



## Our services

### Telephone support and guidance

Provided by one of our Child Bereavement Support Workers, this can start immediately after the bereavement if the family would find this helpful. We can talk through questions such as 'Should my child attend the funeral?', 'How do I tell them their Mum has died?'

### Information and resources

We are aware of and have access to a range of bereavement support resources, some of which are available on our website under the Get Help section, others can be posted out.

### Family and group events

Annually we hold a Memorial Walk and Christmas Carol Concert, both events are for current and ex-service users and anyone else who wishes to attend. These provide an opportunity for family and friends to get together and remember a loved one who has died. Contact us to find out when these events are being held this year.

### NJ Clubs

Our youth club style groups are for children and young people who have been referred to us for support. They are held at different locations around Norfolk, and are all about having fun and meeting others who may have had similar feelings and experiences. They run after school, once per half term. There are different groups for 8 – 12 (year 7) year olds and for 12 (year 8) – 17 year olds.

### One to one therapeutic support

Our Child Bereavement Support Workers offer this either at home or in school. These sessions are not a course of counselling but are for providing support as and when it is needed.

### Activity day or residential weekend

If it would be appropriate and beneficial, the referred child or young person may be invited to either a day or weekend. These are all about meeting others who may have had similar experiences, doing intensive therapeutic activities and having some fun to provide balance. We run separate Activity days throughout the year for children aged under 7 years, 8 – 12 (year 7) year olds, and 12 (year 8) – 17 year olds. For the under 7s, the parents / carers are invited to take part in many of the activities with the children. For the older groups, we run a separate parent / carer group on the same day. We have found that children and young people often get the most benefit from these after one year following the bereavement.

***For further information about any of the above please visit the Get Help section of our website [nelsonsjourney.org.uk](http://nelsonsjourney.org.uk)***