



WELCOME TO OUR Newsletter Sunshine and Shade



During the pandemic of 2020/21 it highlighted to me, how little opportunity exists for conversations about life, loss and grief outside of people's own circle of support and this in turn reflects our inadequate response to death and grief. Sunshine and Shade commenced in September 2021 and has made a positive difference too many, opening a much needed and vital door

We now have four peer support groups operating in and around Chesterfield, we are friendly groups of people who openly share our thoughts and feelings, finding a path through our individual and unique journeys through grief

**I have some wonderful volunteer facilitators who I am incredibly grateful to
Linda-Lori-Linda-Gail-Lorraine-Kathie-Paula**

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

**The Community Intreast Company is supported by
Derbyshire Voluntary Action and the Feeling Connected Project**

**It's been a busy and rewarding summer and
our highlights are on the pages that follow**

**If you would like to be involved in any way
do not hesitate to get in touch**

#itsgoodtotalk

Rachel
x



A Cathartic Combination

We are thrilled to announce a new partnership between Heartspeak by Paula and Sunshine and Shade! This collaboration has been made possible thanks to a generous funding allocation from Rykneld Homes. With this support, Paula will now be able to offer subsidised sessions for both group members and volunteers.



This exciting development marks a significant step forward in our shared mission to provide valuable services to our community. We can't wait to see the positive impact this partnership will have on all involved.

We extend our sincere gratitude to Rykneld Homes for their invaluable support. We eagerly anticipate the opportunity to provide confidential one-on-one support sessions for both our members and dedicated volunteers, fostering positive changes toward improved well-being.



**For further details
contact**



pauladealtry@icloud.com

07786987211

or

Rachel Snowball

[hello@sunshine and shade.org.uk](mailto:hello@sunshineandshade.org.uk)

07561197972



Just for you



**Exclusively designed blank cards
£5.00 for all 4 all proceeds to
Sunshine and Shade
Just get in touch**



Participants of



Sunshine and Shade was pleased to run a well recieved workshop "Making a self care box"

**A GREAT DAY OF
PROFESSIONAL
NETWORKING
AND MAKING
COMMUNITY
CONNECTIONS**



Press Release

Memorial Garden News

Memories are vitally important, yet often a neglected area of grief. Honouring the dead can be done privately or publically, many find it comforting to go to places that have value, this is why we are creating in the heart of Grassmoor, a memorial garden for the use of the community and community groups, a place which brings people together to remember, to take pride in their local community, a place to honour and pay tribute to love ones in a natural outdoor space which also celebrates life and living.

Working in Partnership Grassmoor Community Venues and Sunshine and Shade, invite you to two open events

Sunday June 2nd , a planting afternoon 1- 5pm

Sunday June 30th , a celebration of the memorial garden and a memorial ceremony 1-5pm

We have two

Grassmoor, Hasland and Winsick Parish Council, have given permission for Grassmoor Community Venues and Sunshine and Shade to develop a memorial garden in the substantial raised beds which surround the New Pavilion in Barnes Park. The beds have been cleared of 6-8 tons of garden waste by a team of local volunteers. Some of the beds will be for designated for Community Groups; Rainbows, Blend youth project, craft club and the Methodist church have requested reserved beds, for their exclusive use. The very large area to the front being reserved for the local population, already there are 17 members of the community wanting to plant here. The gardens will be tended to by volunteers from the local community and overseen by Grassmoor Venues. The project covers every generation of local community.

The Parish Council and Grassmoor events and Sunshine and Shade recognise that outside of plants other memorabilia placed in the garden may be subject sadly to theft or vandalism, but the name of a loved one is incredibly important, which is why to run long side the garden we want to develop a remembrance book which will sit in Grassmoor Community Centre honouring lost loved ones and be on permanent display.

This will be supported by Clay Cross Art Group in respect of calligraphy and presentation.

An Annual memorial event managed by Grassmoor Community Events and Sunshine and Shade will run from the New Pavilion a celebration of their loved ones, of the garden and of the community. Grassmoor community memorial gardens will be a space where you can plant a favourite flower or plant, a place where people can sit in their community to commune with nature and their memories; its important, as remembering well can help a griever develop positive perspectives, opening up possible ways to move forward after loss.

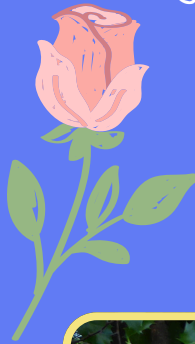


Grassmoor Community Gardens

Planting event 2nd June 2024



“MY GRANDAD WOULD HAVE LOVED THIS, HE DID SO MUCH FOR THE COMMUNITY AND NOW THE COMMUNITY HAS GIVEN HIM A PLACE TO BELONG”



“We are hoping that by planting in remembrance of much loved grandparents this area is protected and preserved”



“This is good for the community”

“A wonderful day”

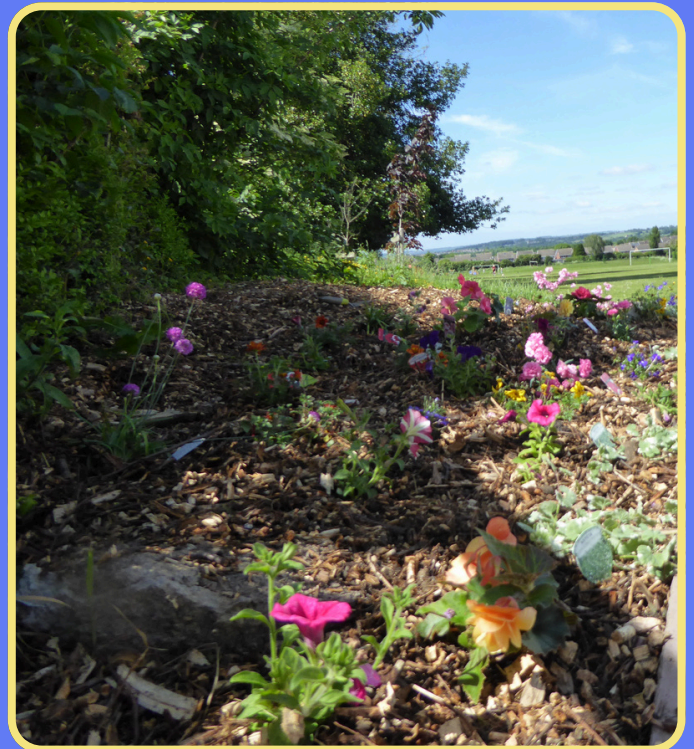




worm ?



“It has somehow
made memories
more accessible”



“I DIDN'T KNOW WHAT
TO EXPECT, IT'S BEEN
A WONDERFUL DAY,
VERY WELL ORGANISED,
IT HAS BROUGHT MANY
PEOPLE TOGETHER”



“I am so proud to
be here,
I am so proud to
plant”





Many thanks to
Chesterfield Changemakers
 for this opportunity to Pitch
 The event raised £200.00



Sunshine
 and Shade
 Jam sale
 raised





You are invited to attend

GRASSMOOR COMMUNITY & MEMORIAL GARDENS

Open Day Celebrations

**GRASSMOOR COMMUNITY PAVILION
JUNE 30TH
1-5PM**

All Welcome to attend



**BARNES PARK
GRASSMOOR
S42 5DL**





The well attended Open Day was a resounding success and we look forward to hosting an community annual memorial event



Sunshine and Shade

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

for more details and a welcome pack

This year some of our groups discussions have been focused on

Why its good to talk

Secondary loss

The benefits of being creative

Devising a self care checklist

NLP and Mindfulness with speaker Jane Wragg NLP Life Coach

The physical and mental symptoms of grief explored

Heartspeak by Paula with speaker Paula Dealtry

A self care box explored

And many sessions where we share stories and anidotes of those we love

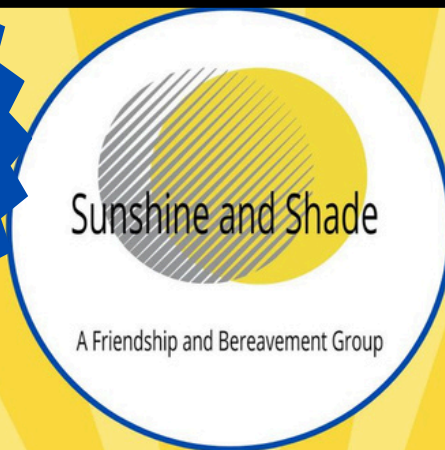
#itsgoodtotalk



A couple of this years
projects have been
sponsored by



- 1 - Connect
- 2 - Get active
- 3 - Take notice
- 4 - Learn
- 5 - Give

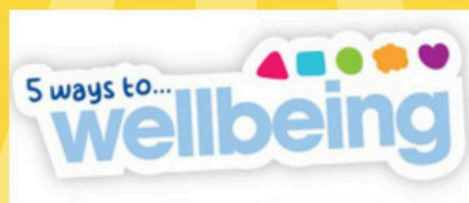


**Sunshine and Shade are delivering workshops
on loss
and
exploring coping and healing strategies**

**on
Monday 8th July 4.30pm - 8pm
and**

**Wednesday 13th November 1.30pm - 5pm
at**

**Clay Cross Social Centre, Market St,
Clay Cross, Chesterfield S45 9JE**



#its good to talk

Workshop Feedback

The workshop in June was not well attended but this did not detract from the invaluable information which was presented

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."

THANK YOU



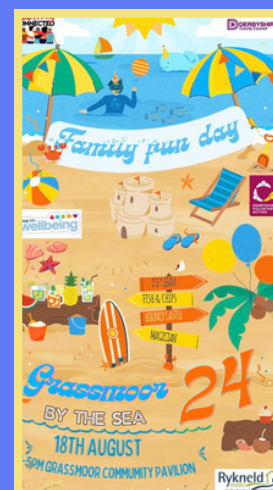
Thank You to the Old Tupton Methodist Church for the warmest of welcome and for raising

£145.75

Special thanks to Andrew Bradley who has been a constant champion and advocate of Sunshine and Shade

We are incredibly grateful

Creative Partnerships Sunshine and Shade joins the Clay Cross Art Group's Exhibition and Art Sale



"A FANTASTIC DAY"



**I look forward to being able to feedback about the success of
Heartspeak by Paula
The ongoing Workshops and The Grassmoor Memorial Book
in our next newsletter**

As well as new projects and community events

**Sunshine and Shade is developing into a unique
Grassroots Community Intreast Company
which holds at its heart a healing, caring space for those
who have love and lost
We are here for you
and never forget**

#itsgoodtotalk

Rachel



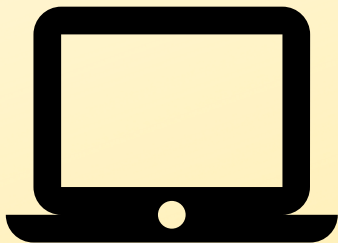
Contact Details

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**

