

The Good Grief Fair



On Wednesday 28th February, a grief support event, called the Good Grief Fair, was held at Wellingborough Library.

Community Involvement Officer, Lorraine Gibson attended to support the event and learn what support our partners and local agencies offer to those experiencing grief from the loss of a loved one.



February's event was the first of its kind in Wellingborough and was successful enough that Wellingborough Library are hoping to repeat events like this in the future.

The purpose of the event was to inform the public about what support is available in the community, particularly via Wellingborough Library.

There were speakers and poets that shared different experiences of grief.

These included Hindu community leaders who spoke about grief from the perspective of their religion and the 13 days of mourning which happens after a passing.

Myrle from the local community art organisation, Many With Many read a poem and spoke about how art therapy is one of the tools people often turn to as therapy for grief.

Cheryl Armatrading, a local resident, Greatwell Homes Board member, and Managing Director of the Antoin Akpom Achievements Foundation spoke about her experience of grief after losing someone close.

Quinton Green from Music Mentoring Arts and Poetry Workshop shared a poem for a young life that was sadly taken due to knife crime in Wellingborough.



Some organisations including Made With Many and the Never Alone project also set up stations at the event with information and activities to help attendees learn how they can process their grief and obtain support where needed.

For more information about future events please contact Wellingborough Library.

For support on grief please contact the Never Alone Foundation on hello@tnap.co.uk or 01933 588009.