

If you or someone you know is struggling with loss, grief and bereavement, we can help.

Please get in touch with TCT to see how we can help you:

Email tct@cancercare.org.uk or call 01524 381 820

Additional support groups

Child Bereavement UK

A national charity providing professional support for children and teenagers faced with Bereavement. Contact them on 0800 02 888 40 or email support@childbereavementuk.org. They have an app: <https://childbereavementuk.org/our-app>.

Winston's Wish

A childhood bereavement charity providing support for children facing bereavement. You can contact them on their on 08088 020 021, or email them at ask@winstonswish.org.

Help2makesense

There is lots of support, advice and resources on their website <http://help2makesense.org/>.

Compassionate Friends

A national organisation which has local groups in Lancaster (at The Lodge pub) as well as in Carlisle. You can contact them on 0345 123 2304 or via email on helpline@tcf.co.uk.

St John's Hospice, Lancaster

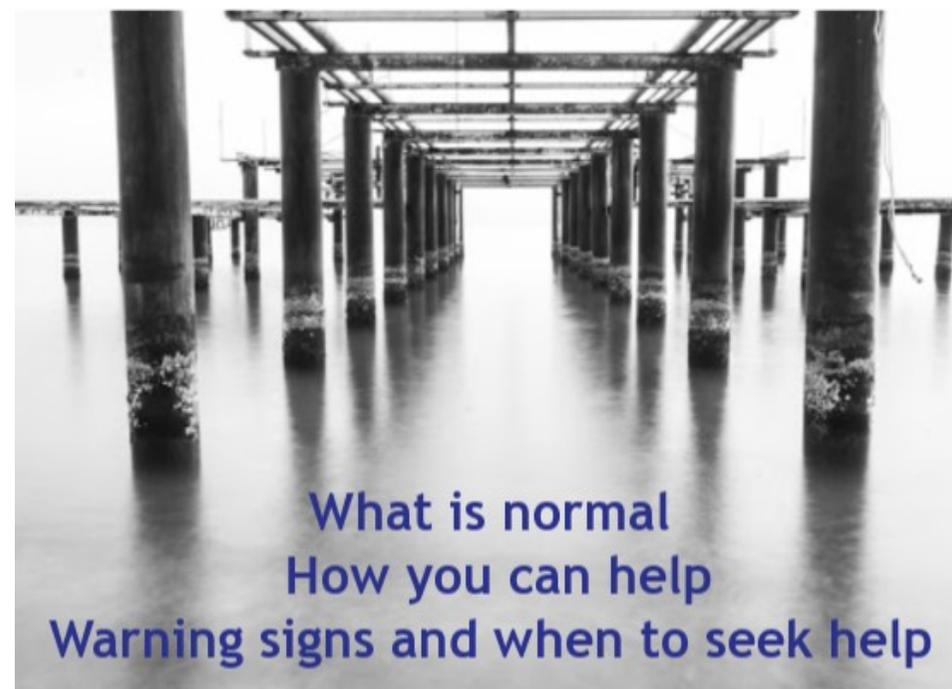
Provides bereavement support when someone dies who is known to the hospice. You can call them on 01524 382 538.

Apart of Me

Apart of Me is a ground-breaking mobile game which helps young people cope with life-limiting illness, death and loss. Find it on the App Store and Play Store.



Grief, Loss & Bereavement in children



Many adults feel childhood is a time children should be free from difficulties. But the reality of our world, and life itself, makes this impossible. Many parents will wish to protect their children when a death happens, and may try to do so by not talking about it. However, even young children are sensitive to what is going on around them, and they are more likely to worry or blame themselves if things are kept from them.

What might I see as a care giver?

Children experience a loss differently, and even babies notice when someone who used to make them feel safe and cared for is missing. Although they might not yet understand what death is, they are never too young to grieve or feel that loss.

A child who is grieving may:

- Cry more than usual
- Become clingy to the adults who are still around
- Search for the lost person
- Express strong emotions of anger, tantrums or become withdrawn
- Have a change in eating, sleeping and toileting habits

Don't be alarmed if the children regress and start acting like younger children. This is a reaction to their grief.

Young children may ask questions which make little sense from an adult's perspective such as "I know that Mummy died, but will she come to my birthday party?" They may also repeat questions. Often children need a little more time to make sense of and process the information that they have been given.

Make sure that you bear in mind there is no right or wrong way to grieve.

What sort of things will help?

- Reassurance about who will look after them
- Explanations in simple concrete terms that are appropriate for their age
- Keeping routines and boundaries
- Allowing them to see emotions
- Participating in family rituals to say goodbye

When should I seek help for my child?

Many people worry about their children and sometimes feel they should seek professional help immediately after the death.

Particularly in the early days after a death, counselling is not usually what children of any age want or need unless the death has been in very traumatic circumstances. The bereaved children that we work with at CancerCare tell us what they need initially is to be with adults who they already know and trust, rather than a stranger with whom they have to spend time building up a relationship. However, in time, needs will change and some children find speaking to a counsellor helpful, but others will not.

Talking about what has happened and feelings about it within the family is really important, as is understanding the changes in their behaviour. Most of these changes will gradually disappear. If they persist or become severe that is the time to seek help.