



WELCOME TO OUR Newsletter Sunshine and Shade



We now have several peer support groups operating in and around Chesterfield dedicated to navigating the complex landscape of grief. These groups offer a safe and welcoming space where you can openly share your thoughts and feelings without judgment. We are a friendly collective, united by the common experience of loss, and we find strength in connecting with one another. Through sharing our individual stories and unique journeys, we offer mutual support, understanding, and a pathway towards healing and hope amidst the pain of grief.

**I have some wonderful volunteer facilitators who I am incredibly grateful to
Linda-Lori-Linda-Gail-Lorraine-Kathie-Paula and Jayne
It would not be possible without you and I will always be humbled and
appreciative for your ongoing support**

We have had IT support supplied from the wonderful Kieron Salt and accountancy support from Malcolm Needham of which I am so appreciative to you both, and I will go out of my way to professionally recommend you, both for the competency of what you do and for the people you are

Dont forget

***Grieving is as natural as crying when you are hurt,
sleeping when you are tired, eating when you are hungry,
or sneezing when your nose itches.
It is nature's way of healing a broken heart."***

Doug Manning (1979)

#itsgoodtotalk

Rachel
x



Grassmoor Community Centre

Home of

Shade

Sunshine

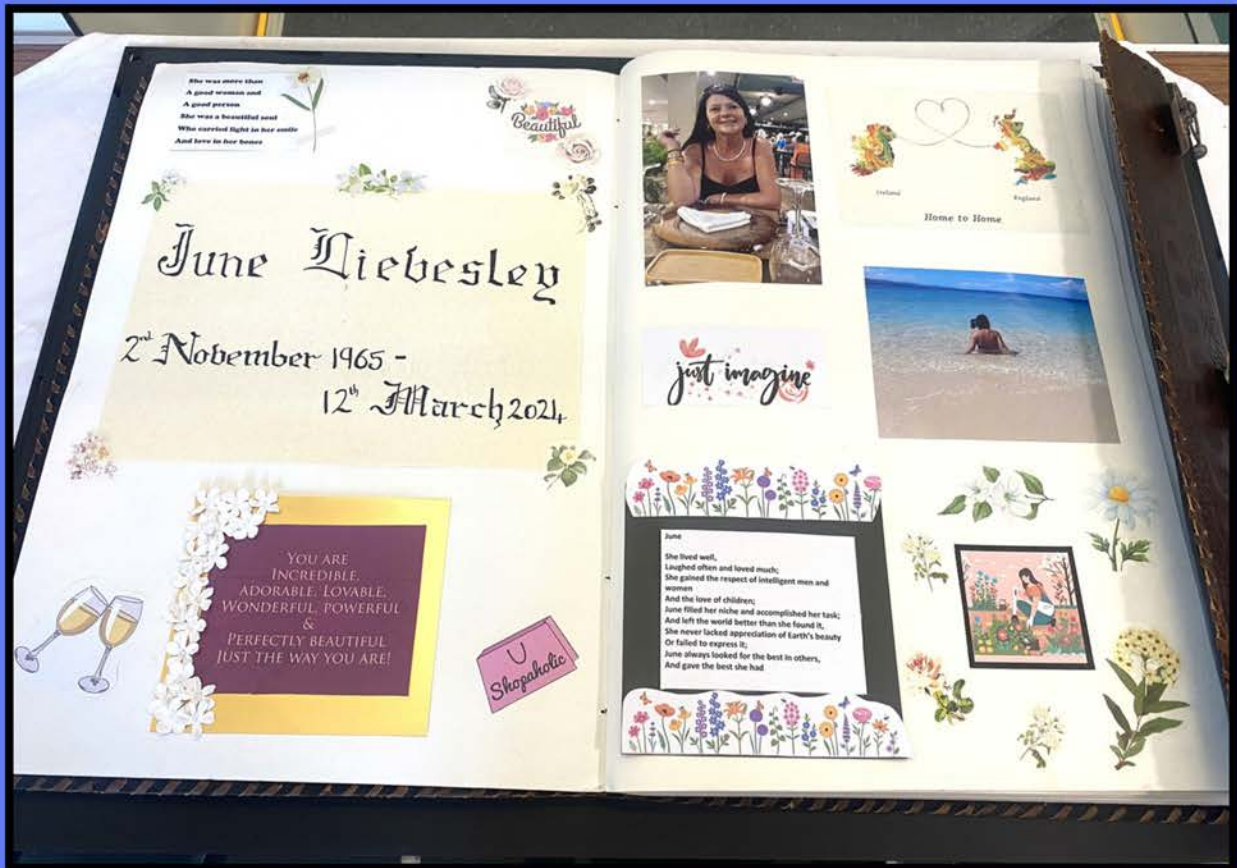
A Friendship and Bereavement Group

A Friendship and Bereavement Group

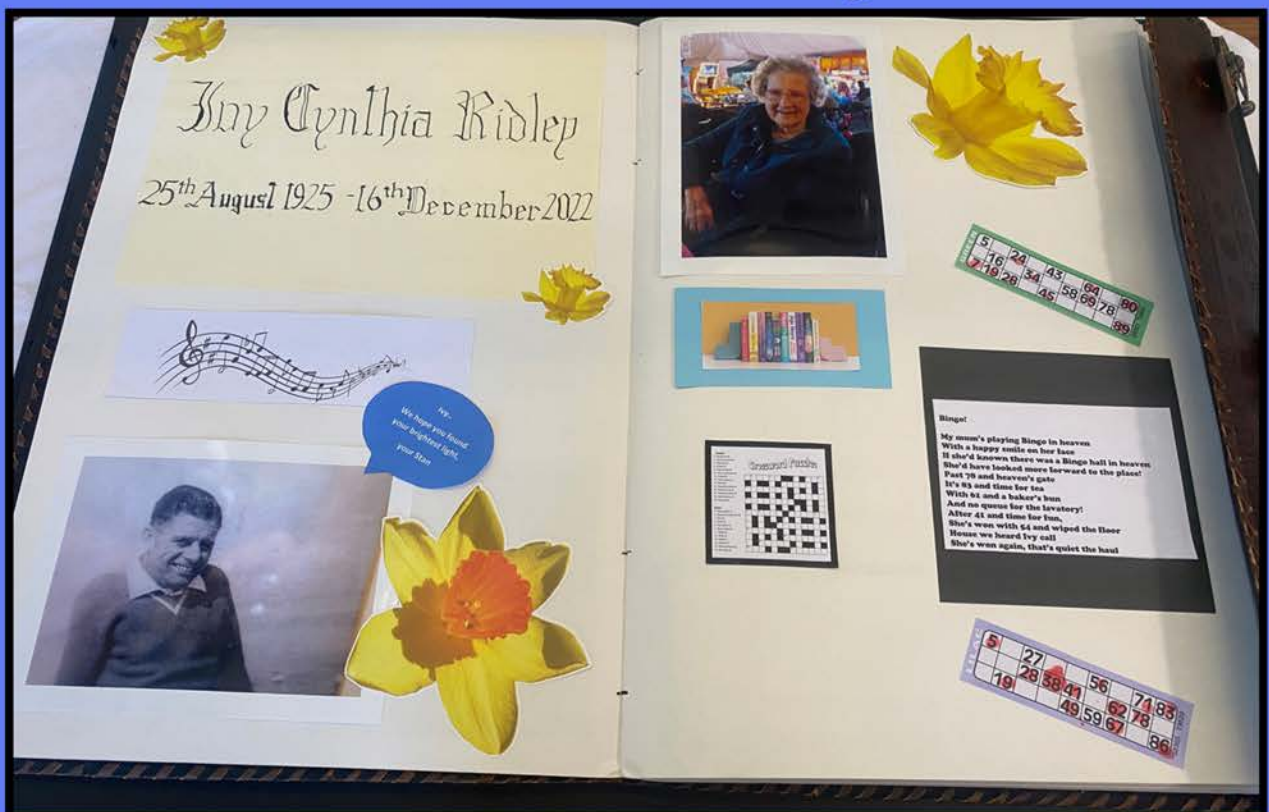


Grassmoor's Community Rememberence Book





If you would like to dedicate a page to your
loved one
Please contact Val at
Grassmoor Community Centre



Health and Wellbeing Event Clay Cross Social Centre

In these busy and sometimes stressful times It Is more Important than ever that we look after our own health and wellbeing, as well as that of our loved ones. Our aim is to bring the community together and share a number of ways In which supports available to you, which will hopefully help you Identify what help and support would work well for you at this moment In time and into the future.

We hope that this will empower you to take control of your own health and wellbeing. Christine Coffey has been organising health, healing and wellbeing events at Clay Cross Community Centre for 24 years, with the first event being held in 2000.

The area's main employer, the Clay Cross Company, had closed a year or so earlier and Christine recognised the need to give the community a lift and to raise moral.

The event was a success and has been held every year since then.

Next year will mark the 25th anniversary of the event so we hope to make It even more special.

“
A INCLUSIVE CARTHATIC
COMMUNITY EVENT. FULL OF
ADVICE, SIGNPOSTING HELP
AND CARE
”

Crystals
Card Readings
Mediumship
Chakra Balancing
Shamanic Healing
Herbal Remedies
Hand Crafted Gifts
Jewellery
Aloe Vera Products
The Salvation Army
Numerology
Reiki
Reflexology
Indian Head Massage
Hand & Arm Massage
Lower Leg & Foot Massage
Sound Healing
Human Design
Flower & Vibrational Essences
Adult Wellbeing Support
Bereavement & Friendship Support
Mental Health Carers Support



The Voluntary Sector Awards



Sunshine and Shade's nomination

“One of the young women I support with learning difficulties had lost her mum to breast cancer and this had a profound effect on her and she began to suffer from anxiety and depression. From the first time we met Sunshine and Shade the change in my young lady was there for all to see. Over the last two years the woman in question is now off antidepressants and has moved from being a withdrawn young woman to her old self, smiling and enjoying her life.

This type of support is essential in the community.”





Christmas Gala

Many thanks to

Clay Cross Parish Council



**Handcrafted Christmas Wreaths
made in memory at
Grassmoor Community Centre**



HeartSpeak

What is HeartSpeak?

HeartSpeak is a therapy focused on emotional healing and reducing stress. Stress can manifest in various forms such as pain, skin issues, anxiety, and low mood.

There is no requirement to reveal deeply personal secrets, and many individuals appreciate the minimal verbal communication in this innovative approach. In a HeartSpeak therapy session, Paula leads the client through a structured process designed to recognise and alleviate emotional barriers and sources of stress.

What else to expect? I use a muscle testing technique which aids in accessing and releasing stored emotions and negative feelings. This aims to tackle underlying emotional imbalances and foster emotional heal, and stress reduction.



For further details
contact

pauladealtry@icloud.com
07786987211



HEARTSPEAK WORKS AND HAS PROVIDED
A POSITIVE TURNING POINT FOR MANY

Just for you



**Exclusively designed blank cards
all proceeds to
Sunshine and Shade
Just get in touch**





Petition for Change



Laura and Dale's story, in their own words

In October 2023 our beautiful Toby was due to be born, however, devastatingly, shortly before he was found to have a problem with his heart and lungs which meant the doctors didn't expect he would survive birth.

In order to give him the best chance of survival Laura and Dale were advised that Leeds General Infirmary would be the best place for him to enter the world.

Unexpectedly, Toby, whilst being cheered on by everyone in the room took, his first breath and his fight began! For 3 weeks he fought amazingly hard, he was such a warrior but he became tired and took a turn for the worse. Unfortunately on 13th November, surrounded by his family, he peacefully passed away.

After Toby passed away, understandably his parents and family were devastated, with a funeral to plan whilst grieving the worst loss.

Shortly after, Dale was expected to return to work, given only 2 weeks bereavement leave from his job and expected to return before Toby's funeral had even taken place, whilst Laura could, if she chose, would still be allowed her full maternity leave.

We believe this is unfair to fathers who, also are suffering a devastating loss in this situation and so Time for Dads was born. Whilst grieving themselves, Toby's parents, Laura and Dale started a petition to try to reach Parliament and increase this time for future grieving parents.

SAVE THE DATE

**Are you struggling
following the death of a loved one ?**

**This workshop may help
on**

Wednesday June 18th

6pm - 8pm

at

B. Hattersley & Sons

FAMILY FUNERAL DIRECTORS

**211 Chatsworth Rd,
Chesterfield S40 2BA**

There is no charge and no need to book



for further information

call Rachel Snowball

07561 197 972

or Hattersley's Funeral Directors

01246 232820

email

hello@sunshineandshade.org.uk

Workshop Feedback

This workshop is for people who are grieving,
the loss could be anything, a job, good health,
relationship etc

The workshop is for people who work with
people who are grieving

The workshop is for people who are supporting
family members

This workshop presently has no charge
for any further information do not hesitate to contact
Rachel Snowball
Contact details to be found on the last page

You said

“I found Rachel’s workshop manageable and at a pace I could follow. I loved her ideas especially the self-care box and intend to set myself one up. I have struggled with loss and grief of a close loved one, and have had different difficulties accepting and adapting my health diagnosis, and found things we discussed that could help with both. There were ideas that could be transferred to other areas of life. I am grateful of the opportunity to attend the event and thank Rachel for sharing her experience with us.”



You said



"I am recommending this for staff training, for anyone who connects with people who are struggling with grief"

"There are a lot of people who need to hear what she has to say. I was telling my parents about the workshop because I learnt a lot. I think I'll be making a self care box too"

"THE WORKSHOP WAS INSIGHTFUL AND DELIVERED BY A RESPECTFUL, CONFIDENT AND ENGAGING SPEAKER. I WOULD'VE LOVED TO HEAR MORE. "

"Everyone" should hear this"

"The information resonated, it helped me feel normal"



"A difficult subject for most, 'tackled' sensitively. A good mix of talk and activity. Thank you to Rachel Snowball, for your insight and refreshing approach."



**Sunshine and Shade
now hold regular group meetings
at**



Clay Cross

**Many thanks to Nicole Tesco's Community Champion for a warm
and inclusive welcome**

Chesterfield's Voluntary Community

Chesterfield thrives on the strength of its communities, forged in shared experiences and a deep well of understanding. There are spaces where individuals come together, united by challenges that often feel overwhelming, like chronic pain, disability, or mental health. Recognising the profound impact of these life-altering circumstances, groups such as Pain Inspired, The Clay Cross Mental Health Carers Group and Building Bridges in the Community are groups we have connected with in the last few months and they provide incredible support for many.

The result is a town rich in community spirit, overflowing with the wisdom born from adversity, and empowered by the mutual support individuals find within these networks. These groups stand as testaments to the resilience of the human spirit, proving that even in the face of significant hardship, connection and empowerment can flourish.

Chesterfield is rich in community support, just reach out your hand and something will be there for you...



Volunteer Spotlight....



Lorraine

Lorraine joined us in January 2024, having worked in the funeral industry for 40 years, these are her words.....

Grief. We often treat it as a massive entity, a singular emotion. Knowing grief, feeling grief, and living with grief... We assume it's a continuation of the same feeling, but the truth is, it's a kaleidoscope. No two experiences are ever the same.

I've been privileged to witness grief in its many forms. I struggle with the word "witness," as if I were a detached observer, but I can't find a better way to express it. To be given a glimpse into someone else's grief is a privilege, a profound and humbling experience. To be allowed to know the raw emotion that an individual is feeling on a specific day, at a specific time, is emotive, saddening, and, in a way, even joyous and dangerous, all in the same breath.

No one can truly witness this mirrored ocean of emotions and emerge unscathed. My journey into understanding grief started with the death of my father when I was 22. It was a baptism of fire, a plunge into the pain and torment of "if only," "but what if," and "I should have done..." These phrases become small universes, containing truths too complex to ever fully grasp.

Over the last thirty years, my listening skills have been constantly challenged. Trying to decipher the grief that stands before you is like looking upon a calm sea, knowing that beneath the surface, volcanoes are erupting. Life has been irrevocably altered. We, as individuals, try to fill the vast abyss where sunshine once streamed, now replaced by a pervasive shade.

This is why I feel compelled to follow a new path, hand-in-hand with my old friend, grief. It's about listening to the wider story, following the winding trails that people have walked when the signs to home have been stolen. It's about finding that home within themselves, a place where they can remember with a smile as well as a tear, a sanctuary safe with memories to guide them through each difficult day.

Perhaps this sounds like rambling. Perhaps it is. The truth is, if you've managed to read this far, then you've likely felt the sting of grief yourself. You understand that Sunshine and Shade exist in tandem, that we need to sit in silence until we find the strength to speak, and then we need to speak until... until we find our way.

These are my words, written early in the morning, fuelled by the need to articulate my understanding. What I want you to know, if you are grieving you are not alone, even if you feel that you are. Sunshine and Shade can be your compass, helping you chart your course anew. It can provide the tools and the map to navigate your grief.

You are very welcome to join us to find a road through your grief, whatever that may be.

SAVE THE DATE

Grassmoor Community Pavillion and Sunshine and Shade

Invite you to your
Community Memorial Ceremony
To remember
To honour
To connect



Sunday June 29th
1-5pm

Grassmoor Community Pavilion
Barnes Park



Sunshine and Shade

Our Groups are accessible and free just contact Rachel Snowball
(contact details on the back page of this newsletter)

Some of our groups discussions have focused on



What is Grief

Christmas Survival strategies

The benefits of being creative

How Trauma affects the Brain

Laughing Yoga with Mand Black

The physical and mental symptoms of grief explored

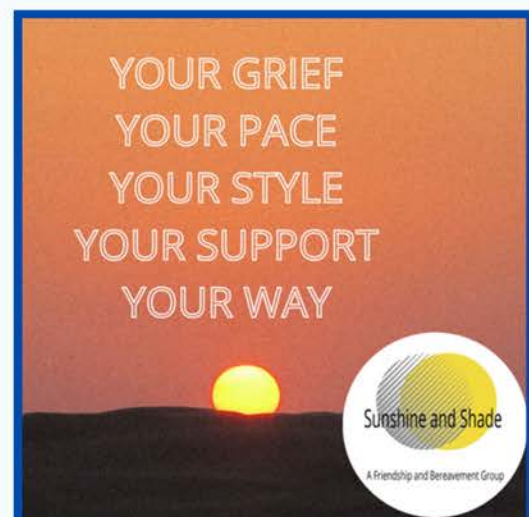
Vision Boards

Writting your own Grief Prescription

**Every session we share stories and anidotes of those we love
and we have created in one group our “Book of Love”**

**Occassionally Groups take the time to meet socially
because**

#itsgoodtotalk



<div> <div>Fairplay</div> <div>NEUROHUB</div> </div> <div>Neurodivergent Spring Summit</div> <div>Guest Speakers:</div>			
<div>Welcome Talk</div> <div>11am-11:05am</div> <div> <div>Fairplay</div> <div>NEUROHUB</div> </div>	<div>Autism East Midlands</div> <div>11:10am-11:20am</div> <div> <div>AEM</div> <div>Autism East Midlands</div> </div>	<div>First Steps</div> <div>11:25am-11:35am</div> <div> <div>First Steps</div> </div>	<div>Sparky Inc</div> <div>11:40am-11:50pm</div> <div> <div>Sparky Inc</div> </div>
<div>Derbyshire Information, Advice & Support for SEND</div> <div>1pm-1:10pm</div> <div> <div>Derbyshire Information, Advice & Support for SEND</div> </div>	<div>Safe Haven</div> <div>1:15pm-1:25pm</div> <div> <div>DERBY SAFE HAVEN</div> </div>	<div>Derbyshire Federation for Mental Health</div> <div>1:30pm-1:40pm</div> <div> <div>DFMH</div> </div>	<div>Bolsover Woodlands Enterprise</div> <div>1:45pm - 1:55pm</div> <div> <div>Bolsover Woodlands Enterprise</div> </div>
<div> <div>Educational Psychology Service</div> <div>2pm-2:45pm</div> </div> <div> <div>A workshop/presentation:</div> <div>Derbyshire's Approach To Sensory Processing Needs. Limited places!</div> </div>			

Neurodivergent Spring Summit

Review

The atmosphere in the hall was truly lovely, a warm and welcoming space that facilitated reconnection. For me, it felt like emerging from a long hibernation, blinking in the sunlight of renewed contact. I have a feeling that many of these faces will become familiar over the summer months. What struck me most was the sheer number of initiatives being showcased; it's amazing how much is out there, often hidden in plain sight. This event was a gemstone of signposting, revealing resources and connections I never knew existed. So, thank you Fairplay and your team for organizing this invaluable gathering – bringing people together in this way is truly important.

And a special thank you to the young people who circulated regularly with sweet treats; it was a delightful and thoughtful touch that added to the overall positive experience





Contact Details



You can contact Rachel Snowball



By Phone / Text

on

07561 197972



or by email



hello@sunshineandshade.org.uk

website address

<https://sunshineandshade.org.uk/>

Sunshine and Shade is a
Community Interest Company

Company No

14590135



**PS. Don't
forget
your cards**

