

A group for 5-12 year olds



Phyllis
Tuckwell
Hospice Care
...because every
day is precious



little rays

Little Rays is a group for bereaved children aged 5-12, who have experienced the death of a loved one.

They may be feeling sad, lonely, angry or confused. Perhaps they feel different and don't think anyone understands them. Little Rays gives them the opportunity to explore and share their thoughts and feelings through storytelling and crafts.

What happens at Little Rays?

Our team of experienced counsellors and helpers will guide and support the children sensitively and compassionately throughout the session.

Our morning begins with a story which sets the theme for the session. Following on from the story, an arts and crafts based activity gives the children an opportunity to explore their feelings and talk about their special person, whilst teaching them strategies to help them cope with the feelings associated with their loss.

We have a 2:1 ratio to ensure each child gets the time, support and input they need. This is particularly important if the child chooses to spend part of their time working on their memory books (which we provide) adding photos, drawings, stories or keepsakes of their loved one.



The morning session comes to a close with snack time and the opportunity for 'Questions & Answers'.

The children are collected from the main reception area where they will be eager for you to see what they have made during their time at Little Rays.

If you'd like your child to take part, please contact our Patient & Family Support team on **01252 729430**.

How might Little Rays help?

By enabling your child to:-

- talk to someone who understands,
- express their feelings,
- talk about their memories,
- be with others in a similar situation,
- share feelings, worries and difficulties,
- help them cope with their changing feelings and understand their behaviour,
- learn from each other how to cope,
- ask questions in a safe place where no one will judge them,
- have FUN and make new friends.



At Little Rays, every child is supported as an individual, depending on where they are in their loss, and all of our counsellors and helpers have been DBS checked. If we have any feedback or concerns about how your child is coping with their loss, we will discuss this with you after the session.

When do Little Rays meet?

We meet every 6 weeks on a Sunday morning, 10.30am-1pm, upstairs in our function rooms.





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If your child has lost a loved one,
Little Rays could help...

As with all of the services offered by Phyllis Tuckwell, Little Rays is free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/ Government and therefore we have to raise over £15,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or visit our website.

Thank you

For further details contact our Patient & Family Support Team:



01252 729430



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