

# PETE'S DRAGON'S

Peer-support

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"Attending my first peer-support group was so helpful. The hardest part was persuading myself just to show up and give it a try. I put things off for a while as I didn't know how I would feel meeting other people, but when I turned up it was such a relief!"

## Welcome to Pete's Dragons

# Peer-support

**We love this aspect of our service and know from experience that people who join our peer support groups love it too.**

Pete's Dragons has been providing support to people who have experienced the devastating impact of suicide for eight years across the County of Devon and more recently North Somerset.

We offer many different types of support to suit you as individuals (you can find out more about this from your peer support group lead at any time if you think it would be useful) and know that meeting people who have experienced similar things is comforting and powerful in adjusting to life after this type of loss. Our groups are all very friendly, relaxed and welcoming, a place where you can be yourself and be accepted for who you are.

# Our groups




## What can you expect?

**"Simply being with other people who have also been bereaved by suicide gave me a feeling of deep understanding and connection with people I'd never met before ... without having to explain anything at all."**

Our groups are very informal, often involve a short walk and talk followed by the all important coffee/tea and cake. We are so fortunate to be located in the South West where there is always something gorgeous to look at whatever the weather. There is no expectation for you to talk about your grief or circumstances (of course you can if

you wish) as you will quickly discover that everyone attending just "gets it". Our groups are very much shaped by the people that attend and we are very happy to adapt and change according to the groups wishes.



Our walking groups are very inclusive and walks are chosen based on the collective wishes and abilities of the group. Walking could mean finding a local beauty spot and sitting and taking in the view or it could mean a stomp across Dartmoor.

Again the groups and activities are shaped by what the members want to do so please do not think that you need to be a regular rambler to join.

We meet all over the  
**South West**

# Guidance

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In order to ensure everyone's safety and wellbeing we request that everyone follow these simple rules which we have found to make the groups easier to access and more enjoyable and beneficial.



**Accept and support that everyone is different,** some people are comfortable with sharing, some people are not and simply want to be in the company of people who understand.



**Avoid questions or discussions that could be traumatic to others.** Should you feel the need to discuss such details it may be an indication that you would benefit from one-to-one support from a Suicide Bereavement Specialist. You can talk to your peer support group lead about this at any time and they can arrange this for you.



**Listen as much as you share.** Listening is the biggest gift we can give to each other, please share your gifts around.

**Please do not attend if you are feeling poorly.**

**Struggling or had a negative experience?** You can contact Pete's Dragons at any time on 01395 277780 Monday to Friday 9am to 5pm and do not have to wait until your next group meeting.

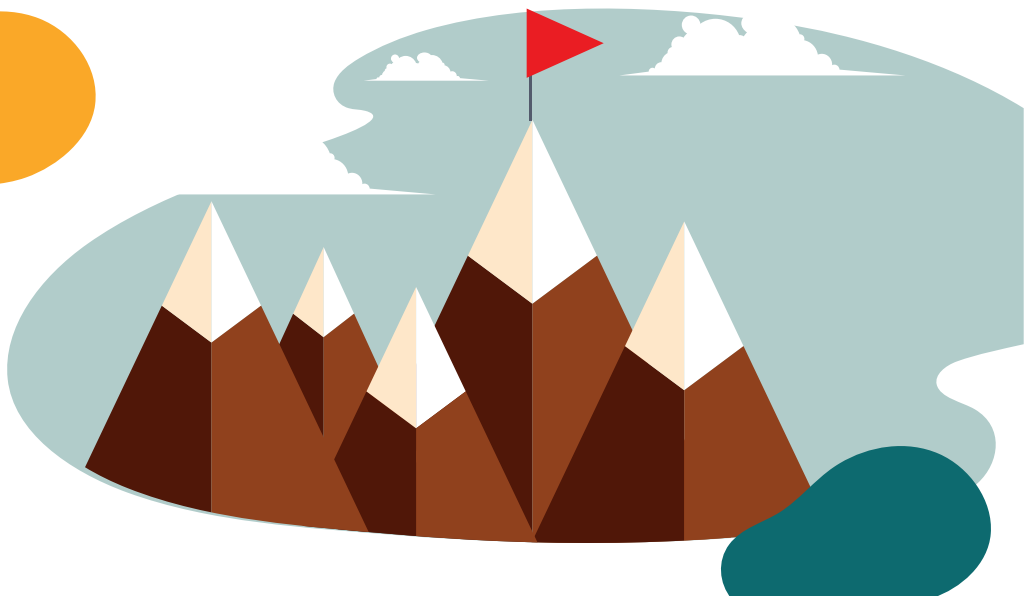
We hope you never have a negative experience in one of our groups but in the event of this please contact our Executive Assistant on the above number. We know that it is difficult and uncomfortable to provide negative feedback but we really do encourage you to do so for the safety of yourself and others in the group.

## Join the mission

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If you are enjoying the community spirit of peer-support and would like to get more involved in the charity, we would love to hear from you.

Whether it's fundraising or becoming a volunteer, there are lots of opportunities to join the Pete's Dragons mission! To find out more please contact 01395 277780 or email **[fundraising@petesdragons.org.uk](mailto:fundraising@petesdragons.org.uk)**





01395 277780



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# PETE'S DRAGONS

*comfort after suicide loss*

Charity Reg No 1187394

[www.petesdragons.org.uk](http://www.petesdragons.org.uk)