

# Let's Talk About Loss

talking through the taboo



## Community Engagement Officer

**Let's Talk About Loss is delighted to be recruiting a part-time Community Engagement Officer to accelerate our growth and help us build strong foundations as an organisation.**

**Founded in 2018 and registered as a charity in 2021, Let's Talk About Loss is in a period of growth and development. We're looking for a passionate, hard-working, big dreamer who gets stuff done to help us ensure that no young griever grieves alone.**

# An introduction from the Director

Dear candidate,

Thank you for your interest in joining Let's Talk About Loss as our Community Engagement Officer. I'm so excited to be recruiting for this role and to be growing our team.

Since losing my mum in 2018, I've been passionate about ensuring that no young griever grieves alone, and I'm proud that Let's Talk About Loss now has over 35 meet ups providing safe, supportive, open and empowering spaces to talk about grief all over the UK.



This is a new role for the organisation and you'll be joining me to create a small but mighty team of two. We're looking for someone who can play a critical role in growing and improving our small charity, and I can't wait to learn from your skills and ideas and work with you to make Let's Talk About Loss as good as it can be.

I hope that the role inspires you, and if you would appreciate a chat before applying, I'd be happy to speak with you - please email me at [hello@letstalkaboutloss.org](mailto:hello@letstalkaboutloss.org).

Many thanks,

Beth French

Founder and Director, Let's Talk About Loss

# **Our vision:**

## **No young griever grieves alone.**

### **Our mission statements:**

- 1. Uniting young grieverers as one safe, supportive community**
- 2. Putting words to feelings so that people can express their grief**
- 3. Raising awareness of grief across society and tackling taboos**

### **Our values:**

#### **SAFE**

Our first commitment is always to keeping you safe. Talking about grief can be upsetting and triggering and all our Hosts have training to make sure that you feel comfortable at all times with us.

#### **OPEN**

Talking about loss is difficult at first, but being open and honest helps everyone feel stronger and better able to cope with their grief. We really value being open and it's why our meet ups are for everyone.

#### **SUPPORTIVE**

When we all feel safe and secure we are able to support each other. The beauty of peer support is that everyone, even your Hosts, know what grief is like and there is no judgement or awkwardness.

#### **EMPOWERING**

When we feel safe, when we are supported, and when we can be open, we are empowered. Let's Talk About Loss promotes empowering all young grieverers to express their grief however they want to.



# 2023 review

We'd love to share what we were up to in 2023, to give you a sense of the organisation and what you could be joining in with.

## General charity admin

Beth's capacity was increased to 0.4 FTE (2 days a week) from January 2023, which helped increase the output from Let's Talk About Loss. We had four excellent Trustee meetings, including an in-person away day in London in the summer.



## Meet ups

There were 155 meet ups in total throughout the year, which included 4 themed meet ups, 8 Students Talk About Loss meet ups, and 143 regular location-based meet ups.

Key developments this year included a document created called "themes and resources for meet ups" which included 38 themes that could be used as discussion topics / conversation starters at meet ups.

We increased the amount of training available to Hosts this year, with new training videos on suicide bereavement from Amelia Wighton, CEO of Suicide & Co, male grief from Daniel Wilsher, mental health campaigner, and a toolkit on being compassionate communities from Cruse Bereavement Support. Increasing training in a cost-effective manner remains a priority for 2024.

## Core projects

The Creative Writing About Loss group currently has 236 members in the Facebook group and members post their own writing as well as Bridget, the facilitator, posting prompts approximately every 2 weeks.



The Bereavement Book Club has continued this year and has 240 members in the Facebook group (an increase from 213 at the end of 2022). There have been more events organised by the facilitators this year, with 5 Zoom discussions organised.

Emma Foley has continued as a brilliant Blogs Assistant throughout 2023 and we have published 16 blogs throughout the year. A key focus for 2024 will be a reorganisation of the blogs, with more sections and themes so we can publish a wider variety of content, including film / book reviews, recipes, updates from the charity, case studies as well as blogs from young griever themselves.



This is Chrissie Huntley, our freelance Social Media Manager, who started in September 2023. Chrissie works 5 hours a week and will be a key relationship for the role of Community Engagement Officer. Chrissie oversees all the social media content creation and strategy for Let's Talk About Loss.

We hosted the Men Talk About Loss in-person event in November 2023. 21 guys gathered at the Lucky Saint pub in London to hear a panel discussion with Ben West and Shocka, and to connect and chat with each other. The feedback was overwhelmingly positive!



Finally, a key focus throughout 2023 has been our diversity, equity and inclusion work with Taz Rasul. Taz joined as a freelancer in January 2023 and has so far created an amazing inclusion guide entitled 'Doing justice to young griever in minority and marginalised groups'. We are delighted that in 2024, we will have funding to continue working with Taz and improving our equity, diversity and inclusion work.

## **Big achievements**

- We won a British Podcast Award! Persevering: Grief as Told by Young People, won the Editor's Choice Specialist Award at the BPAs.
- We welcomed Latoya Laryea and Elisha Matthews as new Trustees.
- We were selected as the charity partner for the short film Good Boy, which follows a young man as he grapples with grief, and was longlisted for an Oscar.
- Started a weekly email update with meet up details which has given another way for people to stay updated on our activities - just over 100 subscribers as of January 2024.

## **Challenges and learnings**

- As in 2023, the priority remains to focus on improvements to current meet ups rather than starting new groups.
- We have a data gap at Let's Talk About Loss, and we need to know more about who we are supporting. There are plans to address this during 2024 through the funding for inclusion work.
- We must focus on building diverse income streams in 2024, to build our financial resilience.

## **Just some of our plans for 2024**

- Website refresh, in particular adding more resources to the website
- Launch of our new Host Onboarding Journal
- Three 'Big Grief Meet Ups', in Coventry, Newcastle and Colchester
- An event for black and minority ethnic young grievers in Bristol, thanks to funding from Sir Robert McAlpine.

**We're so excited for 2024, and we would love you to join us on our journey. We hope to hear from you soon!**