

How you can support us

We are always looking for volunteers and fundraisers and anyone can get involved.

Volunteering

Volunteering is a very rewarding experience and is a great way to meet new people, gain new skills and experience and make a big difference to your local community. We have various roles available including clinical, administration and community volunteers.

Fundraising

You can support us in a number of ways from getting sponsored to undertake a personal challenge, organising your own event, making a donation or attending one of the Children's Bereavement Centre's own fundraising events and activities.

How to get in touch

If you have any questions about our service or would like to get more involved, please do get in touch, we would love to hear from you.



Bound by the Ethical Framework for Good Practice
in Counselling and Psychotherapy

Registered charity number: 1098935 • Company Number: 4747134

Children's Bereavement Centre



...you are not alone

Supporting local
children

and their

families

from Nottinghamshire
& Lincolnshire
affected by the death
or terminal-illness
of someone
they love



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How we support you

Supporting children, young people and their families.

The death or terminal-illness of someone important to a child, can be a distressing and sometimes overwhelming experience. Our early intervention support and advice can help children and their families learn coping strategies, understand and normalise feelings and learn how to manage behaviour to move forward positively with their lives.

We do this by providing:

- Face-to-face support to help children, young people (3-18-years) and their parents/carers understand how they feel and how to process their loss.
- Filial Therapy – guides parents/carers to become attuned with their children through play, strengthening their relationship and helping children express their feelings and process their loss.
- Play Therapy - A child centred approach enabling children to explore their thoughts and feelings following a bereavement through their natural medium of play.
- Group support includes social events, monthly peer groups and an annual residential camp which enable children and young people to meet others in similar situations.
- Parent/Carer workshops to focus on specific challenges and concerns for children such as building resilience and managing anger.

Supporting professionals

We provide advice, guidance and support for all schools and childcare professionals supporting children and offer a range of training including "Bereavement and Loss" and "Communication through Play". Placements are available for counsellors in training.



"My son was confused and unsure how to feel, but I now have my happy baby boy back again"

How the process works

Making a referral

Getting in touch is easy as families, friends and professionals can all refer. Simply download a referral form from our website or ring and ask for a form to be sent to you.



"My daughter was a non-attender at school before and is now back full time. Thank you, you are all amazing."

"I cannot thank you enough for the support you gave us. Without you we would be a broken family"

How long will I have to wait?

On receipt of referral we aim to contact you whenever possible within 48 hours to book in an assessment. Beginning your counselling will take longer depending on our waiting list.

Where can the services be accessed?

Support is available at the Centre in Newark and various venues throughout Nottinghamshire.

Is there a charge for accessing the service?

All core services, excluding training for professionals, are provided free of charge. We are able to do this thanks to trust and statutory funding and the local community and businesses who donate, take part in our events, volunteer and fundraise for us.

"The support and understanding given at the Children's Bereavement Centre have enabled my son to be the funny, intelligent, helpful 13 year old I thought we would never see again"

"You not only helped my daughter express and share her feelings better but gave me the support I truly needed"

