



Bereaved Children Support York

Therapeutic Support Referral Guidance Notes

Every child and young person who has experienced the death of a loved one will grieve differently. Many will process what has happened in their own way within the home environment with the support of family, friends and school. It can be distressing and overwhelming, but grief is normal, necessary and needs to be expressed. However, some children may need help from outside their existing support networks.

Bereaved Children Support York is a local charity that seeks to support children and their families living in the York area, so they are better able to cope with the impact of bereavement on their lives. We do this by running a monthly, peer support group which provides the opportunity to meet other children with similar experiences in a relaxed, fun and creative environment.

We are also delighted to announce that we are now able to offer one to one therapeutic support provided by experienced Bereavement Practitioners for those children who need it. This is running initially as a pilot project to gauge demand, but we anticipate this will be high and the service will expand accordingly.

Anyone can refer a child to the service (parent/school/health and social care professionals etc), but we do ask that parental consent is obtained prior to referral. Please contact us by email for a referral form which should be completed and returned by email or post. Referrals will be accepted in order of receipt before being allocated to a worker. In the event of there being more referrals received than appointments available then a waiting list will be used. We will aim to contact the parent/carer within 7 working days of receipt of referral either to arrange an initial appointment or to explain that their child has been placed on the waiting list. The service is free of charge and open to any bereaved child or young person between the age of 5 and 18. If you would like to refer a child under 5 please contact us first to discuss.

We want to support as many children as we can, as soon as we can, but we would appreciate your patience as the service becomes established.

Please don't hesitate to contact us if you have any questions or queries.

Jo Cole (Founder and Chair of Trustees, BCSY)

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