**Children, young people and family pre bereavement support services**

* Please note each **national organisation is listed alphabetically** and each **local** organisation is **listed under the geographical area**.
* If you know of a local or national organisation that it would be appropriate to include in this directory, please send the information to deepa.doshi@ruthstraussfoundation.com
* You could also speak to the following local colleagues who may know of other local family pre-bereavement support services:
* level 3 or 4 psychology team
* local Macmillan information and support centre
* local hospice may take on referrals specifically for family pre-bereavement

**National**

**Child Bereavement UK:**

Child Bereavement UK offers support across the UK for children, teenagers, couples and individuals who are facing grief or are grieving. They support children and young people at pre-bereavement up to the age of 25 years old. The charity provides both pre-bereavement support and post-bereavement support. The services include:

* Pre-bereavement support via telephone, video or instant messenger and through some face to face locations which can be viewed: [locations across the UK](https://www.childbereavementuk.org/Pages/Category/child-bereavement-uk-support-services)
* Support sessions (individual, group, couples, families, children, young people)
* Group support for families using creative activities for those aged 4-12
* Groups for young people using creative projects and providing social activities for those aged 11-25 years old
* Groups for parents who have been bereaved

To access any of the services please call the helpline:

Telephone: 0800 02 888 40, open Monday to Friday 9am to 5pm

Email: support@childbereavementuk.org.uk

Website: [Child Bereavement UK](https://www.childbereavementuk.org/)

**Hope Support Services:**

Hope is a UK charity that provides support to young people when a family member is diagnosed with a life-threatening illness (pre-bereavement). Hope supports young people aged 11-25 years old who have a close family member who has been diagnosed with a life-threatening illness. Please note for those living in Herefordshire the service will support children from aged 5 to 25 years old. A child/teenager can self-refer to this service or another professional or any adult can refer them to this service.

The charity offers 3 services:

1. Across the UK, offers a Facebook group to meet and share with peers in similar situations
2. Across the UK, offers online one-to-one support sessions with Hope qualified professionals
3. Only in Herefordshire, offers face to face youth sessions and one to one support

You can get in touch with Hope via:

Telephone: 01989566317

Email: help@hopesupport.org.uk

Or visit the website on [Hope Support Services – Helping young people when someone gets sick](https://hopesupport.org.uk/)

**Maggie’s**

Maggie’s centres offer emotional and practical support. Each centre is unique, but many have counsellors based within the centres who can provide family-based support. They have centres in Aberdeen, London (Barts, Royal Free, Royal Marsden and West London), Cambridge, Cardiff, Cheltenham, Coventry, Dundee, Edinburgh, Fife, Forth Valley, Glasgow, Highlands (Scotland), Lanarkshire, Manchester, Newcastle, Northampton, Nottingham, Oldham, Oxford, Southampton, Swansea, Taunton, Wirral and Yorkshire.

You can find a local centre via [Maggie's – everyone's home of cancer care (maggies.org)](https://www.maggies.org/)

**RipRap for teenagers**

Riprap has been developed for teenagers that have a parent with cancer. It’s a place to read other teenagers stories and experiences and share your own. There are online [discussion forum](http://www.riprap.org.uk/support/forums/)s and offer of email support via trained cancer nurses, via their[get in touch](http://www.riprap.org.uk/contact.asp) function.

Riprap website: [riprap - when a parent has cancer - riprap](http://www.riprap.org.uk/)

**Teenage Grief Sucks:**

Teenage Grief Sucks (TGS) is a teen-run website that's starting conversations about teenage grief. Run by Natalie Adams, who lost her dad when she started high school, TGS shares weekly stories about grief from the perspective of teens. Please note this service is only for teenagers.

Website:[Teenage Grief Sucks | Talking about teen grief.](https://www.teenagegriefsucks.com/)

**Local services**

**London:**

**Jigsaw 4u - London Boroughs of Merton and Sutton**

Jigsaw4u provides support to children, young people and families affected by cancer, life-limiting illness or bereavement (pre-bereavement and post bereavement).They do this by providing individual, group and family support sessions. The charity is based in Mitcham.

You can access the services by:

##### Telephone: 020 8687 1384

##### Fill in a contact form on the website: [Contact - Jigsaw4u South West London and Surrey](https://www.jigsaw4u.org.uk/contact/)

##### Visit website: [Jigsaw4u - Helping young people across SW London and Surrey](https://www.jigsaw4u.org.uk/)

**Southeast England:**

**Slide Away- West Kent**

Slide Away provides pre-bereavement and bereavementsupport to children and young people in West Kent who have been bereaved of a family member or friend. They also support children and young people who have a parent or sibling with a life-limiting illness.

Slide Away services include:

* 2-day workshops for children and young people who have been bereaved of a parent or sibling
* Memory days for children and young people who have been bereaved of another family member or friends

Contact Slide Away:

Telephone: 07970597715

Email: slideawayone@aol.com

Website: [Home (slideaway.org)](https://www.slideaway.org/)

**Daisy’s Dream- Berkshire and the surrounding areas**

Daisy’s Dream service provides bereavement support to children and young people who have been affected by the illness or bereavement of someone close to them pre-bereavement and post bereavement. Through a team of qualified therapeutic practitioners, they provide one-to-one support for children and young people and group support.

You can access their services by:

Telephone: 0118 934 2604

 Website: [Daisy's Dream (daisysdream.org.uk)](https://www.daisysdream.org.uk/)

**Jigsaw – Surrey:**

Jigsaw (South East) offers grief support to children and young people who have experienced the death of a significant family member. They also provide support to children and young people who have a family member with a life-limiting condition (pre-bereavement and post bereavement).

The charity works throughout Surrey and surrounding areas. Referrals can be made directly by families or via health and social services.

They currently provide 1:1 support for children and young people through Teams or Zoom and the support worker will discuss the best way to facilitate this for the child.

You can access the services by:

## Telephone: **01342 313895 Monday – Friday 9am – 12pm**

## **Online referral form:** [Referral to Jigsaw (South East) Preparing for Loss Service (Page 1 of 8) (office.com)](https://forms.office.com/Pages/ResponsePage.aspx?id=9Gl3pxjPxEaQv1z6HUSjXo1fNT5t7zhApH2ebXFX1nZUMVM3TkY1M0FJV1VYRTRaOE5WNUtLU0lPVyQlQCN0PWcu)

## Visit website on [Home - Jigsaw South East](https://www.jigsawsoutheast.org.uk/)

**Dragonflies – Hastings, Rother, Eastbourne and surrounding areas**

Dragonflies offer free support to children up to 18 years old and their families who are experiencing pre or post bereavement.The charity offers:

* Peer support groups
Dragonflies provide creative therapeutic activities and group discussions delivered by trained staff and volunteers. They have 3 support groups available:
1. 0-5 years old - children and parent/carers group, one-off group and telephone/individual support.
2. 5-15 years old – a drop off the group for the children and young people offering 8 weekly one hour sessions
3. Parent/Carers support group – bereavement awareness for parents and carers; these are 8 weekly one-hour sessions and run alongside the 5–15-year-old groups
* One to One counselling therapy service, which is offered by volunteer counsellors for 15-18 years old for 12 weeks, each session lasts 50 minutes.

You can access services by:

Telephone:  01424 377125

Filling in the referral form online: [Dragonflies Bereavement Project | FSN Charity](https://www.fsncharity.co.uk/projects/dragonflies-bereavement-project)

Email: Rosie, Manager of Dragonflies Project on rcook1@fsncharity.co.uk

Website: [FSN Charity | FSN Charity](https://www.fsncharity.co.uk/)

**Oxfordshire:**

**SeeSaw**

SeeSaw offers a pre bereavement service for families where a parent or carer has been diagnosed with a terminal illness and is dying and there are children up to the age of 18 in the family. Families can self-refer to this service or can ask one of the palliative care team to contact SeeSaw on their behalf. SeeSaw will work with the parents to help them to have difficult conversations with their children, to develop practical strategies for managing family life, to manage information and think about the impact on the child. SeeSaw will work directly with children to support and facilitate conversations with parents, express their feelings and wishes, keep them informed and understand the impact on their life. SeeSaw will also work with family’s who have experienced the bereavement of a parent or sibling.

SeeSaw will support families who live in Oxfordshire or where the person with the terminal illness is being treated in an Oxfordshire hospital or hospice.

You can access the service by filling on the referral form via [Referrals | SeeSaw](https://www.seesaw.org.uk/referral-form/) this section also informs you what happens when you make a referral.

Website: [SeeSaw | Grief support for children and young people in Oxfordshire](https://www.seesaw.org.uk/)

**South-West England:**

**Balloons – Exeter and Mid and East Devon**

Balloons provide pre-bereavement and post bereavementsupport to children and young people in the areas of Exeter and Mid and East Devon. The Balloons team works alongside families and the professionals that are caring for them to further enhance the support they receive. Balloons offer the following services:

* One-to-one grief support for 5–25-year-olds in school or at home
* Advice to parents and families via email, telephone, or post
* Run activity days for 5–16-year-olds who have received grief support from Balloons previously
* Run events for children who have received grief support from Balloons

You can access services by:

Telephone: 01392 826 064

Email: admin@balloonscharity.co.uk

Website: [Balloons – Bereavement and loss looking onwards (balloonscharity.co.uk)](https://www.balloonscharity.co.uk/)

**Mosaic- Dorset**

Mosaic is a Dorset based charity supporting bereaved children and young people, their families and the professionals working with them. Mosaic provides pre-bereavement and post bereavement support. Mosaic supports children and young people who will be or have been bereaved of someone special, such as a parent, sibling, friend or a member of their extended family. This includes all causes of death. Mosaic provides advice, information and therapy for families affected by terminal illness. Pre-bereavement therapy can be tailored to meet each family’s needs and may include:
• Memory work
• Helping families to explain the illness to children using age-appropriate resources
• Planning and preparation around the death
• Emotional support for the family around child/young person’s needs

To access support please contact by:

Telephone: 01258 837 071

Website: [Mosaic Family Support | Child Bereavement Charity | Dorset](https://mosaicfamilysupport.org/)

**Jeremiah’s Journey- Plymouth**

Jeremiah’s Journey provides one-to-one and group work for teenagers, story book-based support for children and supports parents. The charity provides pre-bereavement and post bereavement support.

You can access their services via:

Telephone: 01752 424 348

Website: [Children's Bereavement Charity in PlymouthJeremiahs Journey](https://jeremiahsjourney.org.uk/)

**West Midlands:**

**Edward’s Trust-Birmingham**

Edward’s Trust provides family pre-bereavement and post bereavement support for the West Midlands area. They are based in Edgbaston, Birmingham.

Edward’s Trust provides pre-bereavement counselling for children and young people aged 4-24 years old. The counselling is offered in one-to-one and groups. Edward’s Trust also provides a range of other services. The staff will assess what support you might need when they receive your enquiry, and they will let you know if any other services might be suitable for you. They accept enquiries directly from parents or the child/young person, as long as the parent or carer is aware of the enquiry.

To request support please get in touch with them via:

Telephone: 0121 454 1705

Email: admin@edwardstrust.org.uk

Website: [Edward's Trust | Helping children and families facing loss and surviving bereavement. (edwardstrust.org.uk)](https://edwardstrust.org.uk/)

Or fill in the *contact us* form on Edward’s Trust website

**East Midlands:**

**Children’s Bereavement Centre- Nottinghamshire**

Children’s Bereavement Centre accepts referrals for children aged between 3-18 years and their parents/carers affected by terminal illness or death (pre-bereavement). They have a team of professionals qualified to help with the grieving process bought on by the diagnosis of a terminal illness or death of someone close. They accept referral forms from professionals as well as self-referrals. Once you contact the team, they will assess how they can best help you. They offer a range of one-to-one therapy, counselling, group activities and support groups.

You can access the services by:

Telephone: 01636 551 739

Email: info@childrensbereavementcentre.co.uk

Fill in a referral form on the website: [How to make a Referral - Childrens Bereavement Centre](http://www.childrensbereavementcentre.co.uk/how-to-make-a-referral/)

Visit website: [Children's Bereavement Centre - Newark and Nottinghamshire (childrensbereavementcentre.co.uk)](http://www.childrensbereavementcentre.co.uk/)

**Northeast England:**

**Daisey’s Dream - Cheshire East**

Daisy’s Dream Cheshire East service is part of Daisy’s Dream. The service provided bereavement support to children and young people who have been affected by the illness or bereavement of someone close to them pre-bereavement and post bereavement. The team assess all referrals by their Therapeutic Practitioner, who then advises on one of the following services:

* [Telephone support and advice for parents or carers](https://www.daisysdream.org.uk/telephone-and-email-advice)
* [Home and/or school 1:1 visits for the child or young person](https://www.daisysdream.org.uk/one-to-one-support)
* [Access to online support resources](https://www.daisysdream.org.uk/information-online)

To access the East Cheshire Service or learn more about it:

Telephone: 07535 712255

Email: liz@daisysdream.org.uk

Website: [Cheshire East | Daisy's Dream (daisysdream.org.uk)](https://www.daisysdream.org.uk/cheshire-east)