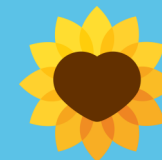




**East Cheshire Hospice**  
Where people come to live



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# Children's Support

Support for children, young people and their families

Courses for professionals and community group leaders working with children and young people



## Through the eyes of a child

Children and young people often need specific support to cope with bereavement, which will vary based on their age, understanding and their relationship to the patient. Even very young children can be affected by the death of a loved one, and the rest of the family may be unsure whether to talk to them about the situation, or how to go about it.

The same applies to teachers, healthcare professionals and community group leaders, who can play a significant role supporting children and young people both before and following a bereavement.

At East Cheshire Hospice, our Children's Therapies are a vital part of our Families and Therapies team, offering support directly to the child/young person, and also supporting families, teachers and healthcare professionals working with children.

### For children and young people

Sometimes, a conversation with the child's family is the only support needed, helping them to understand how to support their child in the best way and what questions and issues may arise.

We also offer 1-to-1 children's counselling both before and following bereavement in a calm and relaxed environment. We have private meeting rooms and restful therapy rooms at the Sunflower Centre.

In some cases and particularly where talking about feelings is difficult, we may recommend play therapy for children and young people in our bright and cheerful play (therapy) room.

## .b mindfulness

### Format

A course that can be run over 9 weeks (one hour per week) or adapted to run over a couple of days

### Location

This course takes place at the Hospice but can also be run on-site at another organisation's premises.

### Places

We have places for up to 25 people on this course, usually mixing family members and professionals working with children.

### Content

.b stands for "Stop, Breathe and Be!" This simple act of mindfulness provides the kernel of the nine session .b mindfulness course for schools. Written by three experienced classroom teachers and mindfulness practitioners, Richard Burnett, Chris Cullen and Chris O'Neil, .b is carefully crafted to engage everyone

Mindfulness involves learning to direct our attention to our experience as it is unfolding, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what has happened or might happen, mindfulness trains us to respond skilfully to whatever is happening right now, be that good or bad.

# Young People - suicide and self harm

## Format

A day long course for family members and professionals working with children. Please be aware that, particularly for family members, this can be an emotionally challenging course and we do advise people to consider their resilience at the time before they join us.

## Location

This course takes place at the Hospice but can also be run on-site at another organisation's premises such as schools, offices and community groups.

## Places

We have places for up to 25 people on this course, usually mixing family members and professionals working with children.

## Content

When faced with a child or young person that is harming or threatening suicide, family members and professionals who work with children can feel overwhelmed and scared to talk about the situation.

This course aims to help you feel more confident about talking to a child or young person about suicide and self harm constructively and empathetically. It provides a framework to help you understand the situation more fully and to feel that you are able to offer useful support.

## For families

Family members are the best support system for children and young people in bereavement, but they may need some support themselves to help their child/children.

Every bereavement and every family is different, and we encourage family members to get in touch to see how the Hospice may be able to help. A simple phone call or a face-to-face meeting may be appropriate.

Family members can take part in therapy sessions with their children, and we also run courses to help children and families understand more about their feelings and how to help themselves and each other.

## For professionals working with children

Through a range of courses, we can help teachers, youth groups, healthcare workers and other professionals working with children to understand issues around serious illness, death, suicide, self-harm and grief.

The courses can be run at the Hospice or at other organisations' premises if required.

## Courses and workshops

Our expanding range of courses and workshops currently includes:

- A serious illness in the family
- Understanding a child's grief
- Young people - suicide and self harm
- Self esteem and body image
- Understanding eating disorders
- Introduction to Mindfulness

## A serious illness in the family

### Format

A day long course for children, young people, their families and professionals working with children.

### Location

This course takes place at the Hospice but can also be run on-site at another organisation's premises such as schools and offices.

### Places

We have places for up to 25 people on this course, usually mixing families and professionals. We can also run the course for just families or just professionals - please ask us for more information.

### Content

This course explores how to support a child or young person when someone in their family is seriously ill.

It explores some simple and creative ways to help children share their feelings about this journey and what lies ahead, helping both them and the adults around them to feel strong and resilient enough not to shy away from this difficult subject.

**“A child seldom needs a talking to as a good listening to”**

**Robert Brault**

## Understanding a child's grief

### Format

A day long course for family members and professionals working with children.

### Location

This course takes place at the Hospice but can also be run on-site at another organisation's premises such as schools, offices and community groups.

### Places

We have places for up to 25 people on this course, usually mixing family members and professionals working with children.

### Content

Sometimes we feel helpless when faced with a child that has lost someone they love, and the aim of this course is to improve your skills and confidence in this area.

The course explores how grief and loss may affect children at different stages of their learning and development, and ways in which we can support children through a loss.

Although the course focuses on loss through death, it is equally applicable to any loss a child may suffer; divorce of parents, moving, going into care etc. We can adapt this course to suit these circumstances - please ask us for more information.