

Daniel's Bear:

Daniel's Mum;

The day Daniel came down the stairs at the Children's Bereavement Centre with his Therapy Bear was beautiful. His eyes were full of love and for that moment it appears he hadn't a care in the world, as he hugged the bear tightly. Daniel explained that Helen had given him this bear and that he had to give him a name. Once in the car, I held the bear whilst Daniel fastened his seat belt. The bears arms were extended as if asking for a hug, so I said, "he looks like he wants a cuddle, ah hug me, hug me" and I gave the bear a snuggle. Daniel smiled and said, "Hug Me", and that was how he got his name. From that moment 'Hug Me' was Daniel's companion and confidant, he slept in his bed and was the first port of call if he needed a hug. Daniel receives comfort and friendship from this little bear and Hug Me helps Daniel.

Daniel;

Hug me has helped me with my worries and my sadness. He helps me by being next to me and always being there to hug me. He is part of the worry squad, the main part!

The day I received my Therapy Bear I was having a great day with Helen. I came downstairs with her and got my bear and then returned upstairs to finish off my session. Once finished we came downstairs and in to mum, she asked who is this, Daniel replied that he didn't really have a name for it yet. Daniel was overjoyed and extremely proud to have been given this wonderfully snuggly bear. We came up with the name because his arms are out stretched. The first week Hug Me stayed in the car because Daniel was going to decorate his top the following week and he was worried that he would forget him. But since then he has stayed in Daniels bed with him every night. If I'm sad he makes me feel a lot happier, I think he means so much because of who gave it to me and how important I am to my councillor and how much she cares about me and the rest of the team are all so caring as well. Every day before I go and when I arrive I greet her with a hug, she makes me smile because she is jolly and joyful with me and she makes me happy when I realise that she likes some of the things that I like and decorating things with me and giving me some ideas sometimes. When I'm at the Children's Bereavement Centre he sits there and watches me and sometimes I hug him and when I'm at home sometimes I take him round with me and sit downstairs with him and I ALWAYS sleep with him. Mummy suggests that I cuddle him when I'm unhappy or sad at bedtime, which helps a lot because I know hug me is there and that he will protect me along with the rest of the 'Worry Squad' because he is a kind caring bear. If I lost him I'd be very sad. If I had never been given him, I'm not quite sure what I would do honestly. Hug Me is part of the healing process because he has helped me when I'm going to bed when I get worried and stuff like that.

The bears look really kind and caring and they always look like they want a big, big hug. Please trust that the bear can help you. In my case I wasn't getting to sleep that well but when I got Hug Me he helped me loads.

I like hugging my bear!



www.childrensbereavementcentre.co.uk/comfortbear/

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The story of Bingley Bear is fictional and has been created by one of CBC's clinical team to represent a typical case