

Wellbeing support

EACH offers a range of support to meet the wellbeing needs of individuals and families. This includes social opportunities for families to come together and meet others, for example at sibling activity days, coffee mornings and male/female carers nights. We also recognise that at times individuals and families need more specific help and we have a team of experienced professionals including counsellors, music therapists, art therapists, play specialists and spiritual care advisors who can provide additional support when it is needed.

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.

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 to the wellbeing team. EACH can provide support to all family members. This includes your child, parents/carers, siblings, grandparents, extended family and significant others. Support can be arranged for a time which suits you and can take place in the family home, the community or at your local hospice, whichever you prefer.

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"

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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."

Emotional and wellbeing support

Counselling support

We can offer one-to-one counselling, family and group sessions to help you through difficult times at any stage of your child's illness and into bereavement.

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 understand and cope with their experiences, to distract them and help them manage difficult situations. Play activities can help your child 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 and can include the whole family.

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 spiritual care advisors available at each of the hospices who can provide support, guidance and advice. We have resources for people of all faiths and none, 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.

How to contact our teams

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

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www.each.org.uk/contact-us