

## How to access our services?

### Parents and family members:

To access our support please complete our referral form, found on our website. If you need help with the form please email or call us, we'll be happy to help.

### A note to our professional colleagues:

We welcome all enquiries from professionals. However, please note that we operate on a self referral basis and ask that families complete the referral themselves. We will consider exceptional circumstances, please contact us if you'd like to discuss making a referral.

## Contact us

**Phone:** 01793 987105 extension 1

**Website:** [www.wiltshiretreehouse.org.uk](http://www.wiltshiretreehouse.org.uk)

**Email:** [admin@wiltshiretreehouse.org.uk](mailto:admin@wiltshiretreehouse.org.uk)

**Address:** Wiltshire Treehouse, Westlea School, Langstone Way, Swindon, SN5 7BT.



## Who we are?

Registered in 2014, Wiltshire Treehouse provides bereavement support to children, young people and their families.

Our staff and volunteers are highly trained and skilled in bereavement support. Providing a safe space to explore and better understand grief and the effects it has upon the lives of children and young people.



To find out more about our charity or for a wealth of useful resources you can explore our website.

### Could you help?

As a charity we depend upon fundraising, donations and volunteers to keep providing our services.

We have opportunities to volunteer for adults and young people within our programme delivery or as Trustees. You could also get involved by fundraising as individuals, community groups, schools or businesses, just head to our website and look at the 'Join Us' page.

Any amount can help, from £1 to £1,000. So if you can, we ask you to consider donating. Just follow our QR code that will lead you to our PayPal donate page.



**Grief support for children  
and young people in  
Swindon & Wiltshire**

**Registered Charity 1159719**

Members of:



## Our vision



Wiltshire Treehouse wants to see a world where every bereaved child and young person can receive guidance and support to help them through their grieving process. We will enable those in our local communities to develop the coping strategies, skills and confidence they need to thrive.

When someone close dies children experience a rollercoaster of different emotions; anger, sadness, guilt, shock. This is normal but can be very hard to deal with, especially if children cannot find the support they need.

## Our support

Wiltshire Treehouse offers advice and creative programmes that support the social and emotional wellbeing of bereaved children and young people.



We provide a safe, relaxed and inclusive environment in which people can explore and grow to understand their grief. Children can meet others, share stories, make a connection and help each other. Whilst parents/carers also benefit from increased confidence and knowledge on how to support their child, along with the opportunity to meet fellow bereaved parents/carers.

## What our beneficiaries say

*"I felt really lost and upset, even angry. I deal with these feelings today and it's okay."*



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

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

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

*"I've been able to cope a lot better & be happier because I got a lot off my chest"*

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

*"Me and my son are much closer since the group, he now talks to me openly about his mum."*



*"S has been doing really well since NEST. She is in a much better place and very aware of the people around her that she can talk to. Thank you!"*

## What we offer

### Advice & information

We can provide advice, guidance and reassurance to children, young people, parents & carers. We can do this over the phone, on video call or email. You'll also find lots of useful resources on our website: [www.wiltshiretreehouse.org.uk](http://www.wiltshiretreehouse.org.uk)

### Family programme - for 6-11yr olds

Specially designed for 6-11yr olds and their parent(s)/guardian(s). Our Family Programme uses practical activities that provide children and members of their family the opportunity to express their thoughts and feelings together, and alongside other families.

### 'NEST' group programme - for 11-18yr olds

NEST has been designed to meet the needs of grieving young people. By using creative activities NEST provides the opportunity to explore thoughts, feelings and coping strategies, alongside peers.

### Other face to face support

In exceptional circumstances we can arrange for children and young people to be supported on a 1 to 1 basis.

### Training and support for professionals

We offer phone/email advice and guidance to professionals, enabling them to be responsive to the needs of grieving children. Wiltshire Treehouse also offer bespoke training to meet the needs of your organisation. Email us to make an enquiry on how we can help.