



## Our services

We offer bereavement support to families, for up to two years, following the death of their child. We do this via a named bereavement support worker, and through groups and events for bereaved siblings, parents and families.

Our support is individualised and will involve us being there to listen and to provide emotional and practical support. There is no right or wrong way to grieve, and our team are here to support families however they are feeling.

Bereavement support is available to any family, bereaved of a child, within our catchment area.

If the level of mental health support required is more than we can offer, we will work with you and your GP to refer you to appropriate services.



## Bereavement support

We provide bereavement care in several ways:

- Individual bereavement support
- Couples' bereavement support
- Siblings' bereavement support
- Bereavement support groups

## Bereavement groups

There are two bereavement groups for parents:



### Forget Me Not

This is for parent(s) who are in the first year of their bereavement. The group meets every month, for 6 months, on a Saturday morning for two hours. The aim of the group is to provide a safe space for parents to express the impact of their loss, understand a little of grief theory, and find companionship and support with others.



### Butterfly

This is for parent(s) who are in the second year of their bereavement. The group meets bi-monthly, for a year, on a Saturday morning for two hours. The aim of this group is to provide a safe space for parents to continue to express the impact of their loss, to reflect on their continued experiences of living whilst being bereaved and to find companionship with others.



## Remembering your child

To help remember your child we have special products and events throughout the year:

### Create a free Online Memory Box

- You can post photos, songs and videos, leave messages and share stories in memory. Send the link to your Online Memory Box to friends and family so that they can remember your child too, either on special occasions or just when they're thinking about them. To find out more visit [hdh.org.uk/celebrateamemory](https://hdh.org.uk/celebrateamemory).

### Join us at an event

- Come together with other families to celebrate your child's memory through events such as our springtime Memory Walk or perhaps take on a personal challenge. To find out more visit [hdh.org.uk/events](https://hdh.org.uk/events).

### Attend our annual thanksgiving and celebration service

- You can see a recording of our service in 2021 at [hdh.org.uk/remembrancethanksgiving](https://hdh.org.uk/remembrancethanksgiving).

