

A group for 5-12 year olds



**Phyllis[®]
Tuckwell**
Hospice Care
...because every
day is precious



little rays

Little Rays is a group for primary school aged bereaved children, 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 that anyone understands them. Little Rays gives them the opportunity to explore and share their thoughts and feelings through creative therapeutic activities.

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 session begins with a snack and drink on arrival, and then story which sets the theme for the afternoon.

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 arts and crafts.



The session comes to a close with 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:-

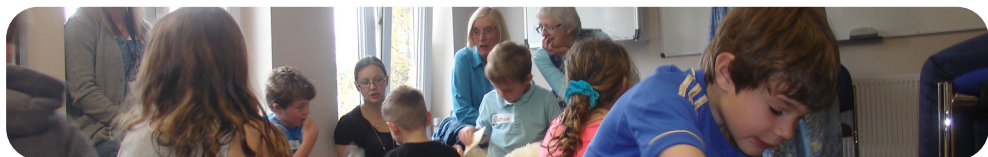
- talk to someone who understands,
- express their feelings,
- talk about their memories,
- be with others in a similar situation,
- share feelings, worries and difficulties,
- help them cope with their changing feelings and understand their behaviour,
- learn from each other how to cope,
- ask questions 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?

Little Rays runs as an after school group, once a week for a block of 6 weeks. It is held at the Hospice in Farnham and runs for 90 minutes. Children will be in a small group with other bereaved children and supported by a trained Counsellor and adult volunteers.





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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 £25,000 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



pafs@pth.org.uk

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