# National support

Child Bereavement UK supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement. If you are bereaved, caring for, or concerned about a bereaved child, our bereavement support team is here to take your call and respond to emails 9 am - 5 pm Monday to Friday. **We provide:** 

A confidential listening service

Guidance and information on a wide

- range of topics and issues
- -::
- Details about the direct support Child Bereavement UK can offer
  - Signposting to other organisations which can offer further support

## **Telephone support sessions**

We can provide booked telephone support sessions for parents or carers of a bereaved child and for individuals or couples when a baby or child dies.

> I called Child Bereavement UK. Immediately we had the lifeline to make survival possible.

> > Bereaved mother



# Website

On our website you can find information on a range of issues relating to child bereavement, books and articles, a searchable database of helpful organisations and details about the support we offer families bereaved by any cause. The website includes a Family Forum, a place to share experiences with other bereaved families.

> I have been too emotional to speak at any great length to anyone yet, and this forum has helped me through the darkest days of my life. Forum user

## Supporting schools

Professionals in schools have a unique role in helping grieving children and young people, as children spend a significant amount of time in school. We can offer support and training to school staff supporting bereaved students.

We also run an awareness programme for primary schools.



elephantsteaparty.co.uk

# Support in Cheshire

Child Bereavement UK provides free support and information to bereaved children and young people up to the age of 25 and parents bereaved of a baby or child within the locality and surrounding areas.

### At our centre in Runcorn we offer:

#### Face-to-face support sessions

For individuals, couples, children, young people and families.

#### Family support groups

These groups allow bereaved families to get together; children aged 4 to 12 can meet other bereaved children with their adult carers and express their feelings through play and creative activities in facilitated groups.

#### Young People's Advisory Groups (YPAG)

YPAG encourages bereaved young people aged 11 to 25 to meet in a supportive environment and work together on projects about what they think helps young people who are grieving, based on their own experiences.



Child Bereavement UK made us believe that there is light not just at the end of the tunnel, but in the middle of it.

Bereaved father





## Bereavement support in Cheshire



For families

### **Enquiries**

Enquiries are welcome directly from families. We also welcome referrals from other agencies if a family has agreed to have their contact details passed on to us. Please get in touch to find out more about what we offer.

> Nothing was going to fill the huge hole in their lives, but they understood they were not alone, and so did I. I always left those meetings feeling better than when I went in.

> > Bereaved father who had support with his children, aged 10 and 7

01928 577164

**Contact US** 01928 577164

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cheshiresupport@childbereavementuk.org





childbereavementuk 🔰 @cbukhelp

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