

Grief Groups



Aims of the group:

- To bring bereaved children, young people and parents together
 - To share our stories with each other
 - To collect and share memories of all kinds
 - To look at difficult feelings and explore coping mechanisms
 - To discover ways to deal with our grief
 - To have the chance to ask questions and talk about your loss in a safe place
 - To support each other
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- Groups are for families with children aged 5 – 18 years old
 - Referrals can be made from professionals or the families themselves
 - The groups run for 6 weeks one evening a week including a Saturday
 - Possible crèche?
 - We meet locally and split into three groups: children, young people and adults
 - Groups are suitable for families 6 months+ after the death
 - Groups are facilitated by three trained Dramatherapists assisted by a volunteer in each group and a floating volunteer

Buddy Service



Aims of the service:

- To support families that have JUST been bereaved
 - To offer telephone, email and face to face advice and support on how to talk to children and young people about the death, prepare them for the funeral and life after that.
 - To listen
 - To offer some practical resources to help the child in their understanding and coping with their loss
 - To offer support and advice to professionals working with bereaved families
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- Families can be referred by professionals or themselves
 - Referrals can be made via our website/ email/ phone
 - Families will be assessed before a volunteer is assigned depending on the needs of the family.
 - The volunteer will agree with the family the boundaries of their relationship; when, where and how
 - Referrals can be made into the grief group further down the line.
 - Some creative work may be done with these children, young people and families such as: memory boxes, before during and after, helping hand
 - Liaising with schools and other agencies on behalf of the family.