



Nick and Emily's Story..

Emily's mum, Amanda, and I separated when Emily was two. Our relationship broke down following the death of my father, but Emily always came first with us and she knew that she had us both in her life the best way we could manage.

Amanda died of an asthma attack when Emily was just six years old.

After the initial shock, Emily seemed – on the surface at least – to accept the massive changes in her life. But just under a year after her mum's death, everything changed. She had violent outbursts, uncontrollable screaming fits and an anger I couldn't believe could come out of my wonderful daughter. She needed help.

A friend told me about the Children's Bereavement Centre and within a couple of visits, the change in Emily was amazing. She had found the place where she could talk about her mum and about all the anger and hurt she was feeling. She said that the people there really understood her and how she was feeling.

Over the next few months, we both received help from the Centre and attended events laid on by them. This helped us a great deal and we also met other families who we could talk to and who understood exactly what Emily and I were going through. Emily also attended the Residential Camp and the change in her after that was huge.

The staff and volunteers at the Centre are always at the end of the phone when Emily or I need to talk and I'm honestly not sure how we could have got through this last couple of years without them.

The experience has changed my life and made me look at many things, so much so that I am now doing the volunteer training so that I can help other children in the future.



Thank You
to you all



All of our core services are provided completely free of charge.

For any further information about any of the services that we offer to children, young people and their families please contact us:

Children's Bereavement Centre

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To make a donation to support the work that we do, please contact us on 01636 551739 or use the "DONATE" button on our website.

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You are not alone



**SUPPORTING LOCAL CHILDREN AND THEIR FAMILIES
AFFECTED BY BEREAVEMENT, TERMINAL ILLNESS,
DIVORCE OR PARENTAL SEPARATION**

CHILDREN'S BEREAVEMENT CENTRE

We are a unique and very special charity that offers children and families, affected by terminal illness, death or the separation of a child's parents, the support and guidance that they need during a very difficult time in their lives.

Terminal illness, death and the separation of a child's parents are distressing and sometimes overwhelming experiences for anyone, particularly children. A child's reaction depends upon their age, maturity and level of understanding of what has happened. Adults often try to protect children from the facts surrounding their loss and many are unsure what or how to tell them. The Children's Bereavement Centre is here to offer the professional support and advice children may need. Early intervention and support has been proven to help prevent adverse behaviour and mental health problems developing in the future. The Children's Bereavement Centre operates across Nottinghamshire and parts of Lincolnshire, helping children and their families to cope with loss and move forward.

HOW WE CAN HELP:

Bereavement Support

Bereavement Support enables children from the age of 3 to 18 to talk about their anxieties and emotions to normalise their grief. Children are encouraged to compile a Memory/ Feelings Book and they benefit from individual support in a safe and non-threatening environment to help them understand how they feel and come to terms with their loss.

"I would just like to say a big thank you to you all for bringing back the happiness to our family."

Terminal Illness

We provide support and advice to families to help them to talk to their children following a terminal diagnosis. Individual support sessions can be provided to encourage children and young people to explore and express their thoughts and feelings as they deal with the many changes the diagnosis brings.

Play Therapy

To a child, the loss of a beloved parent or family member can be a devastating event. A child's sense of security is shattered and their world becomes a scary and unsafe place. Play Therapy provides the child with a safe, secure and accepting environment in which to explore these painful events through the natural medium of play.

Filial Therapy

Filial Therapy is a special kind of Play Therapy suitable for children aged 3 to 12 and can be used for a wide range of child and family problems. The therapist works with the whole family to strengthen their relationships.

Separation of Parents

We support children and young people when their family dynamics change because of divorce or separation. Using age-appropriate materials, we encourage them to discuss their feelings, both positive and negative and make family books for happy memories.

Adult Support

We offer support for the significant adult of the child referred either at the Centre or at our outreach services.

"You helped not only my daughter but gave me the support I truly needed."

Saturday Support Groups

The aim of these groups is to create an environment where children and young people feel sufficiently safe and secure to share their feelings with others. We run two groups: one for ages 7 to 11 and one 12 to 18. The groups meet on the first Saturday of every month and members enjoy a wide range of activities and workshops.

"I noticed a difference in our behaviour to one another from day one"

Workshops, Activities and Events

Children and their families need to understand that they are not alone during their grieving. The workshops are a safe place where the children can be creative and have fun. The activities and events give the whole family the chance to relax and spend time with others who have an understanding of how they are feeling.

Bereavement Residential

The two day residential is especially designed to support children and young people from the ages of 6 to 18 who have suffered a bereavement. They take part in creative, adventurous and therapeutic activities to build confidence and self-esteem whilst sharing their experiences and emotions with others to reduce feelings of isolation.

Support for Schools and Professionals

The Children's Bereavement Centre provides advice, guidance and practical support to schools following the death of a pupil or staff member. We also offer 2 training courses - "Helping Children through Bereavement and Loss" and "Communicating through Play" - available to school staff and other childcare professionals.

"Without your help I may have given up a long time ago purely because I didn't know what else to do."

HOW TO REFER A CHILD FOR SUPPORT

Download the "Referral Form" from our website or ring us and ask for a form to be sent to you. Return the form by post or by email and we will aim to make contact within 48 hours of receipt to arrange an Assessment Appointment with the child's parent or carer. Whenever possible this appointment will take place within two weeks.

The Assessment Appointment will allow us to address any concerns and questions you may have regarding your child's emotional wellbeing and to put in place further support for the family if needed.

Where We Operate

Support is available at the Centre in Newark and at our outreach services throughout Nottinghamshire. We try to support the children as near to their homes as possible to lessen the disruption for them and their families.

Volunteering:

As a volunteer for the Children's Bereavement Centre you could take on one of many different roles from fundraising to administration. From helping with activity days to working with bereaved children (all volunteers who work with children will undertake a comprehensive training programme).

We are a placement provider for qualified counsellors and for final year students and offer opportunities for volunteers wishing to support both children and adults on behalf of the Children's Bereavement Centre.

"Volunteering at the Children's Bereavement Centre has been an amazingly rewarding experience"

Our core services are provided completely free of charge.

This means that each year we face the tough task of raising enough money to continue our work. We cannot keep supporting bereaved children and their families without your continued help and there are many ways that you can help us to thrive:

FUNDRAISING:

Maybe you could organise a fundraising event to raise funds for us. It could be a cake bake, summer ball or a jumble sale, or you could get sponsored to do that sky dive or half marathon that you've always dreamt of. Perhaps we could become the official charity of your school, company or social group.

It is thanks to our dedicated team of fundraisers and volunteers and to the ongoing support of local businesses, our community and funders that we are able to help an increasing amount of children each year. These children are referred to us across a wide geographical area by their families, schools, GP's, CAMHS and other health professionals.

"We had such fun raising money for you through our baked bean challenge. We will do it again next year - promise!"

Donating:

To enable us to continue to support the children and their families please consider donating to the Children's Bereavement Centre by sending a cheque, signing a Standing Order Mandate, visiting our website or by contacting us directly for more information.