

# NEW HORIZONS GROUP

A Bereavement Support Group



## ABOUT THE GROUP

New Horizons began in 2006 through discussion and in response to a request made by the local doctors at the Health Centre. New Horizons is run by volunteers, who are trained in Bereavement Counselling. The membership is free.

## FUTURE EVENTS

See the 2020 Programme

## CONTACT US:

We welcome new members to come along and join us each month - both men and women, or contact us:

Kate Morley 01509 412982  
Pauline Ranson 01509 416928

Or email  
[barrowmeths@gmail.com](mailto:barrowmeths@gmail.com)

**We are a group of about 25 people who meet ON THE first Monday in the month from 2.00 until 3.30 pm in the Methodist Church Coffee Lounge, North Street, Barrow upon Soar**

We offer fun, friendship and time to socialize with fellow members who are all at the different stages of bereavement. We value time to talk and time to listen to help through difficult times. We have a varied programme enjoying speakers, entertainers, music, games, meals out, visits to places of interest and a Summer Outing. It's a wonderful way to meet new friends.

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## 2020 PROGRAMME

Monday 6 January 2020	<b>New Year Party</b>
Monday 3 February 2020	<b>The Wellbeing Café</b>
Monday 2 March 2020	<b>Bead Crafting</b>
Monday 6 April 2020	<b>New Shoots</b>
Monday 4 May 2020	<b>Table Games</b>
Monday 1 June 2020	<b>Hair through the decades</b>
Monday 6 July 2020	<b>Summer Outing</b>
Monday 3 August 2020	<b>Aromatherapy</b>
Monday 7 September 2020	<b>Harvest Festival and Auction</b>
Monday 5 October 2020	<b>The work of The Carpenters Arms</b>
Monday 2 November 2020	1.30 pm <b>All Saints Day Service</b> Rev Michael Lees Followed at 2.00 pm by an activity to be arranged
Monday 7 December 2020	<b>Christmas Lunch</b>