


## SUPPORTING YOU

Have a look at the 'For Young People' section of our website where you can find information on what might help.

You can view short films created by our Young People's Advisory Group on our website or via our YouTube channel. Have a look and see what you think.

[www.youtube.com/user/childbereavementchar](http://www.youtube.com/user/childbereavementchar)

We show these films to teachers, parents, and friends so that they know what it is important to young people like you. They also will help others the same age when a friend or family member dies.

THE DIANA AWARD  
 The young people's group who made the films has been awarded the **Diana Certificate of Excellence**. The certificate is given in recognition of young people who work together in groups to improve their communities, organisations or schools.

Sometimes, reading other young people's stories can help you to see that you are not alone. Try looking at the websites below. You can talk to other young people who have been bereaved, or join a forum where you can post a message.

[www.rd4u.org.uk](http://www.rd4u.org.uk)

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

These sites' forums are moderated for your safety.

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

## SUPPORTING SCHOOLS AND COLLEGES

Up to 70% of schools have a bereaved pupil on their role at any given time.

Our Support and Information service is available to anyone affected by bereavement, including your school or college.

Adults are often at a bit of a loss as to what to do, or say, to help you. We can give them some ideas. Your teachers, or support staff, at your school can give us a call.

Or they can visit our website. There is a 'For Schools' section they can look at which includes free and downloadable resources and information. You can also look at this information to see what you think. All sections of our website are open for anyone to look at.

**Support and Information line**

**01494 568900**

**The Helplines  
Association**

**9:00am til 5:00pm**

**Monday to Friday**

We offer a confidential listening and guidance service to anyone who has been affected by the death of a child, or who is caring for a bereaved child.

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

## Young People's Advisory Groups

## In Buckinghamshire

**Child Bereavement Charity**  
The Saunderton Estate  
Wycombe Road  
Saunderton  
Bucks  
HP14 4BF

Tel: 01494 568900

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

## ABOUT THE GROUPS

*"It made me realise that I'm not on my own"*

*Group member, 2011*

### What is a Young People's Advisory Group?

The groups offer an opportunity for bereaved young people to share their experiences and to tell us what they think might help others of the same age when someone dies.

The group meets regularly at the charity's base in Saunderton in Bucks. We work on projects to create valuable information and resources that will help other bereaved young people, and the teachers and parents who support them.

The CBC Youth Worker, with staff from the charity's family bereavement support service, help to run the sessions. Pizza is usually provided as the sessions take place in the early evening.

Our previous members have commented that the best things about the groups are:

*"Being here, just coming"*

*"Talking about our stories"*

*"Having fun"*

## JOINING A GROUP

### What will be expected of me when I join a group?

To join a group you must be aged 11-25 and have access to transport to and from the sessions.

Otherwise there are no expectations of you when you join a group!

You will have a chance to give your viewpoint and share experiences whilst undertaking projects to produce resources. These are used to increase understanding amongst friends, families and anyone else you think needs to know what it is like for a young person when someone dies.

Everyone who comes along will be encouraged to contribute in their own way and we hope everyone will feel they have gained something from the experience.

Young People's Advisory Group sessions are free to attend.

*"My Dad died when I was 10 and there was nothing like this.*

*I'm very pleased to see the incredible work that's going on here.*

*I wish I'd had something like this when my Dad had died."*

*Sir Al Aynsley Green, retiring Children's Commissioner, after visiting a group.*

## YOUTH AMBASSADORS

"Hi, I'm Amber and I'm a Youth Ambassador for the Child Bereavement Charity.



When I was 17 I had just started my A levels at college when, on 27th March 2008, my Dad died. I cannot even begin to describe the emotions I felt.

For 6 months afterwards I felt numb. I didn't attend college. I barely saw any of my friends. I simply didn't know what to do with myself. I tried to talk to various people but I couldn't relate to anyone. I felt very lonely and that no-one knew what I was going through.

When I went back to college there didn't seem to be any form of support system for me, and after a while my tutors did not know how to respond to me. Finally I found Sue at the Child Bereavement Charity. She was so personable and very kind, and after some coaxing on her part I opened up. She was almost a lifeline.

After talking to other bereaved young people my experience of going back to college doesn't appear to be isolated to myself. I am striving to make a change in schools and colleges so they feel able to support bereaved young people and provide them with the correct help and attention whilst they are at school."

### Interested in becoming a Youth Ambassador?

If you are currently receiving support from us or have been part of our groups and you are interested in being an Ambassador, please contact our Youth Worker Victoria on 01494 568923 or email her on [victoria.young@childbereavement.org.uk](mailto:victoria.young@childbereavement.org.uk).