



**Bereavement - when a child is bereaved**

It can be very difficult to talk to a child about death. Often we attempt to protect them by shielding them from the pain. However, children need the help of trusted adults to make sense of what happens when someone close to them dies.

This information aims to offer ways of finding help from health professionals, local services, national organisations or books, when supporting a child who has been bereaved. It is not intended to replace medical advice given to you by your GP (family doctor).

There is a great deal of help available, more than we have mentioned here, but unless you or a carer asks for it, people may assume that you are managing quite well on your own. We all need support and help at times so don't be afraid to ask, it could make all the difference to you.

Contact	What they provide	How to contact
<b>General Practitioner (GP)</b>	This is your family doctor. Please call the surgery for details of individual surgery times, appointments and referrals.	Name: ..... Tel: .....
<b>Lynda Jackson Macmillan Centre</b> Mount Vernon Hospital Northwood, Middlesex HA6 2RN	For families - offers a listening & signposting service for anyone bereaved. Endeavours to find them help & support, both nationally and locally.	Helpline: 01923 844014 Monday - Friday: 9.30am - 1pm & 2pm - 4.30pm www.ljmc.org
<b>Michael Sobell House</b> Mount Vernon Hospital Northwood, Middlesex HA6 2RN	Counselling for bereaved families	Office: 01923 844531 Helpline: 01923 844281
<b>Child and Teenage Support</b> Isabel Hospice, Watchmead, Welwyn Garden City, Herts AL71LT	For ages 5-17 years. Support group for bereaved children or young adults	01707 330686 Mon - Fri: 8.30am - 5pm www.isabelhospice.org.uk
<b>Hospice of St Francis</b> Spring Garden Lane off Shootersway Northchurch, Berkhamsted Herts HP4 3GW	Support and counselling for children and teenagers connected with the hospice	01442 869550 www.stfrancis.org.uk
<b>Grove House</b> Waverley Road, St Albans Herts AL3 5QX	Support and counselling for children and teenagers who have been affected by cancer. Specialist Play Therapy for children of primary school age.	Family Support Services: 01727 843401 Mon - Thurs 9am - 5pm (Fri 9am - 4.30pm) www.grove-house.org.uk
<b>The Peace Hospice</b> Peace Drive Watford Herts. WD17 3PH	Support for individuals & families affected by a bereavement. Grief Support Programme for children 5 - 12 years (& their carer) in South West Herts area - referral from a health professional or self referral. Bereavement counselling / phone support + visit.	01923 229595 Bereavement Service Co-ordinator
<b>CHUMS</b> Sundon Park Health Centre, Tenth Avenue, Luton. Beds LU3 3EP	Bereavement support for children aged 3 - 19 years in Bedfordshire	01582 707469 www.chums.info e: chums-cbs@luton-pct.nhs.uk

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<b>Signpost</b> 206-210 High Street Watford WD17 2EL	Information and counselling for ages 11 - 25.	01923 239495 signpostcounsellingagency@gmail.com
<b>Link</b> Young People's Centre Fountains Mill (1st floor) 81 High Street, Uxbridge UB8 1JR	Information and counselling for ages 14 – 25 Self-referral	01895 238884
<b>Winston's Wish</b> 4th Floor, St James's House St James Square Cheltenham, Glos, GL50 3PR	Grief support programme for children and those helping a young person/ child cope with grief. Offers nationally a range of services for bereaved families, including telephone advice.	Helpline: 0845 2030405 Office: 01242 515157 Mon-Fri 9.30am - 5pm www.winstonswish.org.uk
<b>The Compassionate Friends</b> 53 North Street Bristol BS3 1EN	Bereaved parents provide support for other parents and siblings after the death of a child. Helpline times: 10am - 4pm & 7pm - 10pm)	Helpline: 0845 1232304 www.tcf.org.uk 7 days a week
<b>The Child Bereavement Charity</b> The Saunderton Estate, Wycombe Road, Saunderton Buckinghamshire HP14 4BF	Supports families and educates professionals both when a child dies and when a child is bereaved. Offers a listening service for anyone bereaved. Signposts national and local organisations. Also produces own resources.	01494 568900 Monday – Friday 9am – 5pm www.childbereavement.org.uk
<b>The Childhood Bereavement Network</b> 8 Wakley Street London EC1V 7QE	Helpline and website providing information about local bereavement services for children.	Helpline: 0207 843 6309 Mon- Fri: 9am to 5pm www.childhoodbereavementnetwork.org.uk
<b>Riprap</b> Hilde Hjelmeland Ahmedzai Riprap Project Manager University of Sheffield Sykes House Little Common Lane Sheffield S11 9NE	For 12-16 year olds who have a parent with cancer. Also advice on bereavement. Stories of others' experiences and an opportunity to explore emotions. Can ask questions or ask for advice through the website.	0114 262 0174 email: h.h.ahmedzai@sheffield.ac.uk
<b>Daisy's Dream</b> Po Box 4738, Twyford, Reading, Berkshire RG10 9GT	For children and young people up to 19yrs who live in Berkshire, and for their families and carers. Also has pre-bereavement service.	0118 934 2604

The following table shows a small selection of books, out of the many, which are available, to be used with children affected by bereavement. Some books can give guidance to adults on what to say and do, or some can be read with the child. Further information and reference copies of these books are available at the Lynda Jackson Macmillan Centre (LJMC).

What do we tell the children? Compiled by Kerstin B Phillips Available used on Amazon	A catalogue and description of books appropriate to be used with children affected by illness and bereavement. (ISBN 1 900339 01 3)
When someone very special dies by Marge Heegaard. ISBN 0 962050 0 2	For ages 6-12, helps child understand the concept of death & to develop coping skills by working through book with an adult using own drawings.
Helping children cope with grief by Rosemary Wells	For adults helping a child through bereavement. (ISBN 0 85969 559 x)

Badger's Parting Gifts by Susan Varley. ISBN 0 00 662398 0	For ages 4-10, comforting fictional story about how badger prepares his friends for his death and how they come to terms with it.
Water Bugs & Dragonflies explaining death to children by Doris Stickney ISBN 0 264 66904 5	For ages 4-10, explains concept of death in terms of going on to an afterlife using story of how water bugs leave the lily pond to become dragonflies. Has quotes from the Bible at end of book.
Remembering Mum by Ginny Perkins & Leon Morris ISBN 0 7136 3381 6	For pre-school ages, a picture book showing a day in the life of two boys whose mum has died, describing everyday things that happen eg. getting hugs when feeling sad, looking at photos and sharing memories with Dad.
Beginnings & Endings with Lifetimes In Between by Bryan Mellonie & Robert Ingpen Available used on Amazon	Suitable for all ages. Illustrated book detailing a variety of animal and plant lives and finishes off with humans some of whom have a lifespan of more years, others with fewer. (ISBN 1 85561 760 9)
Emma Says Goodbye By Carolyn Nystrom Available used on Amazon	For a more mature child of 10 or 11. Has a Christian context. Story of Emma and her aunt who has cancer. (ISBN 0 7459 2759 9)
Order using ISBN number at any bookshop or public library	