

Coffee Morning Pack

Pack Contents

- How to host a Coffee Morning: Planning, celebrating and promoting.
- Using social media.
- Invitation template: Print to invite friends, co-workers, neighbours or take a photo and send an invite digitally.
- Coffee Morning poster to advertise your event.
- How to donate information.
- > QR codes to encourage donations at your event.
- > An introduction to A Week to Remember.
- Activities to help children & young people process grief.
- Case study of children and young people we have supported.
- A printable version of our information leaflet.
- Printable props for your event: Donation box & bunting.

How to host a Coffee Morning

- Find a Venue This could be your home, your office, a community centre or even a park. You might like to consider parking and how many people will comfortably fit within your venue.
- 2 Set a Date & Invite Friends, Family, Co-workers & Neighbours Using the pre-designed invitations in this pack you can send an invitation while helping to spread the word about Wiltshire Treehouse and the bereavement support we offer. Alternatively take a photo of the invite and create an event using social media. From there you can send out invitations to your connections.
- Bake a Cake or pop to the shops and buy some in It doesn't all need to be sweet, a sausage roll or similar savoury options can work too! Don't forget to ask your guests to bake and bring as well.
- Celebrate Your Coffee Morning Share your event with others in Swindon and Wiltshire by posting pictures and on social media and tagging us in. (Details on page 3).

Finally, don't forget to let your guests know how much you all raised for Wiltshire Treehouse - & us too!

Wiltshire Treehouse is a small independent charity that receives no government support. To run our free services throughout Swindon & Wiltshire we depend on the generosity of others.

How to celebrate your fundraising

Social Media

If you you would like to SHOUT LOUD and CONNECT with others in Swindon and Wiltshire over your coffee morning you can do this on social media platforms. Don't to forget to encourage your attendees to share too.



Our biggest audience on social media is on Facebook. We use this platform to raise awareness of our services and events. We would love to see your photo's and short videos - don't forget to use your printable props! Make sure you like/follow our page and in your post use @WiltsTreehouse so that can see and shout about your achievements too!



Share to other platforms and encourage your followers to give us a like. Please share your coffee morning on the social media platforms you enjoy using. The more awareness we can create about the needs of bereaved children and young people the more we can help. @wiltshire treehouse

Linked in We also have a LinkedIn page. If you use this platform you can link to use using @Wiltshire Treehouse This is great for businesses and professionals, so if your hosting an event at work, you caould consider using this platform too!

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www.wiltshiretreehouse.org.uk

Tea/Coffee Morning Invitation



| Date: | Time: |
|---------------|-------|
| Where: | |
| Contact/RSVP: | |
| | |

Grief support for children, young people & their families in Swindon & Wiltshire

Wiltshire Treehouse is a small independent charity that receives no government support. To run our free services we depend on the generosity of others.

Registered Charity No: 1159719

www.wiltshiretreehouse.org.uk





| Join Us/Me: |
|-------------|
| Date: |
| Time: |
| Venue: |
| RSVP: |



Grief support for children

and young people in Swindon & Wiltshire

Registered Charity 1159719



At Wiltshire Treehouse, we support children & young people who have been affected by the death of someone important to them.

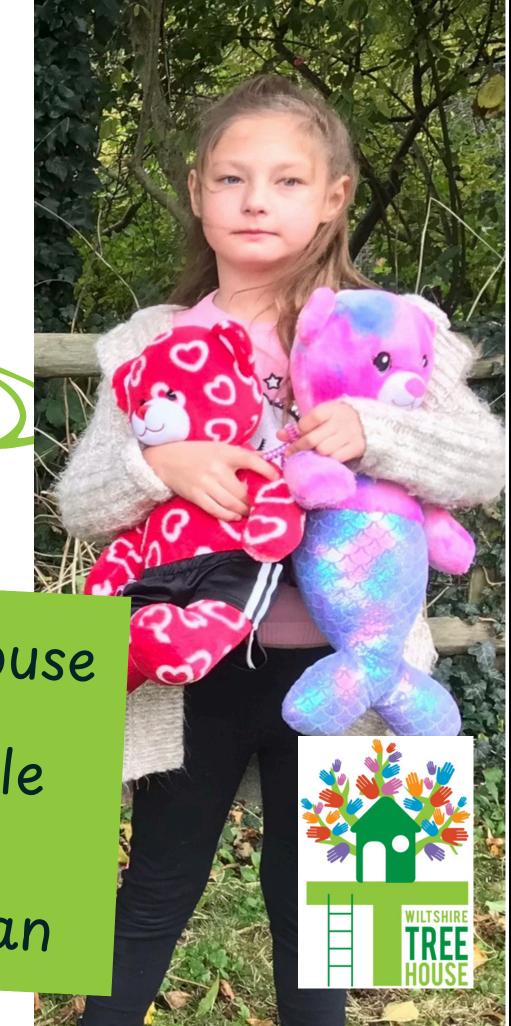
- Telephone advice and support to parents/carers
- Direct work with children and young people through our specialist group work programmes
- Advice and training for professionals
- Referrals for specialised help

www.wiltshiretreehouse.org.uk

127 Children are bereaved of a parent every day

I'm fundraising for Wiltshire Treehouse who provide bereavement support groups for children and young people in Swindon & Wiltshire

Please join me and give what you can



Ways to Donate

CASH - By donating cash money we receive 100% of your donation. You can do this by handing our cash donation to any of our staff members.

BACS - By donating money through a BACS transfer we receive 100% of your donation.

Account Name: Wiltshire Treehouse

Bank/Building Society: Co-operative Bank

Sort Code: 08-92-99

Account Number: 65760602

Cheque - By donating using a cheque we receive 100% of your donation. Please make cheques payable to: Wiltshire Treehouse

PayPal - PayPal transfers, donations and PayPal QR codes are the easiest digital way to donate. We receive 99- 97% of your donation depending on the amount.

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Donate by QR code



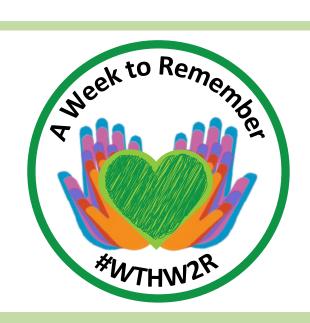
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A Week to Remember

The Third Full Week of November



2025: 17th - 23rd
2026: 16th - 22nd
2027: 15th - 21st
2028: 20th - 26th
2029: 19th - 25th



A Week to Remember is Wiltshire Treehouse's annual campaign that raises awareness of children and young peoples bereavement.

Everyone will grieve in their own way, but we know that children and young people have a very different understanding to adults, and therefore, can need a considered approach in how and what support they need.

During our Week To Remember we will share stories from the children and families who we have supported. Encouraging conversations about death, dying, grief and bereavement to be shared. As well as suggesting some ways that may be helpful to remember our special people who have died.

We also encourage our supporters to get involved in raising funds for the charity, they may choose to do this through a coffee/tea morning, or a sponsored event or activity. Wiltshire Treehouse receives no government funding and is wholly dependant upon donations to deliver our bereavement support groups for children and young people.

If you have an idea of how you might like to fundraise, please get in touch and let us know how we can best support you. Also, check out the Events page of our website for activities you may like to get involved with.

Activities to help children & young people process grief

Doing crafts, reading books or doing other practical activities can help children to express their feelings and to remember their person who has died.

Some children may prefer doing an activity rather than talking with you. Here are some ideas you can use.

- Knit, crochet, paint or sculpt out of clay 2 hearts (or other shapes/objects) 1 to stay with the maker and the other can be placed in a memory box or placed at a grave side or in the coffin.
- Light a candle of remembrance.
- Write a poem or letter to your person who has died.
- Plan a memorial event or fundraiser
- Listen to a piece of music that reminds you of the deceased.
- Wear colours that hold special meaning—such as the loved ones favourite colour or colours of their favourite sports team.
- Create a memory pillow by decorating a plain white pillowcase with drawings and words that remind you of the deceased. Hug it when you miss them.
- Plant a flower or a tree in memory of the special person.
- Compose a piece of music or write some lyrics about your feelings and memories.
- Create a memory jar by filling a jam jar with memories written or drawn on coloured paper. You can also include other people's memories in your jar.
- Create a memory box by writing or drawing memories and feelings, collecting photos and placing them all in a decorative box (shop bought or home-made box).

If you think your child or young person may need additional support, we are always happy to help. To make a referral please visit our website.

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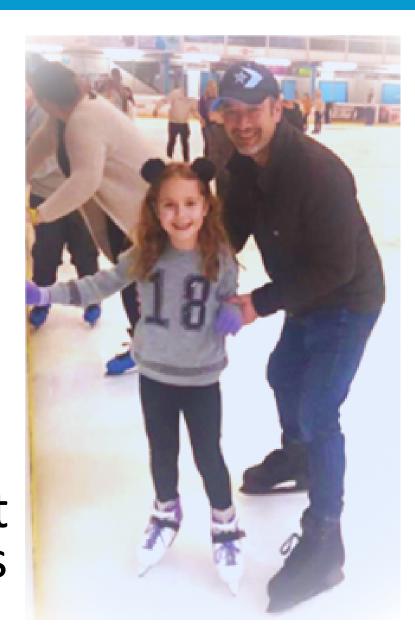
www.wiltshiretreehouse.org.uk

Gracie & Alison's Story...

We sadly lost Eliot, Gracie's dad, suddenly to his 2nd heart attack at the age of 51...

My grief was devastating to deal with as an adult, but it was I think, the hardest thing as a parent telling Gracie only 8 years old that the doctors could not save her daddy! I remember us both crying for hours hugging each other..

I wanted to offer the best support to Gracie and was lucky to have found Wiltshire Treehouse & get placed on the Family Programme when Gracie was about 9 years old.





Gracie says: "I had a close & happy Father-Daughter relationship. But now I'm always with Mum, Dad's not around to speak to or go on days out with.

Before coming to Wiltshire Treehouse I didn't have any coping skills, & I didn't recognise the different feelings I was having.

My message to other's like me is to trust the people at Wiltshire Treehouse!"

4 years on, and one day Gracie asked me "Did Dad know that I loved him?". Gracie had become very quiet. At that point I felt we needed the help & reassurance of Wiltshire Treehouse again.

This time Gracie joined their NEST group, as now 13 years old. Each time the course was age-appropriate, allowing Gracie to know that she's not on her own - so many people loose people they love!! Since her most recent course with them Gracie has seemed more open & is laughing again!

For me I want to say thankyou to all the staff & volunteers that work at Wiltshire Treehouse offering this service. The work that you all do has helped to reiterate to Gracie that she is a strong, resilient young lady who has the skills & strength to carry on with life!

Images courtesy of family. Top: Gracie & Dad skating. Left: Theatre with Mum & Dad. Bottom: Mum, Dad & Baby Gracie

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

Email: 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



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 strategies, skills and confidence the

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."

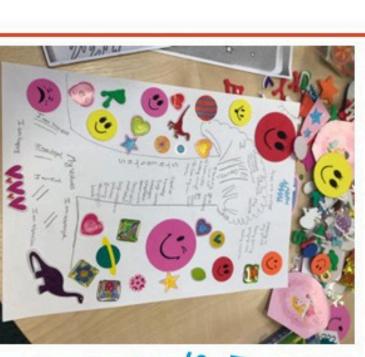
"It's easier to talk to people here, it helped me open up."

"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

Family programme - for 6-11yr olds

Specially designed for 6-11yr olds and their parent(s)/carer(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 older children

NEST uses creative activities to help young people explore their grief alongside peers.

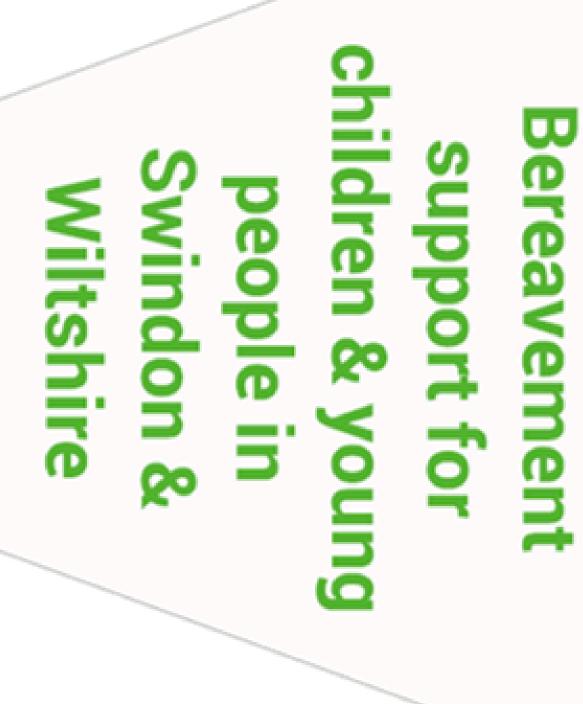
One to one support

We can arrange for children and young people to be supported on a 1 to 1 basis. Please note, there is a charge for our one to one service.

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.





WILTSHIRE



undraising in aid of

Instructions:

1. Cut out an

fold here

Cut out and fold along the dotted lines.

Fold the white flap overover string. Glue, staple or sellotape to secure.

Tip: You will need 6 flags (two printed sheets) sheets for each 1m length