



jigsaw
south east

GETTING IN TOUCH

Please get in touch with us:

If you would like any help,
support or advice for yourself
or someone you know



If you would like to become
a volunteer



If you would like to make a
one off or regular donation.

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FEELING ALONE AND DIFFERENT.....

Jigsaw (South East) provides a
child-centred approach that works
creatively with children, young people
and their carers to enable them to deal
with situations of loss, and promotes their
active participation in decision making.



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Supporting children through the loss of a loved one



Jigsaw (South East) is a registered charity
supporting bereaved children and young
people in and around Surrey.



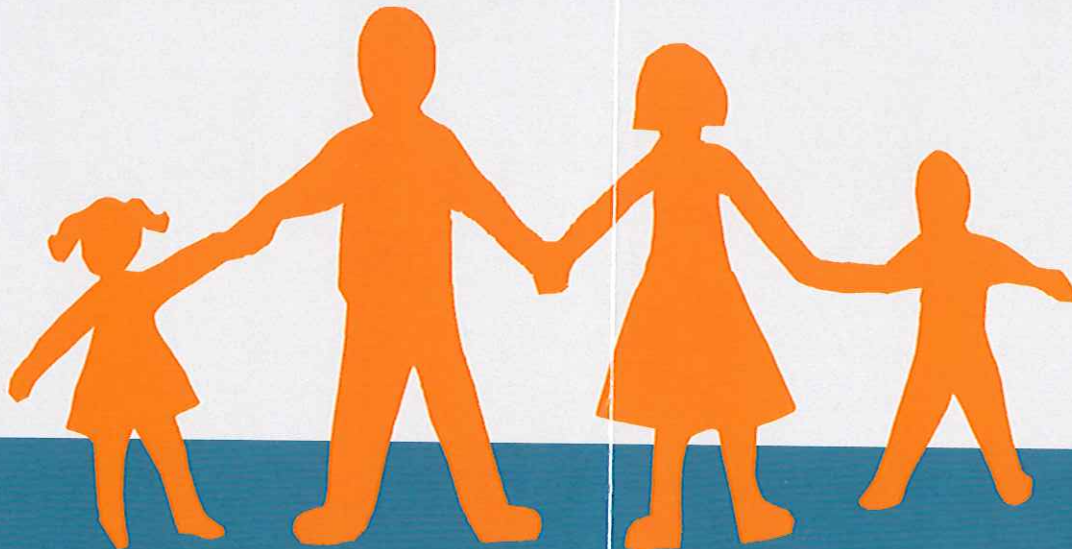
HELPING FAMILIES TO COPE THROUGH THE LOSS OF A LOVED ONE

The loss of a close family member can be hard for children to understand and difficult for adults to talk to them about. Children may ask many questions or they may say nothing at all. Either way it is not easy to support them when the family has experienced such a loss.





Jigsaw(South East) is here to help support you through that very difficult time.

Children are quick to notice when something important has happened – silence can bewilder and frighten them. They need to be given an explanation in an age appropriate, honest way. They need to feel that they can have the information repeated or ask new questions.




There is no 'correct' order or time limit on children's responses to grief. They will move from laughter to sorrow, from anger to fear and back again. They will need you to understand and help them to manage their feelings.



WE CAN PROVIDE

-  Advice and support to families and professionals by telephone or e-mail.
-  A meeting in the family home or at school.
-  Support and resources for schools and professionals to help bereaved families.
-  A family support group run over six weeks including one Saturday in Surrey. We have age appropriate activities such as memory boxes to help families to make and keep memories, to process the loss, learn some coping strategies, meet others in similar situations and build a support group.

This gives families the opportunity to talk, grieve and celebrate the life of the person who has died. As well as make new relationships with other families and have fun.

-  Buddies who sit alongside children and families to support them through the groups.
-  On-going support for children and families.
-  A young people's participation group called 'Your Say' which gives them the opportunity to voice their opinion's and idea's to shape future support.

"Jigsaw was a life-saver for us – it equipped us with the tools we needed to cope with our grief and taught us how to communicate again."

Before we felt alone-scared and not normal – with Jigsaw we learnt how to work our way through it together – we found peace, comfort and skills to help us cope with our grief."

Mother who attended groups with her 7 year old son

"Jigsaw helped me a great deal after my sister died. I am very grateful for all their help, support and time. My life would have been very different without them."

Lewis, 12 years old

"Extremely positive feedback from colleagues about your services."

Surrey Camhs

We are a registered charity and do not make any charge to families or referrer's for our service but if you would like to support our service through fundraising or by a donation you can do so through Justgiving, Textgiving or by visiting our website.