2027

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 with you for support, subject to capacity. 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 though the many emotions and tasks that lead to reconciliation and help them to move forward.



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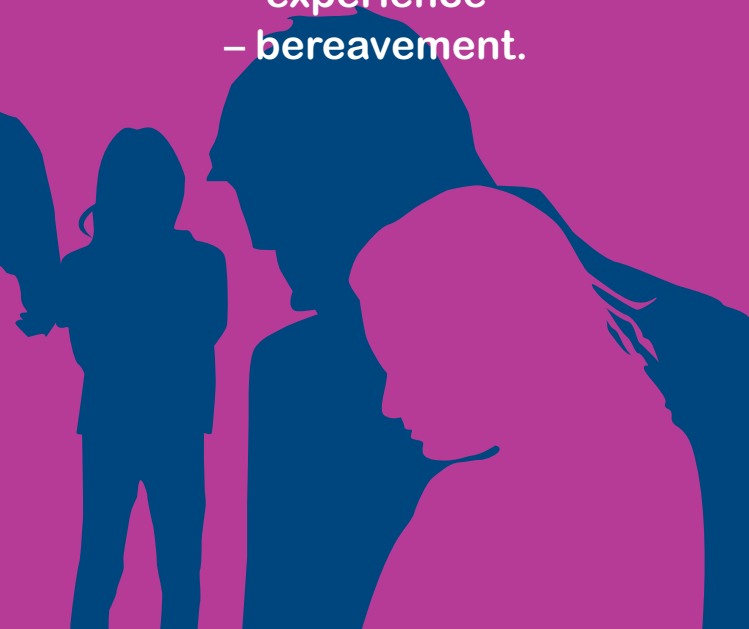
A four week programme that provides support and understanding for people who have shared a similar experience – bereavement.



A four week programme that provides support and understanding for people who have shared a similar experience – bereavement.

VENUE

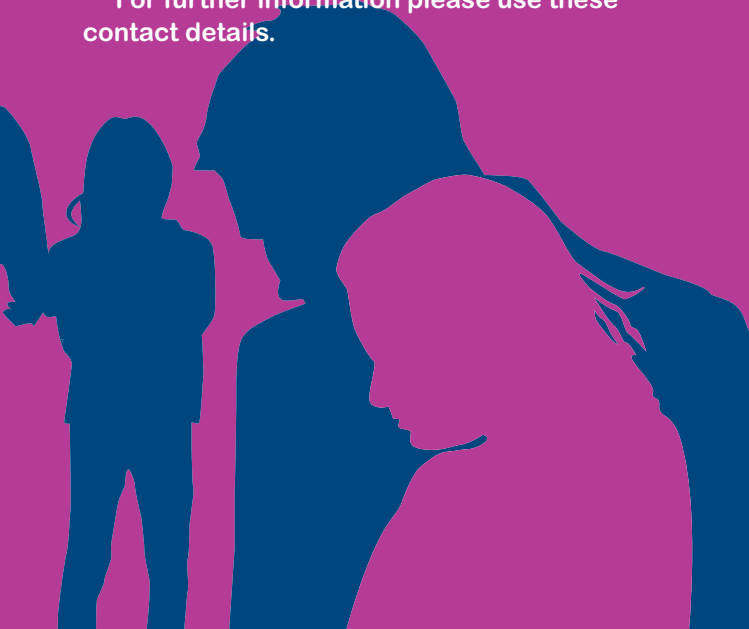


STEPS meets at Stow Park Community Centre, 1 Brynhyfryd Road, Newport NP20 4FX on Wednesday evenings and Thursday mornings as listed overleaf.

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 or via our Facebook page.

For further information please use these contact details.





VENUE

STEPS meets at Stow Park Community Centre,
1 Brynhyfryd Road, Newport NP20 4FX (off Stow Hill).

Thursday Mornings 10am – 12.30pm.

SPRING 2027
February 25th.
March 4th, 11th, 18th.

WINTER 2027
November 4th, 11th, 18th, 25th.

Wednesday Evenings 6pm – 8.30pm.

SUMMER 2027
June 2nd, 9th, 16th, 23rd.

AUTUMN 2027
September 1st, 8th, 15th, 22nd.

EXTRA GET TOGETHERS
Details will be announced during the STEPS programme and on our website and Facebook.

PRE-REGISTRATION FORM

Please select from above your preferred four week course:

Name:

Address:

Tel:

Mobile:

Email:

STEPS
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

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TOVEYBROS
FUNERAL DIRECTORS

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