



Your Family Programme

Grief support
for children
and young people
in Swindon & Wiltshire

**Registered
Charity
Number:**
1159719



Who are Wiltshire Treehouse?

We help children and young people who have experienced the death of someone important to them.

What is the Family Programme?

The Family Programme helps children when someone special to them has died.

Children may feel upset, angry, confused, alone, guilty, or sad. Coming to our Family Programme can help them to understand their feelings. They will also learn about ways to cope with their feelings.



We have 2 different Family Programmes -

- One programme runs over 4 Saturday mornings
- The other is a 1 day workshop, normally run on a Saturday and called *A Day to Remember*

The programmes run on various dates across the year.

The programmes are for children aged 6—11 yrs old and children come with an adult (usually a parent/carer). By coming together the adult can share some special time with their child and learn more about how their child is grieving, and what can help them.

Who will be there?

There will be up to 10 children in each group, along with their parent/carer and some specially trained Wiltshire Treehouse helpers.

The Treehouse helpers will try to make sure you feel comfortable.

All of the children in the group will have experienced the death of someone important.

Children tell us that meeting other bereaved children helps them to understand their feelings, and to feel less alone.

What will we do?



During the Family Programme we make and do lots of things, we share special stories and play games.

Our activities cover 5 main themes:

- Memories
- Who is there for you?
- Feelings
- Coping with feelings
- 'Going Forward' - Getting Stronger & Endings

Do adults & children stay together the whole time?

Part way through each session the adults go in to a separate room with some of the Treehouse helpers.

By having some time to themselves the grown ups are able to share their experiences and share ideas about what can help children when they are grieving.

A note for parents & carers

Adults tell us they benefit from being able to openly discuss concerns and share advice away from the children. However, we recognise that talking about your experiences and hearing other people's sad stories can be emotional. Please be assured that if you need counselling or other support, we will help you to find the right service for you.

"Speaking to the other adults has helped me realise I am not on my own, and the advice other parents gave me was really helpful."



Will I have to talk?

No. We expect everyone to listen to each other, but if you'd rather not talk that is ok. You might find that listening to other people helps you.

Confidentiality

We have a strict code of confidentiality.

We will only share our conversations with people outside of the group if we have consent from you, or if we are worried that someone is at risk of serious harm.

What do people say about us?

"I felt really lost and upset, even angry. I can deal with these feelings better now." **Ben**

"I often feel very sad but I feel safe here." **Charlotte**

"It's easier to talk to people here, it helped me open up." **Matt**

"I didn't want to go at first but it has been really helpful, thank you." **Aimee**

"I remember feeling relieved knowing that my child would be able to spend time with others in a similar situation." **Parent**

How can you get the most from the Family Programme?

Everyone is different but children and grown ups have told us that these things helped them get the most from the group.

Come to each session

Meet other people who know what it's like when someone important dies

Try to talk when you can

Talk about what you've been doing at group with others that you trust, like family, friends or school.

Remember that whatever you feel is ok—you can't compare yourself to others

Changes at home

Adults—Please keep us up to date with any changes in your child's circumstances. It is normal for them to become temporarily more emotional as a result of the things we talk about in group. However, if you are worried about your child please speak to us.

Please support your child to attend. It is normal for them to feel worried about coming. Try to reassure them.

Any questions?

Contact us on 01793 987105 ext 1 or admin@wiltshiretreehouse.org.uk

