



Grief Retreat

A restorative weekend retreat for people bereaved by suicide providing grief support, psycho-education and wellbeing.

Hosted by Suicide&Co with The Grief Gang at [The Falcon](#),
Castle Ashby, Northampton, NN7 1LF

Friday 11th October - Sunday 13th October

**Prices per person range from £460 - £710 per person
varying on the type of room, payment plans are available**

Prices include 2 nights accommodation, all meals (2 breakfasts, 3 lunches, 2 dinners, daily tea breaks), talks and grief sessions.

We are welcoming people who are bereaved by suicide, families, couples and individuals if supported by a friend or family member. This retreat is for adults only (+18).

When we created our enquiry form the majority of those interested were bereaved between 2018-2023 and there was a complete range of relationship types to the person they've lost.

There are limited dog friendly rooms.



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Meet your facilitators

The weekend will be hosted by a team of professionals in this space giving you access to a broad set of experience and expertise. It's also worth noting that we will have several Suicide Bereavement Advisors and Counsellors from the Suicide&Co team as well to create a really supportive environment.



Suicide&Co's Co-Founders - Emma & Amelia

Suicide&Co started in July 2020 with our co-founders, Amelia and Emma, who both lost a parent to suicide. With their entrepreneurial spirit and empathetic nature, this double act is determined to do things differently; providing the support needed whilst also opening up the conversation and addressing the stigma.

The Grief Gang Founder - Amber

Amber Jeffrey is a celebrated podcast host, online community facilitator, grief mentor and consultant. Her work & podcast, The Grief Gang, specialises in breaking down the topic that is grief one conversation at a time. By sharing her own experiences of loss as well as the stories of others on both her show and online platforms. Amber thrives off these conversations and enjoys peeling back the layers and the nuances of grief.



Lady Tracy Northampton

Lady Tracy Northampton and her husband Lord Spencer Northampton own The Falcon and Tracy has lived experience of suicide loss within her family. Tracy is a UKCP and BACP Accredited Psychotherapist with a Master's Degree in Humanistic and Integrative Psychotherapy (Clinical). A clinical supervisor and training therapist with over 30 years of experience in mental health, working in various clinical settings. In addition to being in private practice in London since 1992, Tracy has been a patron of The Body Dysmorphic Disorder Foundation since 2020 and is a registered yoga teacher.



Meet your facilitators

We will be hosting grief circles in small groups of about 5 people and all of the facilitators named here and across our internal team at Suicide&Co will be facilitating these groups.



Josh Dickson - Resurface

Josh is the founder of Resurface and a Positive Psychologist, an accredited EMDR Consultant. He is the clinical director of the Resurface programme. He has been working in private practice and has a special interest in treating trauma and promoting positive psychology. He is an experienced group facilitator, lecturer and public speaker. Josh has recently finished training with The Flow Research Collective and continues to be active in research around flow states, trauma and recovery.

Kristine Steffenak - Resurface

Kristine is the co-founder of Resurface. She is a medical doctor with experience as both a GP, emergency medicine and Obstetrics/Gyneacology, working in both the UK and Norway. Kristine is also a RYT-500 yoga teacher. In June 2020 she completed her Power Yoga training with the London Power Yoga Company. She recently completed her 300 hours TCTSY (trauma sensitive yoga) facilitation training with the Trauma Centre, Brookline, Massachusetts.



Lou Lebentz - The Voyage

A highly respected and globally renowned therapist, trauma clinician, and speaker, Lou Lebentz has worked in recovery for over 20 years and is the creator of "The Voyage," a revolutionary online trauma treatment and training program. Lou is the creator and founder of "Trauma Thrivers," a thriving Facebook community and podcast for those interested in trauma healing. Lou started her journey at the Priory Hospital, where she worked for over a decade. Lou's lifelong mission is to ensure people, groups, and organizations become trauma-informed.





Weekend schedule

Please be aware that there might be slight changes to this. Nothing is mandatory and for activities at the same time you can choose what you'd like to attend.

Friday

- 11:30 - 12:00 - Arrival
- 12:00 - 12:30 - Welcome, meet your facilitators
- 12:30 - 13:15 - Guided Walk
- 13:15 - 14:30 - Lunch
- 14:30 - 15:15 - Check into bedrooms
- 15:15 - 16:45 - Self-Care Workshop
- 16:45 - 17:15 - Tea
- 17:15 - 18:15 - Grief Circles
- 18:30 - 19:30 - Trauma Informed Yoga
- 18:30 - 19:30 - Sound Bath
- 19:00 - 21:00 - Dinner
- 21:00 - 23:00 - Film Screening



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Saturday

07:00 - 08:00 - Supervised Open Water Swimming

07:00 - 08:00 - Trauma Informed Yoga

08:00 - 10:00 - Breakfast

09:30 - 10:30 - Guided walk

09:30 - 10:30 - Guided walk

10:30 - 12:30 - Workshop with Resurface

12:30 - 14:00 - Lunch

14:00 - 16:00 - Workshop and Grief Circles

16:00 - 16:30 - Tea

16:30 - 18:30 - Free time / Treatments

18:30 - 19:30 - Trauma Informed Yoga

18:30 - 19:30 - Sound Bath

19:00 - 21:00 - Dinner

21:00 - 23:00 - Film Screening



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Sunday

07:00 - 08:00 - Supervised Open Water Swimming

07:00 - 08:00 - Trauma Informed Yoga

08:00 - 10:00 - Breakfast

09:00 - 10:00 - Guided Walk

10:00 - 10:30 - Check out

10:30 - 12:30 - Workshop with Lou Lebentz

12:30 - 14:00 - Lunch

14:00 - Farewells

Activities like Open Water Swimming and Yoga are booked at the reception upon arrival included in the overall price. There may be extras like access to massages, counselling and treatments which will be paid for on top.

All meals are communal as we eat together, creating a community of support across the weekend. There is however plenty of time for private restoration and processing.

Please note this retreat is not a therapeutic intervention, it is instead a chance to learn, connect with others and prioritise self-care and rest.



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