

SOUTHBANK CENTRE

Grief Rave

Sun 3 Aug 2025, 1pm
Riverside Terrace, Level 2

Hey you,

Thank you for interacting with our online resources, we hope that wherever you are, and however you're feeling that you're doing okay, and if you're not, we hope you can have some space to look after yourself. We've put the below resource list together to inspire, connect and signpost you to free content that might be helpful for you. We can't be responsible for all of the content on the below suggestions; some of it might resonate and others might not. We're sending you loads of love and hope that some of this might help to lift you or to find some solace, hope or joy wherever you find yourself.

Go gently,
Carly & Team, The Loss Project

Movement-based online workshops

Zumba: youtube.com/watch?v=mZeFvX3ALKY

10-minute morning yoga: youtu.be/VaoV1PrYft4

Flow dance meditation:
youtube.com/watch?v=dveqedfKNOo

Guided dance meditation for emotional release:
youtube.com/watch?v=KRYks99Y9Qc

10-minute ecstatic dance routine:
youtube.com/watch?v=sqe_AoQb3Q0

15-minute hip-hop dance routine:
youtube.com/watch?v=sgr652RjMGo

Release: Box Your Grief Out: Contact Carly at The Loss Project for in-person and online sessions.

Grief mixtapes and playlists: Check out the DISCOTECA 'playlists for interesting times'

In the run up to the DISCOTECA's arrival in the UK, we have invited artists, thinkers, writers and makers to develop 'playlists for these interesting times'. Guests include Paul Gorman, Raissa Pardini, Lara Haworth, Timothy Wang, Agnes Haus, Dorothy, Harris Elliott and Linett Kamala. Access here:
https://linktr.ee/anniefrostnicholson?utm_source=linktree_profile_share&itsid=ddf474d1-70cf-402e-b658-d73699657bb6

Tune into the archive of Annie Frost Nicholson's *Grief Mixtapes* on Soho Radio, inviting artists to share their most intimate playlists to open up the ever-expanding conversation around love and loss:
sohoriolondon.com/?s=the+grief+mixtape

And as part of the Discoteca installation, musician Rom Boyd has developed an EP, called *Dancing On Borrowed Time*, complete with a limited edition vinyl. Listen to the EP here:
https://open.spotify.com/album/6dMvgudGOVEDT3ON4Pxvlg?si=mWXnHo_bT4ydxOjnCMFypg

Blogs

A blog about grief:

thelossproject.com/post/guest-blog-dear-you-a-letter-about-grief-by-emma-russ

The Vertelle Project – connecting women and nature:

vertelle.co.uk/blog

LGBT Health & Wellbeing: lgbthealth.org.uk/blog

Young Minds: youngminds.org.uk/young-person/blog

Black Minds Matters:

blackmindsmatteruk.com/black-thoughts-matter

Unwanted Life: unwantedlife.me

If you'd like to write a piece about your experience of the Skip, then please email Carly:

hello@thelossproject.com

Podcasts

Feel Better, Live More:

drchatterjee.com/blog/category/podcast

The Grief Gang:

podcasts.apple.com/gb/podcast/the-grief-gang/id1489821860

Grief Cast: cariadlloyd.com/griefcast

Insane In The Men Brain:

play.acast.com/s/insaneinthemenbrain

Free resources to access

Collage workshop: vimeo.com/671898272

Zine-making workshop: vimeo.com/671895220

Collage memorial workshop:

thelossproject.com/product-page/colours-of-loss-workshop-pre-recorded

The Grief Compass, a reflective journal around grief and loss:

thelossproject.com/product-page/the-grief-compass

Epistle poem-writing structure for grief:

thelossproject.com/product-page/epistle-poem-a-writing-structure-for-grief

The Long Lost Year resource pack, creative activities exploring loss and hope:

localtrust.org.uk/wp-content/uploads/2022/01/The-Long-Lost-Year-resource-pack-2022.pdf

If you're needing a bit of extra help, there's lots of places you can look at:

General mental health support

Samaritans: call for free 116 123 or samaritans.org

Mind:

mind.org.uk/information-support/guides-to-support-and-services/

Online therapy app: betterhelp.com/get-started

Grief and loss support

Untangle, online grief support: untanglegrief.com

Grief Case, sharing stories of grief:

instagram.com/thegriefcase

The Good Grief Trust: thegoodgrieftrust.org

Supporting young people with grief:

letstalkaboutloss.org

Cruse bereavement support: cruse.org.uk

Muslim Youth Helpline: myh.org.uk

Jewish Bereavement Counselling Service:

jbc.org.uk

Survivors of Bereavement by Suicide: uksobs.org

Supporting children with grief:

childhoodbereavementnetwork.org.uk

Black & minoritised communities support:

ubele.org/our-work/bamestream