Activity Days aim to provide adults:

- with a sense of community.
- with opportunities to come together to share and establish supportive networks.
- with information about resources and ways to support children: what works and helps can sometimes be surprisingly simple.

**Activity Days aim to provide children:**

- with opportunities to come together and to have fun.
- with a range of supported activities for different ages and personalities.
- with an opportunity to discuss feelings and to be involved in memory work in a safe, relaxed and supportive environment.

**Grampian Child Bereavement Network**

Registered Charity SC040712

Supporting Bereaved Children and Young People in Grampian

Call 01224 594099 to register for a place.
**What are Activity Days?**

Activity Days developed in response to requests for opportunities for bereaved children and young people to get together with others with similar experiences. We try to balance the chance to meet others, have fun and learn new skills with providing a supportive place for considering feelings and keeping memories safe.

Activity Days have evolved to take account of what children and young people want to do and we are always ready to hear from you. An additional benefit of the Activity Days has been the opportunity for bereaved parents and carers to also meet together.

**What should I expect?**

- If you are new wherever possible we try to make contact with you before the Activity Day to introduce ourselves so you have a contact when you arrive.
- You and your family will be welcomed by one of the Trustees or Volunteers and given a name badge (Trustees and Volunteers also wear name badges).
- We give an outline of what's going to happen and usually we all (children and adults) play some icebreaker games to help people get to know each other a bit and relax.
- As the children and young people go into the activities, parents and carers have an opportunity to meet together with some of the Trustees for a chat.
- Children and young people are supported throughout the activities by Trustees, volunteers and the organisation providing the activity.
- Parents and carers can stay with the children they know and trust, and if you want or need to stay with them.
- A healthy snack is available for everyone and all materials required for the activities are also provided.
- We come together at the end of each session to share experiences and join in an ending activity or game. We do this to make contact with you before the Activity Day to introduce ourselves so you have a contact when you arrive.

**How, What and If?**

- **How do I register for a place?**
  - It is very easy, just phone or email GCBN. Our coordinator will contact you to complete an application form. Once this is done you will be put on GCBN’s mailing list and receive information about all future Activity Days. We try to balance the chance to meet others with similar experiences.
- **What happens if I do not have transport?**
  - We try and organise Activity Days in venues where there are regular public transport links. If you do have problem in getting there contact us and we will try to help if we can.
- **If my child is attending do I need to come?**
  - An adult who the child knows and trusts, does need to come to support them.
- **Do I have to attend every Activity Day?**
  - No.
- **How often do Activity Days take place?**
  - About 6 Activity Days are spread out through the year.