

---

# About us

---

Welcome to Eden's Trust, a charity founded by Elli Galvani following the sudden and tragic death of her beautiful daughter Eden at the age of six. Elli acknowledged that there was a lack of services for people who really 'knew' what she could possibly be feeling while she grieved for her daughter and launched the Trust at the House of Commons on 19th July 2007 (which would have been Eden's 7th birthday).

Elli's aim in creating the Eden's Trust guided support groups and workshops is to offer a specialised service to those who have lost a child or sibling, allowing parents, brothers and sisters to talk and to discuss ways of trying to fill the void she knows is there.

## **If you have been affected by the passing of a child, Eden's Trust is here for you.**

- All groups facilitated by highly-qualified counsellors and psychotherapists.
- FREE to attend.
- Extensive resource library available.
- Occasional supporters' groups, art therapy, meditation, and other courses to help you on your new journey to 'the other side of bereavement'.

[www.edenstrust.org.uk](http://www.edenstrust.org.uk)  
Call us on 07814 550375



---

## About Eden

---

Eden's Trust was set up by Elli Galvani after her 6-year-old daughter Eden Galvani-Skeete was tragically killed on holiday in Turkey in 2006 when a hotel entertainment stunt went horribly wrong and sent fireballs into the audience. Eden was engulfed by one of the fireballs and suffered 70% burns. She died two days later. She was just six years old.

As Elli struggled to come to terms with Eden's death, she became painfully aware of a gap in specialised counselling and decided to set up support/survival groups and workshops for people who have lost a child. The groups, launched in May 2012 continue to support bereaved parents, siblings, and their families.

  
**eden's trust**  
the other side of bereavement

“

**If you mention my child's name I might cry, but if you don't mention my child's name, you will break my heart.**

”

---

## Support groups and workshops for bereaved parents and siblings

---

Follow us on    
[www.edenstrust.org.uk](http://www.edenstrust.org.uk)  
Call us on 07814 550375

Registered Charity No. 1136092

---

# The Healing Place

## A support group with a difference

---

The loss of a child of any age is an experience no parent should ever have to go through. Sadly, it happens to thousands of parents every single day. Eden's Trust provides support to mums and dads as they struggle to come to terms with what has happened to them. This is a time when parents can become totally isolated as people around them (friends, family, neighbours, colleagues) feel awkward and use avoidance tactics for fear of saying the wrong thing.

The Healing place gives parents the chance to talk about their children, to share their experiences, to give and receive support.

**Our support group for bereaved parents is held on the first and third Monday of every month.**



**It's easy to isolate ourselves. This group helps with that. Nobody is judging you here."**

[www.edenstrust.org.uk](http://www.edenstrust.org.uk)  
Call us on 07814 550375

**"I feel when I'm at the group I can be open and honest and feel safe to say how I feel which I might not have been able to do around people who have not gone through what I have so for that, thank you.**



---

## Say Hello

---

Following the loss of a brother or sister, siblings are often left to cope with their own grief as the attention of other family members and friends is focussed on supporting the parents who are struggling to come to terms with the loss of their child. All of a sudden, the sibling is thrown into a world of grief, watching everything going on around them, feeling the dreadful pain of their loss but not being able to turn to their parents for support – so much pain all around. From this pain was born 'Say Hello'.

Art, narratives, DVDs and YouTube clips are accessed to enable group attendees to use metaphor and share their thoughts and feelings in a safe, comfortable environment. Siblings are supported and encouraged to share their loss and explore their current feelings and mindset along with highlighting their strengths and working with their new identity.

The pace of content of each session is dictated by the group. 'Say Hello' is open to anybody who has lost a brother or sister and needs support to help them come to terms with their loss.

Our support group for bereaved siblings is held on the first Monday of every month.

---

## Begin To Heal

---

Our unique structured 8-10 week guided therapy education programme provides participants with the skills and information they can use in their life to begin to recover from their loss. It teaches them coping mechanisms, the theories of grief and basic counselling skills to help them understand the process they are going through; they can use this information in their life to begin to recover from their loss.

Parents who have lost a child may have other children who are grieving the loss of their sibling. Begin to Heal equips parents with the skills to support their other children at a time when they are struggling to cope with everyday life themselves, and teaches them to be proactive and ask for support.

**Please check our website for available dates.**



**What makes this different from a regular support group is the workshop and education element – learning rather than just talking and listening. Learning about the theory of grief was an eye-opener. Part of it resonated with exactly what is going on in my life."**