

What Our Service Offers

- Individual support on a weekly basis
- An opportunity to join a peer support group
- Family support (away days, family sessions)
- Parents Participation Events (an opportunity for parents/carers to try some of the therapeutic activities and to meet with other bereaved parents)
- Provide information for parents/carers of grieving children and young people
- Telephone support and advice
- Presentations to statutory and non statutory organisations
- Bespoke training

“Very helpful,
professional and
efficient.”

referrer



Craigmillar Playroom

Dalkeith Playroom

Mission Statement

We believe that we can make a difference in the lives of children who have been bereaved by supporting them through their grief using therapeutic play providing a safe haven for them to work out their feelings

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SUPPORT FOR BEREAVED CHILDREN AND YOUNG PEOPLE



Supporting Bereaved Families Since 2003
A Richmond Craigmillar Church Project

HOW WE CAN HELP

Who We Are

Richmond's Hope is a charity that supports children and young people from Edinburgh and Midlothian who have been bereaved. Our main base is situated in Richmond Craigmillar Church. We also have a base in St John's and King's Park, Dalkeith for children from Midlothian.

Not all children will need the support of an organisation such as this, but we are here to help those who do.

We work with children and young people between the ages of 4 and 18.

Our Aims

- To provide children and young people with a safe place to work out their grief, through verbal and non verbal ways e.g. art and therapeutic play
- To provide a city wide service for people of all faiths and beliefs.
- To create individual programmes of care for each child (each child's grief is different)
- To offer support to the families of the children who attend.

Children's Sessions

An assessment will determine whether our service might be beneficial for a child/young person, and whether it's the "right time" for them to receive support.

The decision to offer bereavement support will include the views of the parent/child/school.

From the point of assessment, sessions would normally begin within two weeks.

Each child will be offered individual sessions which will last anything up to 16 sessions.

The grief of a child may fundamentally be the same as for adults; the difference is in the way that children cope with their feelings. When things get too much for them they can switch off. Children are more likely to act out their distress rather than speak about it, the reason being that they do not have the vocabulary to do so. They can do this through play. For instance drawing and painting are therapeutic in themselves but they can also help children describe how they are feeling.

Death is a normal part of life, but for children the death of a close relative can be very hard to understand. Adults sometimes try to protect a child from the fact of death, in the belief that they are not old enough to understand or that they will be too upset. Children can learn to cope with death when they are involved and given the opportunity to understand what has happened, and allowed to express their grief.

Why Therapeutic Play?

Therapeutic play has as its main objective, the emotional well being of the child. It accomplishes this through the use of play and the creative arts. Play is a natural way for a child to deal with everyday life as well as emotional difficulties.

It offers children a way to express conflicts and painful experiences.

Referral Process

Referrals are taken over the telephone. All we ask is that the person with parental responsibilities gives consent for the referral to be made and that the child/young person is aware of the referral. We also ask that for a child to be referred for support, they should know how the person died.

We operate an open referral system for **Edinburgh**: Contact 0131 661 6818

Midlothian referrals;
please contact your relevant locality:

East: Easthouses, Mayfield, Gorebridge, Newtongrange, Dalkeith;
Contact locality manager on 0131 271 3818

West: Lasswade, Bonnyrigg, Rosewell, Roslin, Bilston, Penicuik;
Contact locality manager on 01968 664 134



Richmond Craigmillar



Teenroom



Mixed Feelings



Art Materials



Volcano Room



Memory Jar

Toy Coffins