

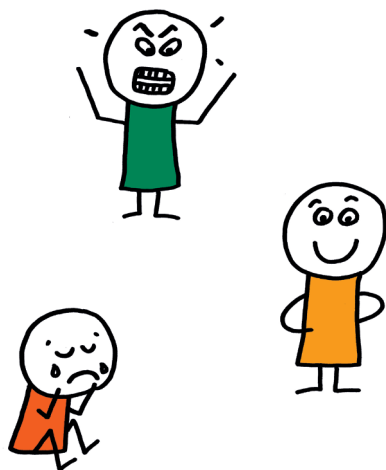
Remember that...

It doesn't help to:

- Pretend you're not hurting
- Hit someone if you're angry
- Hide how you feel

It is ok to:

- Cry
- Laugh
- Feel sad
- Feel angry



Here's what other children have said about Richmond's Hope...

"It's good, go! You get to do stuff and you don't feel left out anymore and you have someone to talk to if things worry you."

"I feel much better because I got someone to speak to."



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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WHEN SOMEONE DIES...

INFORMATION
FOR YOUNGER
CHILDREN



Who are we?

Richmond's Hope is a place for children and young people between the ages of 4 and 18 to come when someone dies.

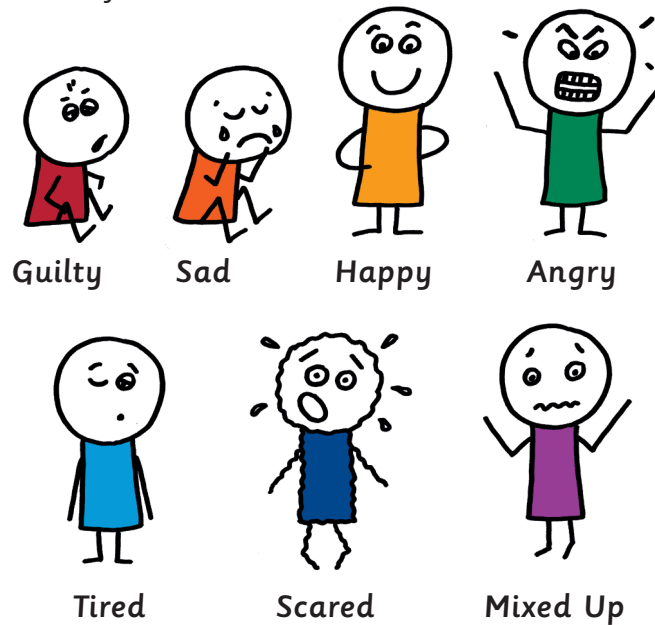
Richmond's Hope is based in Richmond Craigmillar Church.

How often will you come to Richmond's Hope?

You would come once a week for about 12 weeks.

How can we help?

When someone dies, we can have lots of different feelings. Here are a few you may have felt:



What do we do?

At Richmond's Hope we can try to help you understand and cope with these feelings by:

- Making things to remember the person who died
- Having time to talk
- Playing
- Painting or drawing
- Make activities to explore your feelings



Richmond Craigmillar



Playroom



Some of the memory things we could make...