**Promoting Grief Awareness Week 2-8th December 2021 Event**

There are many ways you can get involved with Grief Awareness week.

Examples:

Your regular community group may want to have a conversation about Grief and Bereavement, over a cuppa, on a walk or whilst having a knit and natter and other crafts.

Or to remember loved ones by putting together a photo collage, make a memory box etc. Cruse have ideas of ways to remember on their website:

[Ways to remember - Cruse Bereavement Support](https://www.cruse.org.uk/understanding-grief/managing-grief/ways-to-remember-someone-who-has-died/)

Hold a memorial/Remembrance service or

Have a memory tree to tie messages, remembering loved ones

To get involved and have your event promoted as part of the Grief Awareness Campaign please fill in the form below and return to debra.lawrence-bell@norfolk.gov.uk

**Event Name:**

**Event Description:** who is welcome, age, all, what to bring along, if putting together a photo collage or memory box.

**Event date/time:**

**Event location:**

Name of venue:

Address:

Postcode:

Contact tel number (to share with those wishing to attend):

**Online event:**

Web address/Zoom link:

**Booking link/details (if applicable):**

**Event key contact email address:**