



■ Around one hundred children per day are bereaved of a parents; this equates to approximately two children per hour experiencing bereavement.

(Winston's Wish, no date)

■ One in twenty nine children have experienced the loss of a parent or sibling according to Winston's Wish (no date).

■ Twenty Two per cent of adults who had been bereaved during childhood, said they felt lonely (Child Bereavement UK, 2019).

■ Forty five thousand children are bereaved in the UK every year, and six per cent of these are aged between five and sixteen. (Winstons Wish, no date).



Just One More Minute are here to support children and young people who have experienced the loss of a loved one. Through individual and group working and support sessions we aim to break the stigma of bereavement and reduce loneliness in our children and young people.

Sessions are held weekly on a Monday at 4.30pm until 6.00pm at the Local Community Centre, and will combine counselling and support sessions with activities such as arts and crafts and evenings out.

Further Information

For further information on courses, sessions and activities please contact:

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Just One More Minute

Child Bereavement (2019)

"To live in hearts we leave behind is not to die."

-Thomas Campbell

The Principles of Person Centered Planning

The aim of this plan is to ensure that planning is unique to the individual, and that each person is allowed the chance to thrive and develop personal interests to their fullest potential through problem solving and opportunity seeking (Mercer, 2003, p.3)

- Community Presence - sharing ordinary places and valued activities with others
- Choice / Control - freedom to make decisions about day-to-day matters and also life defining matters
- Competence - engagement in functional, meaningful activities
- Reputation / Respect - having a valued place in the community, and being seen by others in positive ways
- Relationships - developing a network of personal relationships and friendships which help to provide support ion the engagement of activities (Mercer, 2003, p.6).



What we can offer and how we promote inclusion?

- ▶ Individual and Group Support sessions - chance to meet others affected by loss and grief and build on friendships. Mallon (2011) suggests creating memory books or releasing balloons with messages attached.
- ▶ Access to Cognitive Behavioral Therapy and counseling services by trained practitioners - this provides an insight into how thoughts and feelings can impact on behaviours (Reid and Westergaard, 2011), and also learn about the model of grief .
- ▶ Creating a memorial garden within the community for others affected by loss.
- ▶ Organising and attending events to meet up with like minded individuals and take part in activities such as bowling, walking or even learning to surf!
- ▶ Mindfulness and relaxation technique sessions

One Page Profiles

This simple profile of an individual covers the following headings:

- What people appreciate about me
 - What is important to me
 - How best to support me

(Helen Sanderson Associates, no date)

We build better relationships with individuals, when we know what they want and how best we can support them. It can be updated as regularly as required and can be used in multiple settings. (Helen Sanderson Associates, no date).

MAPS (McGill Action Planning System)

Using the MAPS eight step process, we look at the individual in a holistic manner. Taking a history of the individual in conjunction with the people who know them best, we can build a picture of what they dream to achieve, and allow them to express any fears they have. By looking at gifts, talents and strengths we can plan and action future support (Helen Sanderson Associates, no date).



:By using this system we can support individulas to move into the future effectively and creatively" (Helen Sanderson Associates, no date), and with regular meetings we can change and support our plans to meet everyone's needs.

