

Step-By-Step

support group



Here to support you socially



Freephone helpline: **0808 802 6161**



Webchat service: **crusescotland.org.uk**



Email: **support@crusescotland.org.uk**

One step at a time

We are a social group for people in Fife who have lost loved ones. If you feel isolated, lonely, or just want to stay busy, Step-By-Step is the perfect group for you.

You can meet new people, widen your social connections, and perhaps pursue common interests or practical concerns in a relaxed and friendly environment.

You don't have to talk about your loss

One reason people don't socialise as much after a bereavement is because they are uncomfortable talking about their loss.

At Step-By-Step, you don't have to talk about anything you don't want to.

You're simply here to connect with people and activities in your community.

You decide what to do

Our members decide what kind of activities and hobbies they want to pursue.

With the support of volunteers and a group coordinator, we'll make sure you can do the kind of things you want, from tea and biscuits to musical performances. It's up to you.

Turn over to continue.

**At one time or another,
everyone experiences grief**

For anyone, the loss of a loved one is an upsetting and confusing time.

There are many emotions that can accompany a bereavement, and often the whole experience can seem overwhelming.

For many people, the grieving process is also accompanied by a sense of loneliness. It is easy to become isolated when you've lost someone important.

**Don't let loss
take over your life**

Come along to make connections, start new hobbies, and move forward together.

For further information call **07432 635 406** or email **stepbystep@crusescotland.org.uk**





John's wife died in May 2000 following a medical procedure. After his counselling sessions, John was referred to the Cruse Scotland Kirkcaldy Step-By-Step support group in November 2017 and has been a member ever since.

"It has encouraged me to discuss my feelings in a supportive environment. Noone has laughed at me or said, 'are you making it up?'.

It is an honour to sit and listen to other stories, with supportive and heartfelt comments. What is most important is the complete honesty amongst the members.

We can also have a 'laugh and a joke' and it has been

good to take part in a range of activities.

Since joining Step-By-Step I have felt less lonely, it has been a breath of fresh air. I have changed for the better. I didn't know what to expect, it is part of the 'magic'. It feels upbeat and I look forward to going.

I have learned to listen more carefully without interrupting and to be more considerate of others."



Registered Office:

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Cruse Scotland is a company limited
by guarantee, no. SC218026 and a
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