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# THE NEW NORMAL

Charity No: 1187513



THE NEW NORMAL

*"If there is one,  
there is two..."*

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# OUR MISSION

We believe that nobody should ever feel isolated, and there is always somebody who will relate to your story.

The New Normal provides space for adults who are struggling with life's difficult moments, particularly bereavement, to discuss these issues through non-judgmental peer to peer group support.

Our aim is provide free and accessible grief support for all, and to open up, and expand, these important conversations.

## THE NEW NORMAL

# 03 OUR HISTORY



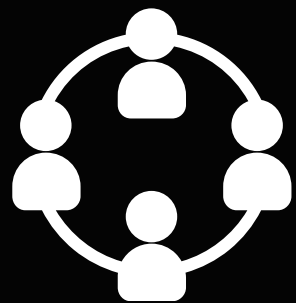
The New Normal was founded when Ben and Jack, two friends who had both lost their fathers, wanted to share and expand their conversations around grief with others who were experiencing loss.

In May 2018, they hosted the first Good Grief peer support meeting in central London. Since then, our meetings have grown in ways we could never have imagined.

Since that first meeting, and only 3 years since we became a charity, The New Normal have delivered over 1,000 meetings with more than 9,250 attendances around the world!

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## OUR SERVICES



We provide free grief and mental health peer support meetings for a range of experiences, communities and identities.

Peer support is a format that The New Normal Charity has proudly adopted from its inception. We feel that one of the best forms of therapy is to talk to others with similar life experiences.

We hold 25-30 meetings per month, both in person and virtually; all of which are entirely free and open to all.



# THE NEW NORMAL

Our meetings have grown to include dedicated spaces for LGBTQ+, black and brown, students, complicated grief, and partner loss. There's also our mental health spaces for those who identify as men, women, 40+, and our peer support run and cycle sessions.

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# OUR MEETINGS



THE NEW NORMAL

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**OUR**  
**IMPACT**  
2018-2023\*

**1,006**

Meetings Provided

**9,292**

Participant Attendances

**90,946**

Total Meeting Minutes

\*May 2018-Oct 2023

THE NEW NORMAL

Meetings  
Provided

Participant  
Attendances

Total Meeting  
Minutes

286

2,735

25,005

Volunteers

Countries  
Attendees From

Meeting  
Spaces

123

24

20

07

# OUR IMPACT

## 2023

\*UK, Hong Kong & Americas

THE NEW NORMAL



“

I find the sessions are an important part of my life, not only to talk but also to simply listen to others in the group. The safe space provided by TNN has had a positive effect on my own mental health.

- Paul, Boys Talk Attendee

It's helped me feel like I have a network of support even if those people aren't with me in person. This has created an enormous sense of relief and safety.

- Attendee of 100+ meetings

I honestly don't know if I'd even be around if it wasn't for the care and understanding of the meetings.

- Attendee of 20+ meetings

”

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# ATTENDEE STORIES



THE NEW NORMAL

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# ATTENDEE STORIES



“ Before TNN, I didn't know where to put my grief because I couldn't speak to friends and family, I felt no one really understood. Being able to just decide when you want to be a host and part of this community allows the grief to be a healthy part of you.

- Helen, Black & Brown Good Grief Host



Good Grief and TNN have given me the space to breathe, untangle myself from the mess of grief and to feel well, mentally, whilst navigating the deaths of my loved ones and my life afterwards. It helps me ground, and grow. It has given me love and support.

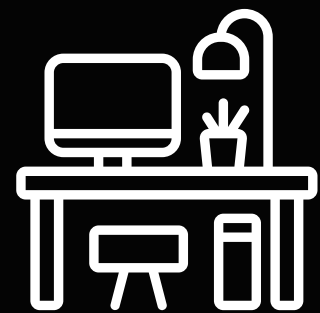
- Sam, Good Grief Attendee

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THE NEW NORMAL

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# WORKPLACE TRAINING



EMPOWER your organisation with the transformative power of compassionate community. TNN brings you a unique opportunity to foster empathy, vulnerability, and openness within your workforce.

Our bespoke training program paves the way for a new workplace culture where authenticity flourishes and well-being is centred.

Our training adapts seamlessly to various industries, every workplace can benefit from compassionate communities.

Connect with Ben to arrange a quick 15-minute call. Elevate your workplace culture – let's create compassionate communities together.

## THE NEW NORMAL

**£2.52**

gives an individual access to one peer support meeting to help them work through their grief or trauma.

**£10.08**

gives an individual access to a month of peer support meetings.

**£50.41**

allows two trained facilitators to deliver one peer support meeting, reaching up to 20\* people.

**£658**

allows one volunteer facilitator to be trained and support to deliver meetings for one year, reaching up to 520\* people per year.

# FUNDRAISING

## THE NEW NORMAL

The future is looking bright for The New Normal!

We continue to grow in response to the clear need for our services.

The focus of the charity has always been on the persons, and communities, that use our meeting spaces, and they will remain our priority as we work to ensure sustainable growth and appropriate development.

Our core vision for the future is that everyone who wants to can access free, non-judgemental peer support, regardless of location, language or timezone.



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# OUR FUTURE

# GOALS

## 2024

ALL

**Timezones Accessible**

All timezones across the world

30

**Meetings Per Month**

Across all of our meetings and locations

5,000

**Participant Attendances**

Attendances at meetings, sharing spaces and events

**Countries Founded In**

United Kingdom, Hong Kong & North America

**Meetings in Languages**

English, Cantonese, French & Spanish

**Meeting Types**

Spaces for specific experiences and identities

**Meeting Facilitators**

Persons trained to facilitate meetings

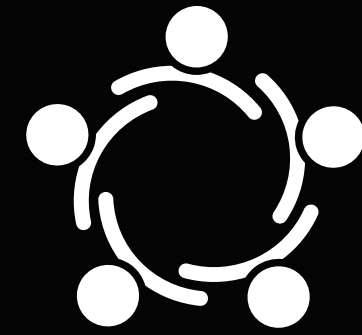
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23

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We are always looking for ways to partner with other companies, institutions, charities, and individuals who share our goals.

The charity believes that we have a much better chance to change the world by consciously working together, than any one organisation can alone.

If you like what we are doing, and you feel we align, we would love to hear from you.

# GET INVOLVED

THE NEW NORMAL



**BENJAMIN MAY**

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# LEADERSHIP TEAM

THE NEW NORMAL



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# LEADERSHIP TEAM



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# CONTACT US



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