which will take place online via Zoom, followed by a Catch-up session.

There will be a choice to join a course on either a **Wednesday afternoon (1-3pm) starting on 18th January 2023** or a **Thursday evening (6pm – 8pm) starting 19th January 2023.** Click on the following link for more information and to sign up to the training:

STAR Bereavement Peer Support – Training the Trainers	Wednesday 18 th January 1-3pm https://www.eventbrite.co.uk/e/440397108607
LINKS TO BOOK YOUR PLACE	Thursday 19 th January 6-8pm https://www.eventbrite.co.uk/e/440431702077

For more information about the STAR Bereavement Peer Support Project, please have a look at the website:

www.starsconnecting.com