

## What Our Service Offers

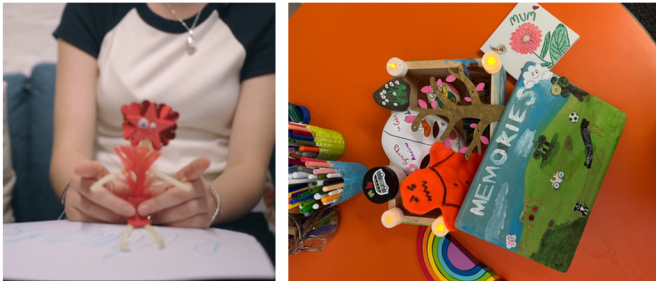
One to one weekly sessions with the same grief practitioner at one of our bases

- Support and advice visits in our bases for families
- Telephone support and advice
- Literature and information on the kind of language you might need to speak with a child or young person following a death
- Presentations to health & education professionals, agencies and organisations
- Bespoke training
- Small group bereavement work sessions



*“An amazing and unique service for children where they can open up to someone about their fears in a safe and trusted environment. Richmond's Hope is life changing.”*

**-Parent**



## 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

Richmond's Hope is a Scottish Charitable Incorporated Organisation  
SCIO SC036720



Richmondshope



RichmondsHopeCharity



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

to make an enquiry, or arrange a callback/visit at your closest base



Registered address: suite 2f1 Norton Park, 57 Albion Road, EH7 5QYT

**SUPPORT  
FOR  
BEREAVED  
CHILDREN  
AND  
YOUNG  
PEOPLE**



**HOW WE CAN HELP**

## Who We Are

Richmond's Hope is a charity that supports bereaved children and young people between the ages of 4–18. We have full-time bases in Edinburgh & Glasgow and part-time services in Dalkeith in Midlothian, Methil in Fife and East Lothian. Visit our website at [richmondshope.org.uk](http://richmondshope.org.uk) to find the service nearest you.

Not every child who experiences bereavement will require additional support, but Richmond's Hope are here for the ones who do.



## Our Aims

To provide children and young people with a safe space to work through their grief using therapeutic grief activities and play

- To provide bereavement support to people of all faiths and none
- To tailor support to each individual child as grief is unique for everyone.
- To offer support and advice to families, agencies and organisations
- To help children and young people to live well with their grief



## A Child's Grief

1 in 29 children between the ages of 5–16 have been bereaved of a parent or sibling and approximately 4 children in Scotland are bereaved of a parent each day.

Children and young people can grieve differently to adults. Young children's grief is often described as 'puddle jumping' where they cannot stay sad for too long and will dip in and out of their grief. Young children may also lack the vocabulary to describe their feelings and will express how they are feeling through behaviours rather than words. Children learn through observation, therefore showing your grief in front of them will allow them to see that it is ok to feel how they are feeling and gives them the opportunity to express their grief.

Being honest with children and young people when someone has died is important. Providing them with the facts can help them to process the death and stop their imagination filling in the blanks. It can help children and young people to feel involved in conversations and decisions



## Children's Sessions

An assessment will determine whether attending Richmond's Hope would be beneficial for a child or young person. It is important for bereavement support to come at the right time.

The assessment is used to identify what has changed for the child since their bereavement and how they are coping. We will talk to the child and the parent/carer separately during an assessment. After the assessment has taken place, sessions should follow soon afterwards when a session slot is available.

Children are seen once a week for 40 minutes and sessions will last for approximately 12 weeks. All one to one sessions with a Theapeutic Grief Practitioner at Richmond's Hope are child led.

Support at Richmond's Hope is based on three main areas: preserving memories, learning to name and express feelings and developing coping strategies tailored to each child.

## Why Therapeutic Play?

Sharing their story and playing in the presence of someone they trust can be healing for children. Play is a natural way for children to learn social and emotional skills. "Play defines the importance of process over product. When children play, their attention is focused on the activity rather than the goals of the activity, this creates an absence of pressure that tends to make play more flexible". (Johnson et al, 1987)



## Referral Process

Referrals are taken over the telephone, or we can send you a link to your email. 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. If you have any questions about this, please contact us on the number below, and you can talk this over with a Therapeutic Grief Practitioner. If your child has been receiving therapeutic support, please allow six months from the completion of this support before referring to Richmond's Hope. This is so that your child/young person has the opportunity to process and put into practice the skills they have gained from their support, and it may be that they do not require bereavement specific work if they are grieving in a healthy way. All our sessions are provided free of charge, and we operate an open referral system. This means parents/ carers and young people over the age of 16 can refer themselves and third-party organisations can also refer children and young people to Richmond's Hope.