Nelson's Journey is a Norfolk charity that supports children and young people aged 0 - 17yrs who have experienced the death of a special person in their life, like a Mum, Dad, Brother or Sister or someone else who they are close to.

Nelson's Journey has bereavement workers who go to visit young people who are referred to them for help. During their visit they find out more about the person who died and how the young person is feeling. Nelson's Journey then suggests a service that might help them cope with their feelings better, the young person might get more help on a 1:1 basis with the bereavement worker, or they might be invited on an activity day or weekend where they can meet other children who have had a special person who has died.





Bereaved children are not alone: one child every half an hour is bereaved of a parent in the UK.

If you have a friend or know someone who has lost a special person in their life, there are many things you can do to support them if they are upset, ask them if they are ok, give them a hug or make your teacher or an adult aware of why your friend is upset. Just talking to your friend can help them feel that they are not alone.





For further help and advice do not hesitate to contact us: Email: enquiries@nelsonsjourney.org.uk Tel: 01603 431788 Nelson's Journey, Registered Charity No: 1065775

## If you wish to know more about what we do, tear off a slip to help you remember our website address

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