

Wellbeing Support

EACH offers a range of support to meet the wellbeing needs of your child, young person and family including parents, carers, siblings, grandparents, extended family and significant others.

The support includes social opportunities for families to come together (in person and virtually) for example at sibling activity days, coffee mornings and carers nights as well as offering a range of craft, art and music activities.

The full range of activities on offer to families is on our website - there is a diary of events for each of the hospices, visit www.each.org.uk/family-zone and follow the links to your local hospice.

At times more specific help may be required, and we will meet with you and your family to consider together the most appropriate support plan to meet your needs. This support plan may be working with an experienced EACH practitioner or we can make links with other community services if they are best placed to provide the support you need.

Art and music therapy

Sometimes communicating through art or music can enable the expression of thoughts and feelings you may find too intense or painful to express verbally. Both art and music therapy can help your wellbeing, aid relationships and support ways of coping. Art and music sessions can also provide opportunities to build memories, for example, through creating family art work or composing and recording personal songs and music.

Specialist play

Our play specialists use play and creative activities to help your child or young person understand and cope with their experiences, to distract them and help them manage difficult situations. Play activities can help your child / young person grow in confidence, experience new things, and most of all, have fun! Activities can include: stories, food play, construction, music, cooking, sand, water, sensory, toys, technology, physical play, craft, outings and imaginative play.

All of these can be adapted to suit the individual needs of your child/ young person and can include the whole family.

Counselling and therapeutic support

We can offer one-to-one, family and group sessions to help you through difficult times at any stage of your child's or young person's illness and into bereavement. Our practitioners are experienced in a number of approaches and we will work with you to identify the best fit.

Spiritual care

Spiritual care is an integral part of the care we provide at EACH. We recognise and respect that everyone is an individual and will express their spirituality in their own way. There are Chaplains available at each of the hospices who can provide support, guidance and advice. We have resources for people of all faiths and for those who do not have a faith and are able to contact representatives of different local faith and community groups if needed. There is a Haven at each of the hospices - a quiet space for reflection, contemplation, prayer or ceremonies that you are welcome to use at any time.

If you feel you may need more individual support, please talk to any member of the care team and they will pass on your request. Support can be arranged for a time to suit you and can be offered virtually, by phone or in person in the family home, the community or at your local hospice (restrictions permitting).

Tom's mum *"Music therapy has done wonders for Tom. It helps him communicate, express himself and empowers him to make decisions like choosing what instrument to play."*
William's mum *"Having a child with complex health problems can leave you feeling like an outsider but when we're at hospice events and we see all the other families in similar situations it helps us to know we're not alone."*

Tallulah's dad *"The bereavement care has been a lifeline in the darkest of times since. Having someone to talk through our fears and pain without judgement or impatience. Being able to continue talking about Tallulah has been so important and a means of working out how we will get through this time as a family. "The memory making, which staff at EACH encouraged us to do, gave us irreplaceable keepsakes that continue to comfort us even now and showed us a means of expressing our love for Tallulah. Life for us without the support of EACH is something we don't want to imagine and would have probably been a very isolating place."*

Elliot's grandmother *"When you're at the grandparents' group you don't have to explain things – everyone knows why you're there and they understand what you've been through. It's terrible to think others have suffered loss and grief like we have, but at the same time you realise that you're not alone. "It's been awful seeing the pain Laura and Daryn have been through, it's like grieving twice. At the group we used a book called 'Grandparents cry twice' and it really helped us to understand and cope with our experiences. We've felt supported all the way through – the only way I can describe EACH is that it's like a comfort blanket."*

How to contact our teams

EACH Milton (Cambridgeshire) 01223 815100; eachmiltonadmin@each.org.uk

EACH The Nook (Norfolk) 01603 967596; nook.admin@each.org.uk

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www.each.org.uk/contact-us