

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.

Activity Days aim to provide adults:

- 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
- with a sense of community

To register for a place,

Call
01224 594099

Our answering machine is available at all times. The telephone is manned on a part time basis.

Or email
gcbn@mhberdeen.org.uk

Website
www.gcbn.org.uk

Facebook
www.facebook.com/grampianchildbereavement



"Grampian Child Bereavement Network is a dedicated resource offering a range of services to support bereaved children and young people"

Supported By

mha
Mental Health Aberdeen



Supporting Bereaved Children and
Young People in Grampian

Activity Days

Registered Charity SC040712

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.

Activity Days have included, drumming workshop, tubing, circus skills, puppet making and keeping memories safe workshops. We also have an annual family picnic.

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 children throughout the activities if they want or need to. If children ask for their parent/carer they will always be taken to them.
- A healthy snack is available for everyone and all materials required for the activities are also provided.
- We all come together at the end of each session to share experiences and join in an ending activity or game.

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 mailing list and receive information about all future Activity Days.

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 along to support them. In some circumstances, for older children and teenagers, this could be a Trustee or Volunteer of GCBN

Do I have to attend every activity day?

No – the Activity Days cater for a range of interests alongside bereavement support and memory work. Children, young people and families can decide to come to activity days which suit them best.

How much does it cost?

There is no cost in attending activity days and, as far as possible, all equipment and resources are provided as are snacks.

How often do activity days take place?

About 6 Activity Days are spread out through the year.