



WELCOME TO OUR Newsletter Sunshine and Shade



Sunshine and Shade offers several peer support groups operating in and around Chesterfield, specifically dedicated to helping individuals navigate the complex landscape of grief. These groups provide a safe and welcoming environment where you can openly share your thoughts and feelings without fear of judgment, fostered by a friendly collective united by the common experience of loss. By connecting with one another and sharing individual stories and unique journeys, members find mutual support and understanding, cultivating a pathway towards healing and hope amidst the profound pain of grief in addition we provide regular workshops for those who want to connect in a different way

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



Rachel
x



#it's good to talk

THANK
YOU



Thank You

**to Erewash Voluntary Action
The Gazebo has made a huge
difference this summer**



Sunshine and Shade

News



For those navigating the complex journey of bereavement, and loss, Sunshine and Shade offers support, connection, and remembrance

We're pleased to share some wonderful updates on how we're continuing to grow and serve those who need us.

Expanding Our Reach: Four Groups and Growing!

We're immensely proud to announce that Sunshine and Shade now boasts four thriving groups in and around Chesterfield. These groups provide invaluable, empathetic spaces for individuals to share experiences, find solace, and build new connections with others who understand. It's a testament to the power of shared humanity and the need for a supportive embrace during challenging times.

Beyond our regular gatherings, we also host insightful and practical workshops on living with loss. These standalone sessions are designed to equip attendees with tools, strategies, and understanding as they navigate their grief journey.

The Remembrance Book:

One of our most cherished initiatives, born from a wonderful partnership with Grassmoor Events and the Community Centre, is our special Remembrance Book. Housed respectfully within the Grassmoor Community Centre, this beautiful book offers a unique and enduring way to honour loved ones.

Anyone from the community can create a dedicated memorial page, a space where memories, thoughts, and tributes can be lovingly preserved. It's available for you to visit and reflect upon whenever you wish – a permanent, tangible touchstone of remembrance, ensuring that precious lives are never forgotten.

The Community Gardens:

In partnership with Grassmoor events; another beautiful testament to remembrance and connection, our Community Gardens flourish around the New Pavilion on Barnes Park. Here, you're invited to plant in memory – a living tribute that grows and thrives, much like the love we carry for those no longer with us.

It's more than just a garden; it's a tranquil space designed for peace and reflection, where you can sit, find solace, and enjoy the profound healing connection to nature. Each bloom and leaf represents a cherished memory, tended with care by our community, reminding us that life continues and beauty can indeed spring from sorrow.

Our Annual Memorial Ceremony:

Each year, in June, we come together for our deeply moving annual Memorial Ceremony. This dedicated event is a vital time to pause, to reflect, and to collectively remember those who have touched our lives so profoundly.

It's a powerful affirmation that while our loved ones may be gone, they are never forgotten, and their presence remains woven into the fabric of our community. The ceremony strengthens the bonds between us, honouring shared stories and the enduring power of love. It's a moment to keep your loved ones connected, not just in your heart, but within the collective memory of your community

At Sunshine and Shade, we believe in the power of connection. In a world that often hurries on, we offer a space to slow down, to feel, to share, and to remember. Whether you're seeking, practical guidance for living with loss, or simply a quiet place to honour a loved one, we invite you to reach out.

Together, we can navigate the Shade and find moments of Sunshine, knowing that no matter the season, you are not alone.

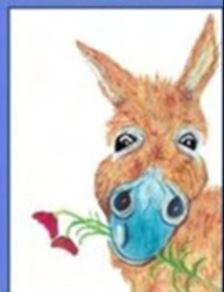
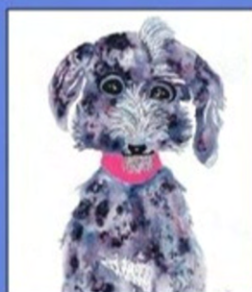




Memoria's Amber Valley Crematorium Open Day 2025



**Sunshine and Shade will
be selling handcrafted
unique cards and prints
all proceeds to support
their ongoing work**



Thank you to Hattersley's Funeral Directors for your hospitality



The venue for our workshops is perfect

**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**

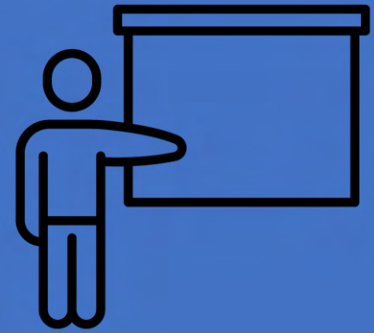
There is no charge and no need to book



**for further information
call Rachel Snowball
07561 197 972
or Hattersley's Funeral Directors
01246 232820
email
hello@sunshineandshade.org.uk**



The Sunshine and Shade workshop delves into:

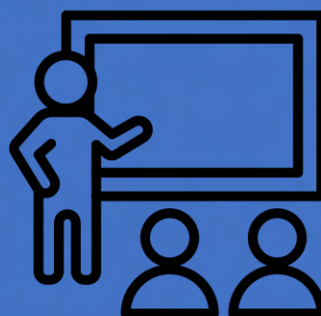


Understanding Grief: Participants will gain a deeper understanding of the grieving process, recognising that grief is a natural and individual experience.

Impact on Wellbeing: The workshop will explore the far-reaching effects of grief on both physical and mental health, helping attendees recognise potential symptoms and challenges.

Self-Help Strategies: Crucially, the workshop will equip attendees with practical and invaluable self-help strategies to manage grief, promote healing, and improve overall wellbeing.

This workshop provides a valuable opportunity for anyone struggling with loss or supporting someone who is. It offers a safe space to learn, reflect, and gain practical tools for coping.



SAVE THE DATE

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

**This workshop may help
on
Wednesday 22nd October
6pm - 8pm
at**

B. Hattersley & Sons
FAMILY FUNERAL DIRECTORS

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

There is no charge and no need to book



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**or Hattersley's Funeral Directors
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email

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Just for you



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

£5.00
per pack of 4

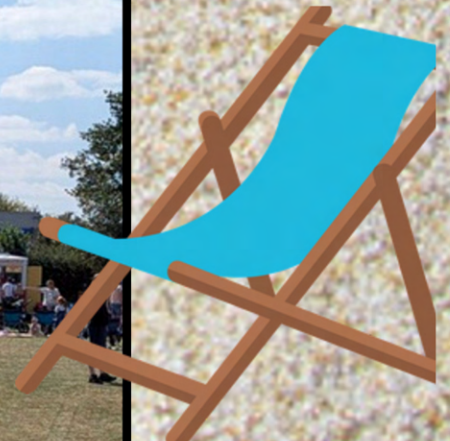


Grassmoor Community Memorial event June 2025



Thank You
to Grassmoor
Events for the
beautiful flowers

Grassmoor by the Sea



HEALTH AND WELLBEING EVENT

25th ANNIVERSARY!

Date: Saturday 27th September 2025

Time: 10.00am – 3.00pm

Venue: Clay Cross Social Centre, Market Street, Clay Cross,
Chesterfield, S45 9JE

FREE ENTRY / FREE PARKING ON SITE

Donation to Clay Cross Community Hospital

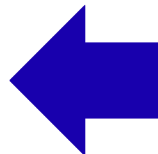


At this Event you will be able to take time for yourself, have the opportunity to buy some wonderful gifts and products, learn more about the support available to you in your community and experience a number of relaxing and healing therapies. You can also have tea/coffee and cake!

Join us at this 25th Anniversary celebration and enjoy what's on offer,
including:

Reiki
Reflexology
Neck and Shoulder Massage
Indian Head Massage
Chakra Balancing
Flower & Vibrational Essences
Quantum Crystal Healing
Bereavement & Friendship Support
Soul Midwifery
Essential/Aromatherapy Oils

**Come along
and say
"hello"**



Crystals
Card/Rune/Charm Readings
Aloe Vera Products
Magnesium Oil
Herbal Remedies
Hand Crafted Gifts
Jewellery
Candles
Hand crafted cards
Health & Wellbeing Advice

... and much more!

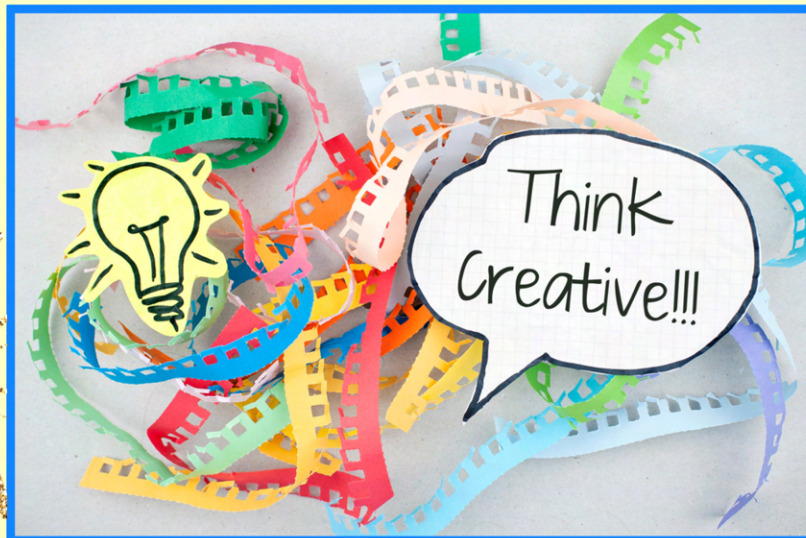
WE LOOK FORWARD TO SEEING YOU!

THE MAGIC OF CREATIVITY

EXPLORING CREATIVITY OFFERS PROFOUND BENEFITS FOR HOLISTIC WELL-BEING, SERVING AS A POWERFUL TOOL TO NAVIGATE LIFE'S COMPLEXITIES AND ENHANCE DAILY HAPPINESS. ENGAGING IN CREATIVE ACTIVITIES, FROM JOURNALING TO PLAYING AN INSTRUMENT, SIGNIFICANTLY IMPROVES MENTAL HEALTH BY REDUCING ANXIETY, DEPRESSIVE SYMPTOMS, AND STRESS, WHILE SIMULTANEOUSLY BOOSTING SELF-CONFIDENCE AND AIDING IN THE PRODUCTIVE PROCESSING OF EMOTIONS AND TRAUMA.

THE IMMERSIVE "FLOW" STATE, OFTEN ACHIEVED THROUGH CREATIVE TASKS, TRIGGERS DOPAMINE RELEASE, FOSTERING HAPPINESS AND MOTIVATION. MOREOVER, CREATIVITY BOLSTERS PHYSICAL HEALTH BY STRENGTHENING THE IMMUNE SYSTEM AND ENHANCES COGNITIVE FUNCTION THROUGH IMPROVED BRAIN CONNECTIVITY.

WHAT'S TO LOOSE START YOUR CREATIVE PROJECT TODAY



SET YOURSELF A MONTHLY CREATIVE CHALLENGE

SOME SUGGESTIONS INCLUDE:

1. NEW RECIPE / EXPERIMENT WITH THE CUISINE OF A CULTURE NEW TO YOU
2. TRY A CRAFT - CANDLE, SOAP, GLASS FUSION, LINO PRINTING, POTTERY, MODEL MAKING, FELT MAKING, WOOD WORKING.
3. DRAWING / PAINTING / PAINT POUR / SPLASH OF COLOUR
4. CREATIVE WRITING
5. CHANGE THE FURNITURE / ORNAMENTS AROUND IN YOUR HOME / REDECORATE A ROOM / DECLUTTER
6. SEW SOMETHING, CROSS STITCH, EMBROIDERY, SOFT TOY, CLOTHES, CUSHIONS, BUNTING,
7. PLANT SOMETHING,
8. MAKE A COLLAGE / A VISION BOARD / CREATE A SCRAP BOOK
9. TRY PHOTOGRAPHY
10. MINDFUL COLOURING
11. MAKE TIME TO LISTEN TO NEW MUSIC - IE JAZZ, CLASSICAL
12. GO SOMEWHERE NEW
13. VISIT MUSEUMS / GALLERIES / EXHIBITIONS / CRAFT FAIRS, WHEN POSSIBLE TALK TO THE ARTISTS
14. GO TO THE THEATRE, PICTURES, BREAK YOUR ROUTINE.
15. SING - GO TO A CHORAL PERFORMANCE, GO TO A CONCERT.
16. DOODLE
17. TRY A NEW ACTIVITY CLASS
18. GO ON A SCAVENGER HUNT, AND WORK WITH YOUR FIND.





**Sunshine and Shade
now hold regular group meetings at
Chesterfield Town
Centre Grassmoor
Two groups in Clay Cross
Places are limited and in constant demand**

Group attendees say



**"I feel a lot better since I started coming,
I know I am working through my grief and I am sleeping better"**

"A sharing place, bringing humour, love and respect"

"The group has stopped me clinging to home"

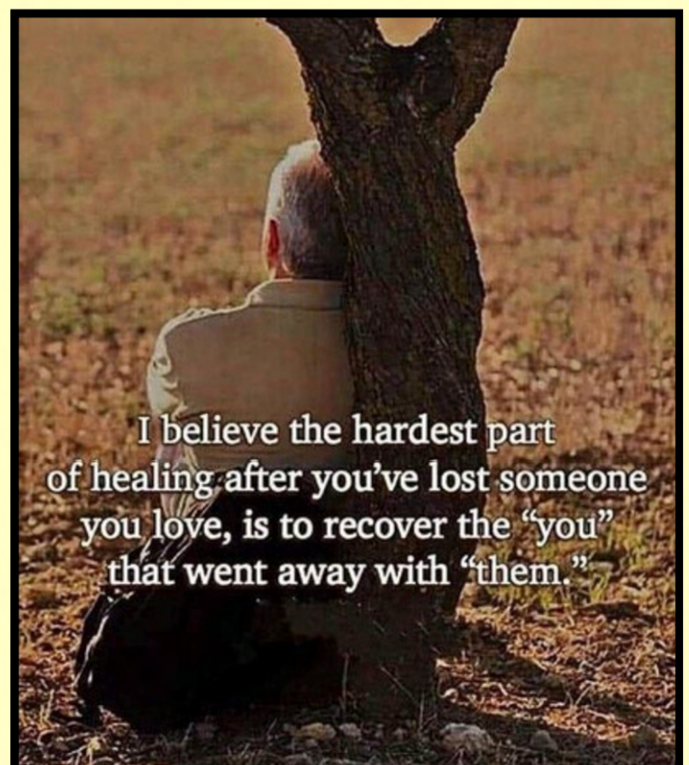
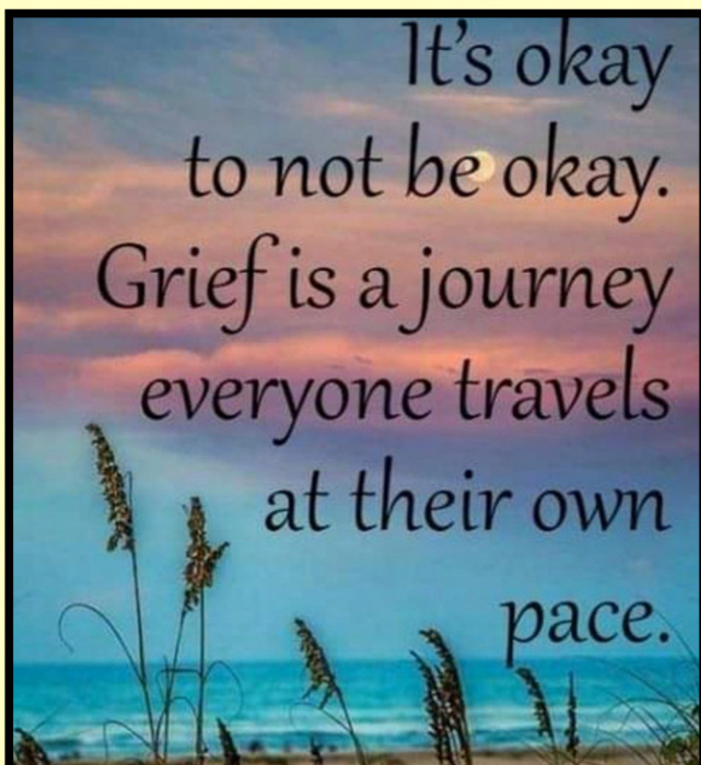
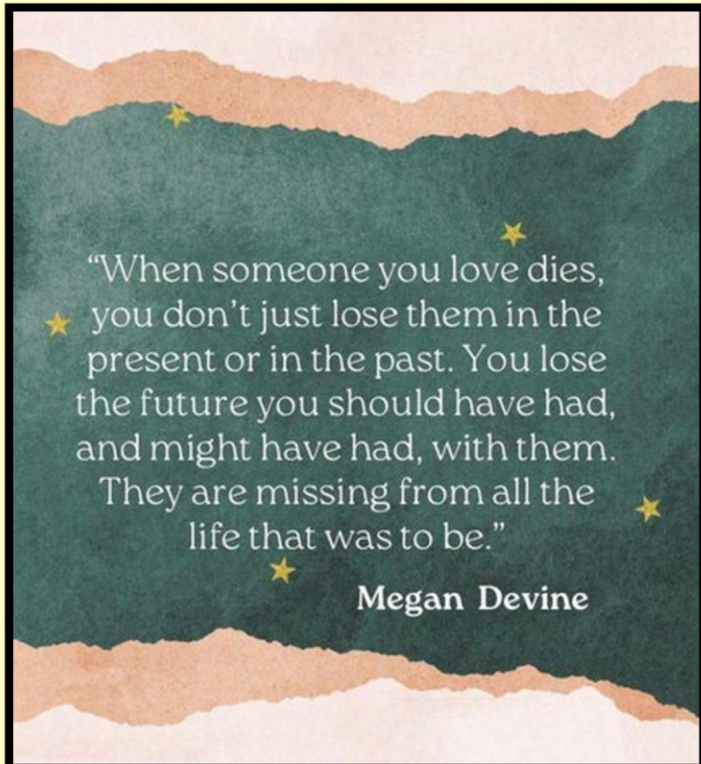
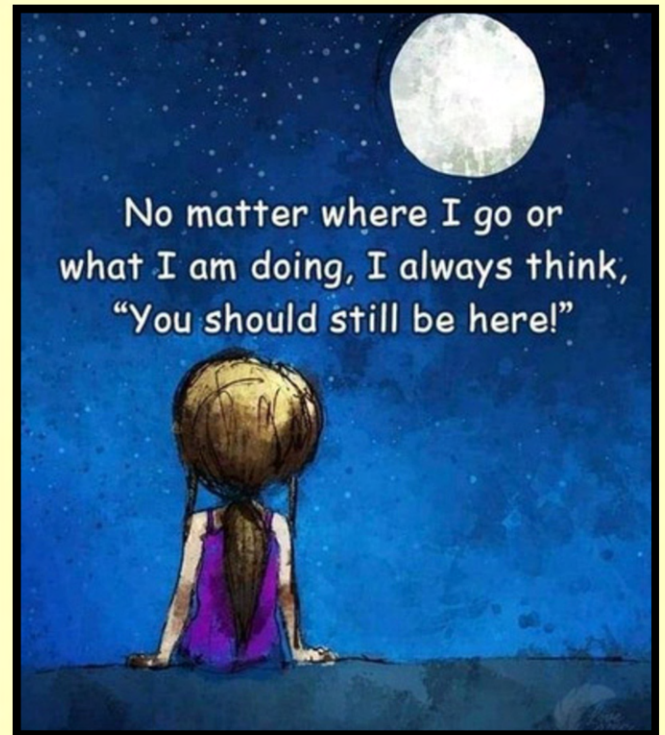
"I feel a little more like myself"

"I get so much pleasure out of coming, it's good to come and talk"

"An intimate, happy and private gathering"

"Sunshine and Shade is my life line"





Why its good to talk

Talking is profoundly beneficial for both our brain and body, serving as a vital mechanism for emotional regulation and healing. When intense feelings hijack the brain's amygdala, verbalising these emotions can significantly diminish its response, allowing logical thought to regain control and process experiences rather than being overwhelmed.

Research consistently shows that sharing negative emotions with trusted individuals reduces stress, strengthens the immune system, and prevents the unsustainable build-up of feelings that can become all-consuming. This is particularly crucial in grief, where expressing thoughts and emotions promotes cognitive restructuring and, as evidenced by the detrimental effects of isolation during events like Covid, is essential for avoiding unresolved bereavement.

Ultimately, acknowledging that "it's good to talk" provides an indispensable outlet for processing life's challenges, from everyday stressors to profound losses, ensuring emotional and psychological well-being.



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

A self care box

The benefits of being creative

Anxiety

Sleeping better

“You are Amazing”

“Moving forward”

Creating a scrap book in memory

Gratitude

**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





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/>



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

Sunshine and Shade is a
Community Interest Company

Company No
14590135



**DERBYSHIRE
VOLUNTARY
ACTION**

Helping
people help
communities