MIDDLE RIDGE UNITING CHURCH 264 Stenner St Middle Ridge

16<sup>th</sup> - 18<sup>th</sup> June 2023

# Blue Care Grief and Loss Report to Presbytery June 2023

## **Prayer Points**

- Give thanks for new facilitators becoming accredited through facilitation of their first program.
- Please pray that the Blue Care Grief and Loss Programs are available and accessible to all who need them.

## Report

For this report, instead of statistics and numbers, I would like to share with you a letter that was received from a recent participant of the Blue Care Grief and Loss Program:-

When S rang and told me about the Grief Support Program it was like a lifeline for me as I was feeling like I was in quicksand and slowly sinking with no way out.

To be honest, at the first meeting I was very nervous and apprehensive, wondering if I was doing the right thing or not. At one point I thought maybe it wasn't for me. But then S said the first day is the worst, please come back - it gets better. So, I came back, and it did get better - and better!

It was a lovely group and the facilitators were the best! I learnt so much from them and I understood, finally, my feelings and why and how to deal with them. I was not going crazy, I was not sick - I'm normal and dealing with grief! And I understood others in my family and their reactions. They were on their own journey, dealing with grief in their own way.

I couldn't recommend this group more highly. It was great therapy and the tools I came away with are so helpful. My journey through each day is so much easier and more peaceful.

Thank you S, K&E from the bottom of my heart for the help you gave me. You are life savers!

God bless you all in this beautiful work you are doing.

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NB: Names substituted for privacy and some minor editing for accuracy/readability

#### **Further News**

Philanthropic Funding has been approved for Blue Care to administer the Grief and Loss Program over the next three years to provide training for facilitators and promote the program to the community. A position has been advertised for a Program Manager closing 14 May 2023 <a href="Program Manager-Grief and Loss Job in Brisbane QLD - SEEK">Program Manager - Grief and Loss Job in Brisbane QLD - SEEK</a>

This may negate the need for Presbytery to fund this administrative role – we will know more soon.

### Recommendations

1. That the report be received.

Report Sumbitted by

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