

1. Drop In Centre: WEST WORTHING

AT: West Worthing Baptist Church, South Street, Tarring, Worthing, BN14 7LU

(By the corner of Canterbury Road and South Street, 100m North from West Worthing Railway Station.)

The Bereavement Support Drop In offers an opportunity for anyone bereaved or grieving to learn more about Cruse. The Bereavement Volunteers can offer One to One counselling, if appropriate, for a minimum of 30 minutes up to 1 hour, depending on the number of people who attend.

Times of sessions: Meets fortnightly on Thursday evenings from 6-8pm.

2. Bereavement Support Group – Coffee Morning - WORTHING

AT: The Chatsworth Hotel, The Steyne, Worthing, BN11 3DU

A group, welcoming bereaved adults, who are in the earlier stages of their bereavement and are seeking support and opportunities to meet others in the same position. (Group varies in size but usually has around 10 - 15 members.)

Times of Sessions: Meets fortnightly on Tuesday mornings from 11.00am - 1pm

3. Bereavement Support Group – Coffee and Chat – SHOREHAM-BY-SEA

AT: the Shoreham Community Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU

A small group, especially for bereaved adults, which meets on Monday afternoons. Please feel welcome to join us for coffee and a chat.

**Times of sessions: Meets at 2.30pm – 3.30pm, every 2nd and 4th Monday,
(excluding Bank Holidays)**

4. Friendship Group - Coffee Mornings and Quiz Evenings - DURRINGTON

AT: Durrington Community Centre, New Road, Durrington, Worthing BN13 3PB – A larger social group for bereaved adults seeking friendship and support after a bereavement.

Thursday Coffee mornings: from 10am to 12pm – Weekly - Chat, Raffle & Outings.

Tuesday Quiz afternoons: from 2pm to 4pm – Weekly – small group – Chat and Quiz.

**For further information about any of these groups please leave a message on the
Cruse West Sussex Area Answer-phone on: 0300 311 9959**

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