

# Simon Says

Child Bereavement Support

## Aim To:

Provide support for children and young people up to the age of 18, living in the county of Hampshire, who have a significant person in their life who has died or is dying.

## We Offer:

- Telephone Support Line
- Monthly Support Groups  
(Basingstoke, Chandler's Ford, Eastleigh, New Milton, Gosport & Portsmouth).
- Written Resources
- Advice, support and training for professionals working with bereaved children and young people

Telephone Support Line

023 8064 7550

## Simon Says Can Help:

*"Simon Says was here for me when I needed someone to talk to. I met other children going through the same pain as me - I wasn't the only one" aged 16*

*"Simon Says meetings make me happy because the craft and games we play help with my different emotions" aged 10*

*"I don't talk about my dad at home because it upsets my family - but at the groups I can" aged 8*

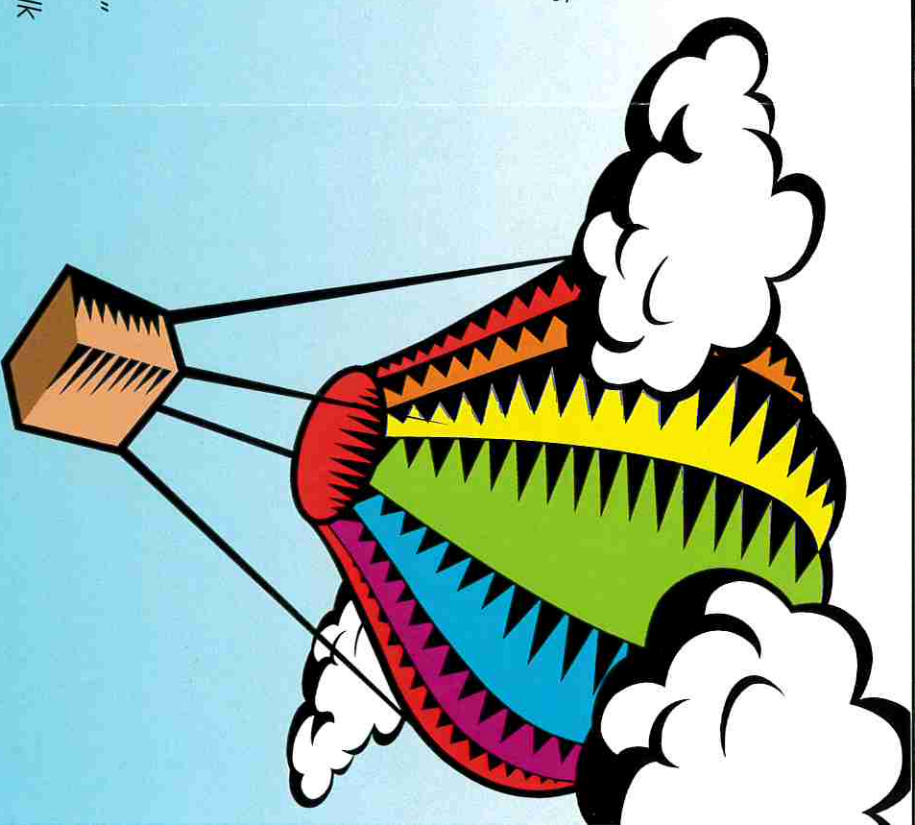
*"Simon Says allowed me to know that it's ok to feel whatever I feel and to be happy"*

*"It's (the support group) a safe space to talk about how I am feeling"*

*"Meeting people who are going through a similar thing is amazing"*

*"It's a great place (for my children) to explore some of their emotions and thoughts that maybe they feel unable to talk to us about initially"*

*"Thank you for making sense of what has happened and giving my children the skills to deal with it"*



## Can you help?

Simon Says rely on the donations and goodwill of people and companies. Only with continued contributions can we carry on making a positive difference to the lives of vulnerable children and young people. There are many ways you could help, including:

- Making a donation
- Volunteering your time
- Take up a sponsored challenge eg Parachute Jump!
- Nominating us as your organisation's chosen charity
- Arrange an event in your school

The list is endless but be sure you are making a difference!

## Facts and Figures

Every 22 minutes a child in Britain is bereaved of a parent which means that approximately 2 children under the age of 16 are bereaved of a parent every hour of every day in the UK. This figure doesn't include any other significant person in a child or young person's life.<sup>1</sup>

<sup>1</sup> [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

## Help Us To Make A Difference



Child Bereavement Support

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West Wellow  
SO51 6AP

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Telephone Support Line: 023 8064 7550

Website: [www.simonsays.org.uk](http://www.simonsays.org.uk)

Email: [info@simonsays.org.uk](mailto:info@simonsays.org.uk)

 [simon says child bereavement support](https://www.facebook.com/simonsayschildbereavementsupport)  
 [simonsayscbs](https://twitter.com/simonsayscbs)

Registered Charity No. 1088746

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Supporting Bereaved  
Children and Young People  
in the County of Hampshire

Patrons: Sally Taylor, MBE, BBC South Today  
Matthew Hayes, DM FRCS (Urol)  
Sally Stanley, MSc MInstLM