



SeeSaw has been called the 'little charity with a big heart'. Based in Oxfordshire, we provide support for children and young people when a parent, sibling, or close family member, is dying or has died.



Grief support for children and young people in Oxfordshire

We offer advice, information, support and training to families, children and young people and the schools and professionals around them. We help young people understand their grief, find ways to cope, and look toward their future with confidence.

*"Thank you for helping me and explaining what would happen to my Dad now that he has gone. You have made me understand I miss him, though he will always be in my head and heart. You told me that being sad is ok and tears are love that are spilling out. Thank you ever so much for helping me."*

CHARLIE, AGED 7

Over the past couple of years, during the pandemic, SeeSaw has provided support for 969 children and young people. What people tell us is that it makes a big difference to be able to talk to someone who understands, when the worst has happened. We help parents find the right words to tell their child someone is dying, or has died, and how to answer their questions. We reassure parents that their child's reaction is normal for their age, or stage of development, and we provide advice on things they can do together as a family to support each other, to remember their loved one, and to manage their feelings. Everyone grieves differently but the pandemic has meant that many people have had to grieve in isolation; during lockdowns, some did not get a chance to say goodbye, attend the funeral or see their loved one.

It costs over £400,000 a year for SeeSaw to deliver its services. £12,000 would make a big difference to us.

It would pay towards support for children like Charlie. £12,000 would pay for:

- 5 months' salary of a Children and Families Practitioner working with bereaved children, or
- the cost of training and supporting 5 volunteers to work with bereaved children, or
- the cost of supporting 22 bereaved children.

It would also help us to support families like William's:

*"I lost my beloved wife and the mother to my two teenage children suddenly. What followed was a complete nightmare of emotions and trying to come to terms with the shock and grief was like climbing a mountain. I made contact in the middle of lockdown, and I must say it was the best decision I have made so far since our loss. I have been having a telephone chat every 6 weeks or so since then and I have found these calls invaluable in helping me to come to terms with both my grief and more importantly how to help, support and understand / care for my children's grief / needs. The opportunity to talk to a friendly and professional counsellor has really helped me be sure I am taking the right steps to support them."*

WILLIAM

Call 01708 850000

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