

TALK TO STARS BEREAVEMENT SUPPORT FOR THE YOUNG

OUR AIM

Our aims for this service are to co-ordinate and provide a bereavement service for children, young people & their families who have experienced the death of a significant person, pre bereavement support is also offered. The service caters for all children & young people, aged 0 – 19 years resident within Cambridgeshire Primary Care Trust. Support will be provided in an environment that is comfortable for the child / young person for example at home, school, college, G.P surgery.

CONTACT US

Bereavement Support Co-ordinator
Call Stars: 07827 743497
Email Stars: info@talktostars.com
Visit Stars: www.talktostars.com

Write to Stars:
Stars, 42 High St,
Milton, Cambridge,
CB4 6AB

DONATIONS

The service relies solely on charitable funds & donations. If you would like to make a donation to the service please contact the Stars Bereavement Support Co-ordinator or send to the postal address detailed left. Please make all donations payable to Stars Bereavement Support For The Young.

VOLUNTEERS

We are always seeking volunteers to help support our service from fundraising through to administrative support. If you are interested in volunteering please contact us to discuss opportunities that are available.

'A child can live through anything so long as he or she is told the truth and is allowed to share with loved ones the natural feelings people have when they are suffering.' - Eda Le Shan

WHO CAN REFER?

Referral will be accepted from any individual involved with the child.

Health care

Education

Social Services

Voluntary Services

Parent / Guardian or Self Referral

It is preferable that parental consent is obtained prior to referral

The Co-ordinator will accept referrals and offer advice by:
Telephone, E-mail or Post.

REFERRAL PATHWAY

Referral made to Service Coordinator Initial Assessment performed Contract of direct support negotiated with Child & Family or Case referred to alternative agency Support initiated for initial term of eight sessions & continually reviewed Evaluation of support delivered and service performance evaluated with referring agency for future development of service.

CONSULTANCY & TRAINING

Support, advice & resources can be offered to any individual on how to facilitate support with a bereaved child / young person. Training events can also be delivered to individuals or teams who wish to enhance their skills & knowledge within bereavement support.

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WHO WANTS TO TALK TO A CHILD ABOUT DEATH?

Finding the right words can be the hardest part of exploring a death of a loved one with a child. There are no easy solutions to this but using simple and honest words will help them understand. Use words such as 'death' and 'died' as children need to try to understand the finality of the situation. Using words such as 'lost' or 'taken away' may create anxiety and confusion as they may want to search for the lost family member. Also avoid saying that a loved one has 'gone to sleep' as this may make your child afraid to go to sleep. A child will experience the same range of emotions that adults do, only children do not have enough intellectual skill to identify and verbalise all of this emotion & it tends to erupt in negative behaviour. When someone dies life can turn upside down for some time & it is important for children to be reassured that some things will still go on as before. This helps them feel secure & supported.

WHERE CAN I GET MORE HELP & INFORMATION?

Supporting a bereaved child can be extremely difficult especially as you, too are grieving the loss of a loved one. If you feel you need further help or information, the following individuals may be able to offer direction: Your General Practitioner Your child's School Nurse Your child's Teacher or Nursery Worker Your child's social worker. If you do not find the information you would like, then Stars Children's Bereavement Support Services can be contacted & we will endeavour to find the support and information you need. Full contact details are listed on the reverse of this leaflet. Stars Children's Bereavement Support Service is a resource available to anyone involved in the care of a child that needs bereavement support. We aim to

work with the child & their family to provide them with the resources they need to adjust to life following the death of a significant person. Support will be provided in an environment that is comfortable for the child / young person for example at home, school, college, G.P surgery. The type & amount of support needed is negotiated with the child & family and within the limits of the service availability. The service caters for all children & young people aged 0 - 19 years & is free of charge. We are able to provide our services to any child/young person living in Cambridgeshire Primary Care Trust (PCT). Please contact us if you are unsure which PCT locality you reside in. If we are unable to provide support we will endeavour to find someone who can.