**THE GOOD GRIEF PROJECT**

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ACTIVE GRIEF WEEKENDS

9th – 11th MAY & 19th – 21st SEPTEMBER 2025

**BLACKADON FARM on Dartmoor**

**Weekend retreats designed especially for and by bereaved parents and siblings**

 **REGISTRATION FORM (Inc. application for grant from THE RAINY DAY TRUST**

*We are pleased to invite you to join us for one of our ACTIVE GRIEF WEEKENDS at Blackadon Farm on Dartmoor in 2025. Prices start from £250 per person (double occupancy) and include accommodation, full board, attendance to all sessions and more. Please complete this form only if you are applying for a* ***FULL GRANT*** *from* ***THE RAINY DAY TRUST****.*

**ABOUT YOU :**

|  |  |
| --- | --- |
| Your Name: | Address (inc Postcode): |
| Email: |
| Phone number: | Your age: |
| Your occupation (optional)  |

**2ND ATTENDEE :**

|  |  |
| --- | --- |
| Name: | Address (inc Postcode): |
| Email: |
| Phone number: | Age: |
| Occupation (optional)  |

**ABOUT YOUR CHILD/ren or sibling:**

|  |
| --- |
| Name/s of your child/ren or sibling |
| Date/s of death:  | Age/s at death: |
| Cause/s of Death  |
| Your relation to them: |
| Is this/are these your only child/ren or siblings? |

**PREFERRED WEEKEND:** please tick

|  |  |
| --- | --- |
| 9th-11th May 2025 |  |
| 19th – 21st September 2025 |  |

**We will be using these details to complete your identity tag as follows:**

**ACTIVE GRIEF WEEKEND**

Manifold Farm MAY 2022

**YOUR NAME**

**Remembering**

**YOUR CHILDS NAME**

**THE GOOD GRIEF PROJECT**

**ABOUT THE WEEKEND :**

*The weekend is about encouraging an active as well as creative approach to grief. We want you to be inspired to find new ways of expressing your grief. There will be three workshops for you to take part in – photography, creative writing and physical activity. All these sessions will include elements of mindfulness. There is no requirement for any previous experience in any of these disciplines.*

Please tell us which activities you are most looking forward to ?

(please mark with X 5 = a lot , 1 = not at all)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Photography | 5  | 4 | 3 | 2 | 1 |
| Active physical | 5 | 4 | 3 | 2 | 1 |
| Creative Writing | 5 | 4 | 3 | 2 | 1 |
| Mindfulness | 5 | 4 | 3 | 2 | 1 |

Do you have any particular skills or interests that you feel are relevant to attending the ACTIVE GRIEF WEEKEND ?

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How do you think you will benefit from attending the ACTIVE GRIEF WEEKEND ?

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**MORE ABOUT THE WEEKEND:**

**For the PHOTOGRAPHY WORKSHOP:**

Please let us know which type of camera you will be using (mark any with X):

|  |  |  |
| --- | --- | --- |
| **MOBILE PHONE :**  | **COMPACT :**  | **Digital SLR :**  |

**For the PHYSICAL ACTIVITY WORKSHOP:**

Please offer a rough indication of your fitness levels (mark with X one box only)

|  |  |
| --- | --- |
| **1 – Very low** (example - I can become out of breath from walking / climbing stairs) |  |
| **2 – Below average**  |  |
| **3 – Moderate** (example - I can withstand running or other cardio vascular exercise for more than 10 – 20 minutes) |  |
| **4 – Higher than average** |  |
| **5 – Very high** (example - I complete fitness based activity regularly and at a high intensity) |  |

Please offer a rough indication of how much exercise you currently do (mark with X one box only)

|  |  |
| --- | --- |
| **1 – 0 to 20 minutes per week** |  |
| **2 – 20 minutes to 1 hour per week** |  |
| **3 – 1 hour to 3 hours per week** |  |
| **4 – 3 hours – 5 hours per week** |  |
| **5 – 5 hours or more per week** |  |

Please list the types of exercise you currently do.

|  |
| --- |
|  |

**BOOKING** **:**

*The* ***ACTIVE GRIEF WEEKEND*** *is a residential weekend – arriving at 4 pm on Friday leaving on Sunday after lunch. The weekend is full board and all meals are included.*

*Blackadon Farm offers flexibility of twins and double beds. The fee for the weekend is £250 per person for double occupancy or £300 per person for single occupancy.*

SEE BELOW if you are applying for a FULL GRANT from THE RAINY DAY TRUST

Please indicate how many places you require (max 2 people):

|  |  |
| --- | --- |
| **Twin/Double** (£250 per person) |  |
| **Single** (£300 per person) |  |

|  |  |  |
| --- | --- | --- |
| Can you afford the full cost of the weekend?  | **YES** | **NO** |
| Would you like to apply for grant from The Rainy Day Trust ? | **YES** | **NO** |

Please complete the form on the next page – this section will be forwarded to THE RAINY DAY TRUST for approval. There is nothing to pay now. Applications are invited from anyone (including a partner) who

1. has worked within the DIY, builders merchant, hardware or housewares industries for at least one year.
2. Has a household income of less that £25,000 per annum
3. Has less than £10,000 in personal savings

**If you do not meet these criteria please** [**return to our website**](https://thegoodgriefproject.co.uk/active/) **and download the standard registration form**

Do you have any special dietary requirements?

|  |
| --- |
|  |

Do you have any mobility requirements?

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| --- | --- | --- |
| Our welcome packs will include a list of all attendees – are you happy to have your email address included? | **YES** | **NO** |



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| **THE GOOD GRIEF PROJECT RETREAT APPLICATION FORM** |
| **PERSONAL INFORMATION** |
| Name: |
| Date of Birth: | Marital Status: |
| Current Address: | Tel No | Mobile No |
|  |
| **EVENT TO BE ATTENDED** |
| Event name: | ACTIVE GRIEF WEEKEND |
| Event location: | BLACKADON FARM (Dartmoor) |
| Event date: | 9th – 11th May 2025 or 19th – 21st September 2025 |
| Number of people attending: |  |
| **Conditions of Application**. The Good Grief Project Retreat application is a one-off grant for parents who have lost a child and wish to attend an event organised by TGGP. Payments will be made direct to TGGP. In order to qualify for a Rainy Day Trust grant to pay for the retreat, applicants must have worked in the home improvement industry for at least 1 year in any of the following sectors in any role: builders' merchant, DIY, hardware, housewares including potteries, glass, cookware and bakeware, garden centres and nurseries, or soft furnishings and floor coverings. The grant is for a max of 2 people to attend the retreat. |
| I declare that I have read and understood the Conditions of Application above, and that I meet the following eligibility criteria:**a. My/our household income is less than £25,000 per annum,****b. I/we have less than £10,000 in personal savings,**  **c. I, or my partner, have worked within the DIY, builders merchant, hardware or housewares industries for at least one year.** |
| Signed Main Applicant: | date |
| Signed Partner *(if applicable)* | date |
| **DATA PROTECTION STATEMENT***please tick the applicable boxes below.* |
|

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| --- | --- | --- |
|  |  |  |

I authorise Rainy Day Trust to hold and process my data as part of the assessment process for my grant.  |  |
| I authorise Connect Assist as Rainy Day Trust's casework provider to hold and process my data. |  |
| I authorise Rainy Day Trust to share my data with the Good Grief Project as part of the application process.  |  |
| I authorise Rainy Day Trust to hold my data for the purpose on informing me of other services and support that they may be able to offer me. |  |
| *I recognise that I may withdraw my consent for Rainy Day Trust to hold my data at any point. I recognise that I may exert my right "to be forgotten" at any point. I recognise that I may request to see any and all information held on me at any time by submitting a 'Subject Access Request' and that if I believe that any of the information held on me is incorrect, I have the right to have it corrected immediately. I also recognise that I can contact the Information Commissioner's Office if I believe that my data is not being held, processed or stored correctly.*  **The Rainy Day Trust is a registered charity. Charity Number: 1170878.** |

**WHAT TO DO NOW :**

If you have completed the form digitally – please SAVE AS adding your name like this – AGW2025RDTREG(your name).docx and return as an attachment to the following email – info@thegoodgriefproject.co.uk

If you have printed and completed the form in long hand – please either scan and return as above or mail to: **Active Grief Weekends**

**THE GOOD GRIEF PROJECT**

**3 Rowes Farm Barns**

**Stoke Gabriel, Totness**

**DEVON TQ9 6RT**

**Cancellations**

If you want tocancel your booking please let us know at the latest one month before the event and we will refund your payment, less a £25 admin fee. After this date, we are sorry but our charity is unable to offer any refunds.

[**For more about THE GOOD GRIEF PROJECT please click here**](https://thegoodgriefproject.co.uk/)