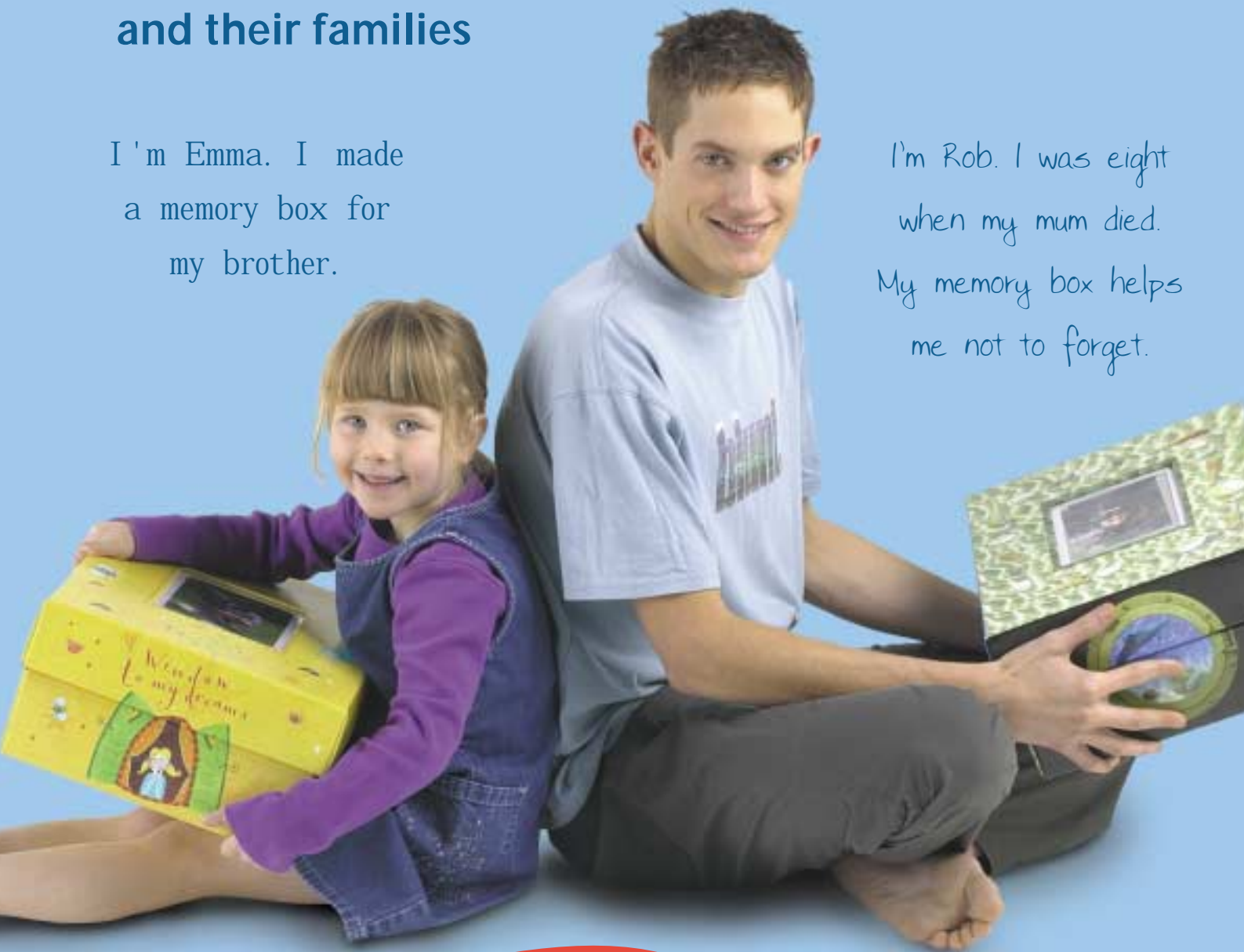


Publications and resources

Practical help and support for bereaved children
and their families

I'm Emma. I made
a memory box for
my brother.


I'm Rob. I was eight
when my mum died.
My memory box helps
me not to forget.



 **Winston's Wish**

supporting bereaved children and young people

Introduction



Welcome to the Winston's Wish range of resources and publications designed to offer practical help and support to bereaved children and their families. This catalogue will be of interest to parents, other family members, carers, teachers, health practitioners, faith leaders, social workers and members of voluntary and statutory services offering guidance and information following a bereavement.

Me
and gran
put special
things in
my box to
remember
my brother.

Winston's Wish services are designed to help bereaved children and families by providing increased opportunities for:

INFORMATION AND EDUCATION

Helping children and families to understand death and what it means for them.

UNDERSTANDING AND EXPRESSING FEELINGS

Encouraging children and families to share and understand their feelings.

MEETING OTHERS

Providing opportunities to meet other families with similar experiences.

REMEMBERING

Helping families to find ways of remembering the person who has died.

COMMUNICATION

Encouraging family members to talk openly with each other.

We know that the death of someone important can have a devastating effect on a young life and that no activity sheet or booklet can make the pain of grief go away. However, we have found in our work that, with support and information, children and young people can be helped to understand what has happened and can slowly learn to live with their loss.

Everything in this catalogue has been developed from our experience of working with over 2,000 children since 1992. We would very much welcome your feedback and ideas. Please write and let us know your thoughts on any of the books and other resources you decide to order.

Julie Stokes

Chief Executive

How to use this catalogue

We explain about the resources and publications, and how to use them, in some detail in the catalogue.

Throughout the catalogue there are references to other resources or publications which may also be helpful to you. For example, in the memory boxes section, there are pictures of the activity sheets:



Activity sheet –
Making a Memory Box
page 4



Activity sheet –
Developing a Memory Store for Your Child
page 4



Activity sheet –
Making a Life Book
page 4



Activity sheet – *Making a Jar of Memories*
page 4



Activity sheet – *A Calendar of Memories*
page 5

So, if you particularly wanted ideas or activities to do with a child or young person which involved **remembering** the person who has died, the small pictures will direct you to other resources.

We also encourage telephone calls from anyone who would like further advice or guidance about any of the items listed. At Winston's Wish, we see our role as working alongside families who ask us for help.

We can suggest resources that may be suitable or helpful for different people (for example, seven-year-olds, teenagers), different timings (before an expected death, immediately after a death), and different types of bereavement (for example, sudden, after a long illness, suicide). We can also suggest the most appropriate ways of using the resources.

Everyone is different. You may want to think carefully about when to use any of these resources: it may be several months after a death before the time seems right. The child concerned may not seem interested when first shown a book or a memory box or an activity sheet. They may well come back to it when they feel ready – which could be weeks or even months later.

For more information,
guidance and support
please call Winston's
Wish Family Line on
0845 20 30 40 5

(Mondays to Fridays between 9.30am and 4.30pm).

I like to show my
memory box to people
who didn't ever know
my mum.



Memory boxes

I'm Rob. I was eight when my mum died. My memory box helps me not to forget.

Children and adults need to feel close to people they care about – even if they are no longer alive. Sometimes it can help children and adults to keep, in a safe place, significant things connected with the person who has died. Such treasured objects might include birthday cards, photos, letters or anything that holds important memories. This stylish range of boxes has been designed to give children, young people and adults a reassurance that these special objects can be carefully stored in their own memory box, to help support the process of remembering.

Each memory box has a frame for a photograph of the person who has died. An activity sheet is also included in your box. This gives lots of ideas on how to develop a memory box so that it becomes a valued possession that can be shared with others or simply kept for private moments.

The memory boxes are available in five individual designs, with the aim of appealing to all ages and tastes within your family. They are matt laminated for durability.



Safe Keeping

This elegant design is for those who wish to have a stylish and contemporary memory box, which will also stand the test of time. Made from laminated board, it is cleverly designed to look like metal and corrugated card.

Price: £17.50

Code: MB1

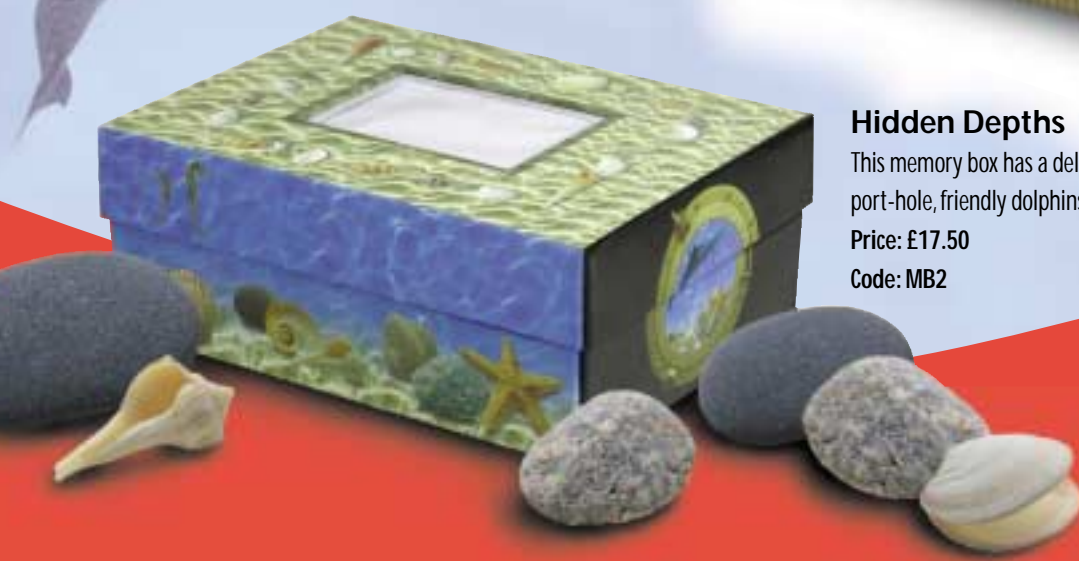


Hidden Depths

This memory box has a delightful underwater theme – a mysterious port-hole, friendly dolphins and a selection of special shells.

Price: £17.50

Code: MB2





I keep my box under my bed and I look through it at night before I go to sleep. Sometimes I cry and sometimes I laugh.

My mum was really special. I love to think about her.

Forget-me-not

The style of this memory box focuses on remembering the person who has died using pictures and messages. This beautifully illustrated box is covered with loving words and thoughts, together with drawings of nature.

Price: £17.50 Code: MB3



When Matt died, mum and dad couldn't stop crying, we all missed him so much. I like to look at all his things in my memory box.



Blank Canvas

Many children, young people and adults may wish to design and decorate a memory box themselves. These simple boxes, in white or green, can be used to create a more personalised box in which to store some memories of the person who has died. There is a space for a photograph, and the box can be decorated with glitter, feathers or stuck-on pictures that hold significant memories, or drawn on with permanent marker pens.

Price: £15.00

Code: MB4 – white Code: MB5 – green

See also ...

Activity sheet –
Making a Memory Box
page 4



Activity sheet –
Developing a Memory
Store for Your Child
page 4



Activity sheet –
Making a Life Book
page 4



Activity sheet – Making a
Jar of Memories page 4



Activity sheet – A Calendar
of Memories page 5



Activity sheets for adults and children



Making a Life Book

Children need opportunities to be able to remember the person who has died for as long as they want. The purpose of making a life book is to help children pull together a wide variety of information to help them remember someone important in their life who has died. This activity sheet is aimed at children who are supported in making the book by an adult or older brother or sister. The activity sheet lists practical suggestions for what could go into the life book.

Price: £1.00 Code: AS3

Gran and Jack and me talked about mum and what we remembered about her. I drew a picture of her sparkly shoes with high heels.

Making a Memory Box

This sheet gives lots of ideas on how to develop a memory box so that it becomes a valued possession that can be shared with others or kept for private moments.

Price: £1.75 – one copy free with a memory box

Code: AS1

See also ...



Memory boxes pages 2-3

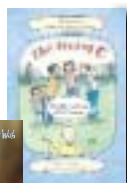
Developing a Memory Store for Your Child

If you are a parent or carer faced with a life-threatening illness, you may decide there are certain objects or special times you wish your children to remember and cherish in their future. This activity sheet is designed for parents who are seriously ill and who wish to put together a box or book of memories for their child. This can be a tough exercise for a parent but can prove an invaluable tool to help your child in later years to continue to remember you. A memory store can be particularly useful for providing practical information and letting your child know how you feel about them. The activity sheet lists some practical ideas for devising your memory store.

Price: £1.00 Code: AS2

See also ...

As Big As It Gets page 8



The Secret C page 8

Memory boxes pages 2-3



Making a Jar of Memories

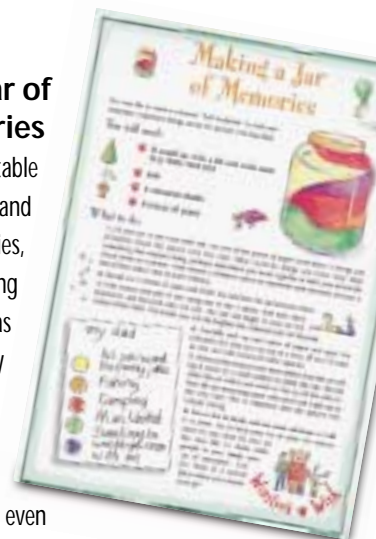
Children often feel more comfortable expressing their thoughts and feelings through fun activities, rather than sitting and talking directly about the person who has died. This activity is specifically designed for children and young people, although it would be useful for an adult, whom the child trusts, to offer support and even join in and make their own jar of memories. The purpose of the activity is to enable the child or young person to store a variety of memories about the person who has died, represented by different coloured salts in a jar.

These memories could include dad's favourite food or mum's favourite TV programme. When making a jar of memories, space and time could also be used to acknowledge the more challenging or difficult memories, for example mum's drinking or dad's shouting. This is a particularly helpful activity to work on as a family as it can help to open up communication as each person shares their memories about the person who has died.

The activity sheet lists the practical steps in making a memory jar.

Price: £1.00

Code: AS4





Making a First Aid Kit (With a Difference)

Children and young people can experience a wide range of emotions and behaviour when someone important to them has died. It is useful if they can find ways of letting these feelings out in a safe way. One example might be: 'If I'm angry I can kick a ball in the garden'. These thoughts

and ideas are then put together to make a 'first aid kit' that will act as a reminder in the future. This activity may help children think about potentially difficult times ahead and consider what would help them through these times. It is designed to be a fun exercise for children and young people to carry out with an adult with whom they feel comfortable.

Price: £1.00 Code: AS5

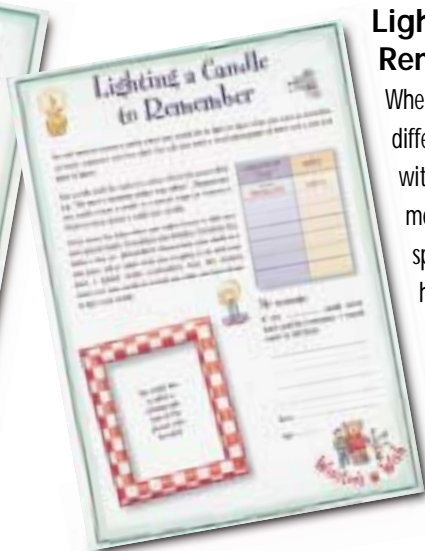


A Calendar of Memories

Often, one of the biggest fears among bereaved children is that they will forget the person who has died. Yet there will be many important dates in the year when they may want to remember that person.

These dates will be different for different people, but may include birthdays, anniversaries or religious festivals. This practical activity sheet is aimed at helping any adult to support a child or young person with the task of making a calendar of those significant dates. For example, it may be an activity that a teacher does with a child or young person. The activity sheet lists practical ideas to help children through these often-difficult days and gives practical tips about how to make the calendar.

Price: £1.00 Code: AS7



Lighting a Candle to Remember

When someone dies, it is normal to have lots of different feelings. One feeling often associated with our grief is sadness. Lighting a candle on memorable and important days can be a special way of remembering someone who has died and allowing time and space to express the feelings that go with remembering. This is an activity which can be planned and shared by both children and adults. It could include discussions about which dates are important to your family, such as

birthdays, Mother's Day and so on. The activity sheet also includes space for a child to write a special message for the person who has died.

Price: £1.00 Code: AS6



Making a Christmas Bauble

Special times such as Christmas can be particularly difficult for a family when someone close to them has died. Making a Christmas bauble which can be hung on the Christmas tree to remember someone at this time is a practical activity for children and adults to do together. The bauble can be made in advance to enable

children and parents to talk openly about what they may find difficult about this time of year but will also, hopefully, involve lots of fun. The activity sheet gives a step-by-step guide to making a Christmas bauble. This activity could be adapted to suit any festive celebration or festive decoration to meet the child's wishes, the occasion and the family's beliefs.

Price: £1.00 Code: AS8

See also ...
Winston Bear candle
page 13



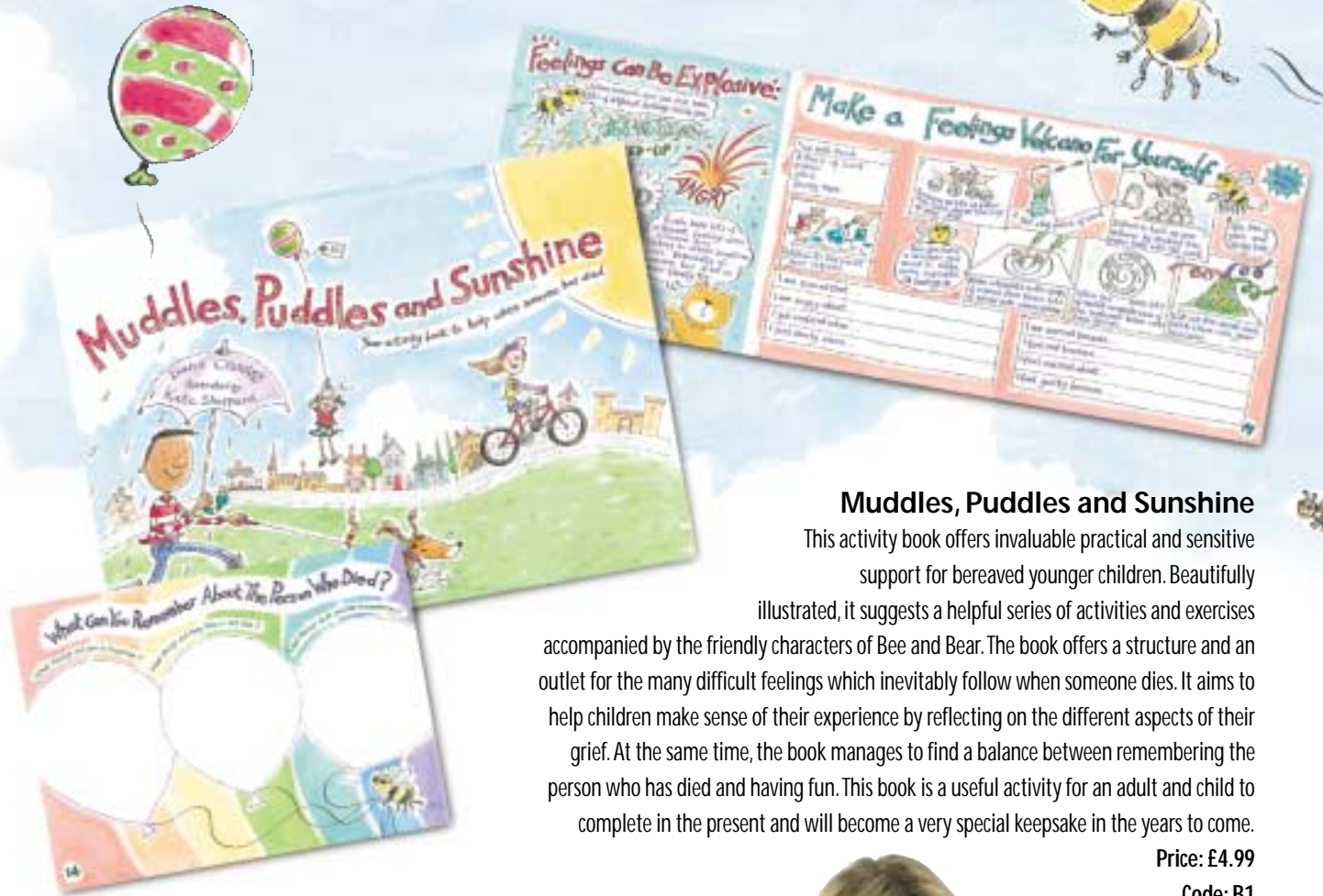
Telling the Story

Children and young people often need to find ways to explain to others how someone important to them has died. This activity sheet provides some guidelines for adults supporting children in telling their story of what has happened. Suggestions include the use of drawing, puppets, collage or plasticine and adults are encouraged to work alongside the young person as they explore the memories and feelings they had before the death, at the time of the death and afterwards.

Price: £1.00 Code: AS9

My picture shows the car banged dad on the head. He fell off his bike, hit his head and died later in hospital.

Books and booklets



Muddles, Puddles and Sunshine

This activity book offers invaluable practical and sensitive support for bereaved younger children. Beautifully illustrated, it suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear. The book offers a structure and an outlet for the many difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief. At the same time, the book manages to find a balance between remembering the person who has died and having fun. This book is a useful activity for an adult and child to complete in the present and will become a very special keepsake in the years to come.

Price: £4.99

Code: B1

'What a fantastic book. Practical, sensible and fun – it should prove an invaluable tool for those of us whose jobs involve helping and supporting bereaved families.'

Dr Mark Porter, Gloucestershire GP and medical broadcaster



It really helped to have a book to go through with Emma when I didn't know how to talk to her about what had happened to her brother or why he was dead.

Beyond the Rough Rock – Supporting a Child who has been Bereaved through Suicide

Explaining to a child that someone has died by suicide is possibly one of the most difficult situations that a parent or carer might ever face. This booklet offers practical advice for families in the immediate days and weeks when suicide has been the cause of death. It is a useful booklet aimed at giving parents and professionals the confidence to involve children in discussions about the nature of a death by suicide. It is hoped that children may then begin to understand some of the complexities that often surround suicide. The booklet includes child-friendly activities for you to do as a family as you begin to make sense of what has happened and start to look at ways in which your family can learn to cope.

Price: £4.50 Code: B3



How do you tell a child their mum has died and that she decided to end it all? It didn't seem fair to burden them with it ... but then again I thought, above all, they now needed to be able to trust me completely.



A Child's Grief: Supporting a Child when Someone in their Family has Died

This booklet is a very useful and informative introduction for any adult who is supporting a child through a bereavement. It covers a variety of issues that may affect a child when a person close to them dies, both immediately and in the longer term. The booklet offers practical suggestions and ideas for activities to do together with a child, and includes a section on suggested further reading and where to find additional support.

Price: £2.50 Code: B2





As Big As It Gets – Supporting a Child when Someone in their Family is Seriously Ill

Families face a tremendous challenge adjusting to the serious illness of a close relative. This is equally true whether someone becomes ill or disabled suddenly (for example in an accident), or if they have a long-standing illness. This booklet aims to help families cope with the serious illness of a parent or child. It provides a range of ideas for

parents or carers so that they may feel more able to explain to their

children what is happening. The booklet also includes some suggestions about what parents might say to children and how to offer support. The message throughout is that although life can be very different and difficult when someone is faced with a life-threatening illness, families can learn to cope with the uncertainties and stresses of their lives.

Price: £4.50 Code: B4

Daddy died of a tumour, but I don't know what a tumour is.

The Secret C ... Straight Talking About Cancer

When a family member has cancer it is hard for everyone to understand. It can be particularly difficult when a parent or carer faces the challenge of trying to explain to their child what cancer means and how it may affect their family.

This booklet is aimed at supporting parents or carers with this task, and encourages open communication and questions about cancer within the family. Through pictures, captions and straightforward language, it explains how tumours are formed, what the various treatments are and how these may affect the person with cancer. It stresses the need to keep to family routines and, importantly, to still try and have fun. It is aimed at children aged 7-10 and will work best when an adult is present to expand on the simple messages in the text.

Price: £3.95 Code: B5



'I am sure that this text will help children ask the questions they need to ask and will help adults to answer them. Somehow, this ingenious book has managed to distil complexity into the issues that are key for children.'

HRH The Prince of Wales

Suggested further reading booklists

Winston's Wish has compiled lists of some of the books currently available for bereaved children and young people (aged 0-6 years, 7-12 years and 13-18 years). Also available are booklists for families facing a variety of different situations. These lists are by no means exhaustive but have been useful to Winston's Wish in its work with children experiencing a bereavement.

Price: 1 booklist: free 50p for each additional copy

Booklist – for children aged 0-6 years Code B6a

Booklist – for children aged 7-12 years Code B6b

Booklist – for children aged 13-18 years Code B6c

Booklist – for families bereaved through suicide Code B6d

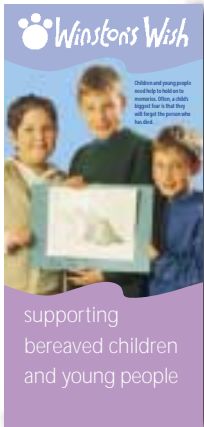
Booklist – when someone is seriously ill Code B6e

Booklist – for children and young people with learning disabilities Code B6f

Booklist – when there is serious illness or the death of a sibling Code B6g

About our work at Winston's Wish

Supporting Bereaved Children and Young People



This leaflet summarises the work and aims of Winston's Wish, and the range of services available to bereaved children, their families and professionals. The various ways in which families and professionals can get in touch with us are also listed, including the Family Line, e-mail and website details. This leaflet will prove useful for those families or professionals who want to find out more about Winston's Wish. Bulk supplies are available for doctors' surgeries, schools, social services departments and other professionals.

Price: up to 19 copies: free 20 copies: £2.00

Code: LSL

Charter for Bereaved Children

This colourful A3 poster lists 10 key needs and rights of bereaved children. The charter was developed as a result of Winston's Wish work with over 2,000 bereaved children and from listening to what they have said has helped them. It lists simple and straightforward, practical ways in which we can all make a positive difference to a grieving child. This resource would be valuable for any adult who is supporting a child through a bereavement and is a handy size to stick on a classroom or office wall.

Price: £2.00

Code: LCBC



Family Line A4 poster

Price: up to 9 copies: free

10 copies: £1.00

Code: LFLP4

Family Line A3 poster

Price: up to 9 copies: free

10 copies: £1.00

Code: LFLP3



Are You Caring for a Bereaved Child?

This leaflet, poster and small card are about Winston's Wish Family Line. The Family Line offers telephone support, information and guidance to all those caring for a child or young person who has been bereaved. The leaflet is aimed at individual families or professionals wishing to find out a little more about this service. Bulk supplies are available for doctors' surgeries, schools, social services departments and other professionals.

Family Line leaflet

Price: up to 19 copies: free 20 copies: £2.00

Code: LFLL

Mixed pack

This selection pack of one copy of all Winston's Wish leaflets and posters as described on this page (excluding the *Charter for Bereaved Children*) may prove useful to schools, doctors' surgeries, social services departments and other professionals.

Price: 1 pack: 50p 2-9 packs: £2.00

10-19 packs: £3.00

Code: LMP

Family Line small card

Price: up to 19 copies: free

20 copies: £2.00

Code: LFLC



'A child can live through anything so long as he or she is told the truth and is allowed to share with loved ones the natural feelings people have when they are suffering.'

Eda Le Shan, bereavement counsellor

Ideas for professionals

Often I want to break down and cry but I can't do that in front of my school mates.



Positive Responses to Death – A Strategy for Schools

It is not uncommon for a school to experience the death of a pupil, a pupil's parent or sibling, or staff member. The aim of this resource pack is to provide a strategy enabling a positive response to a school-related death. The strategy includes guidelines for informing pupils, staff and governors about the death of a pupil, a pupil's parent or sibling, or a staff member. It lists practical ways in which staff can help children to cope with the death of someone connected to their school. There is a useful case study included in the pack, which provides sample letters and suggested courses of action for a positive and planned school response.

Price: £20.00 Code: SS1

Ideas for a School Assembly

When a school has been affected by the death of a pupil or member of staff, all children and staff need to be told about the death. They need to understand what happened and how the news of the death may make them feel. This activity sheet, aimed specifically at schools and staff, suggests ways in which pupils and staff can be told that a child or colleague has died. It also covers practical ideas for a school assembly, with the aim of bringing everyone together to share their feelings and thoughts about the person who has died.

Price: 50p Code: SA1

See also ...

Activity sheets for adults and children pages 4–5
Suggested further reading booklists page 8



'Thanks to everyone involved in today's training session. I'm going back with a lot to think about and loads of ideas that will help me help children facing loss in their lives.'

Laura Marshall, school counsellor

Winston's Wish national training and consultancy programme

Based on its hands-on experience, Winston's Wish is committed to delivering quality training that will enhance practical skills and encourage the development of direct services for bereaved children. Our training is aimed at professionals, volunteers and all those supporting children and families who are experiencing a bereavement. A variety of teaching techniques are used including practice-based and experiential exercises. This brochure sets out future courses.

Free Code: TP

Winston's Wish also offers 'bespoke' training and consultancy work which is tailored to meet the needs of organisations and professional groups. For further information please contact the Training Manager.

Order form

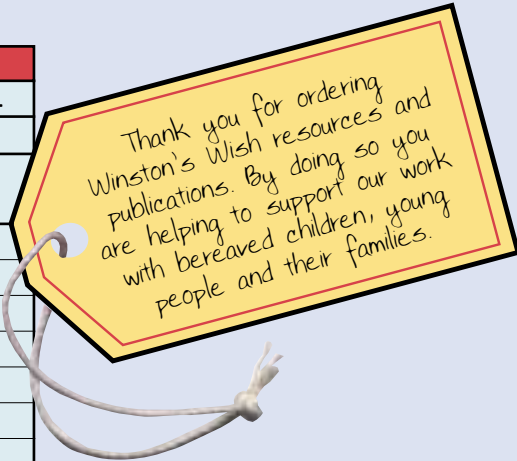
CODE	ITEM	PRICE	QUANTITY	TOTAL COST
Memory boxes (pages 2-3)				
MB1	Safe Keeping	£17.50		£
MB2	Hidden Depths	£17.50		£
MB3	Forget-me-not	£17.50		£
MB4	Blank Canvas: white	£15.00		£
MB5	Blank Canvas: green	£15.00		£
Activity sheets for adults and children (pages 4-5)				
AS1	Making a Memory Box	£1.75		£
AS2	Developing a Memory Store for Your Child	£1.00		£
AS3	Making a Life Book	£1.00		£
AS4	Making a Jar of Memories	£1.00		£
AS5	Making a First Aid Kit	£1.00		£
AS6	Lighting a Candle to Remember	£1.00		£
AS7	A Calendar of Memories	£1.00		£
AS8	Making a Christmas Bauble	£1.00		£
AS9	Telling the Story	£1.00		£
Books and booklets (pages 6-8)				
B1	Muddles, Puddles and Sunshine	£4.99		£
B2	A Child's Grief	£2.50		£
B3	Beyond the Rough Rock	£4.50		£
B4	As Big As It Gets	£4.50		£
B5	The Secret C ... Straight Talking About Cancer	£3.95		£
Suggested further reading booklists (page 8)				
B6a	Booklist – for children aged 0-6 years	1 copy free • 50p for each additional copy		£
B6b	Booklist – for children aged 7-12 years	1 copy free • 50p for each additional copy		£
B6c	Booklist – for children aged 13-18 years	1 copy free • 50p for each additional copy		£
B6d	Booklist – for families bereaved through suicide	1 copy free • 50p for each additional copy		£
B6e	Booklist – when someone is seriously ill	1 copy free • 50p for each additional copy		£
B6f	Booklist – for children and young people with learning disabilities	1 copy free • 50p for each additional copy		£
B6g	Booklist – when there is serious illness or the death of a sibling	1 copy free • 50p for each additional copy		£
About our work at Winston's Wish (page 9)				
LSL	Supporting Bereaved Children and Young People <i>Leaflet about Winston's Wish</i>	Up to 19 copies: free • 20 for £2.00		£
LFL	Are You Caring for a Bereaved Child? <i>Leaflet about Winston's Wish Family Line</i>	Up to 19 copies: free • 20 for £2.00		£
LFLP4	Family Line A4 poster	Up to 9 copies: free • 10 for £1.00		£
LFLP3	Family Line A3 poster	Up to 9 copies: free • 10 for £1.00		£
LFLC	Family Line small card	Up to 19 copies: free • 20 for £2.00		£
LCBC	Charter for Bereaved Children	£2.00		£
LMP	Mixed pack selection of all leaflets and posters (excluding Charter for Bereaved Children)	1 pack 50p • 2–9 packs £2.00 10–19 packs £3.00		£
Ideas for professionals (page 10)				
SS1	Positive Responses to Death – A Strategy for Schools	£20.00		£
SA1	Ideas for a School Assembly	50p		£
TP	Winston's Wish training brochure	Free		
Winston Bear candle (page 13)				
C1	Winston Bear candle	£3.50		£
Total for items ordered				£
Add post and packing (see rates overleaf)				£
Donation (to help Winston's Wish support bereaved families)				£
TOTAL PAYABLE TO WINSTON'S WISH				£

Winston's Wish reserves the right to amend products and prices shown in this catalogue.

Please turn over ...



Order form



POST AND PACKING RATES	
For more than five items of free publicity, please add £1 post and packing.	
Each memory box	£2.50
All other items	
<i>Total value of order</i>	<i>Post and packing rate</i>
Under £1	£0.50
Up to £5	£1.00
Up to £10	£1.50
Up to £15	£2.25
Up to £20	£3.00
Up to £25	£3.75
Up to £100	£5.00
Over £100	please add 5% of total cost of items ordered

Overseas customers: please double the above post and packing rates. Payment to be made in pounds sterling.

Please allow seven days for delivery.

Urgent telephone orders can be taken – please telephone Winston's Wish Family Line on 0845 20 30 40 5 (Mondays to Fridays between 9.30am and 4.30pm).

PLEASE FILL IN YOUR DETAILS

Name

Job title

Organisation

Address

Telephone

Fax

E-mail

Delivery address (if different)

PAYMENT BY CHEQUE

I enclose a cheque/postal order for the total amount of

£

Please make cheques/postal orders payable to Winston's Wish.

PAYMENT BY DEBIT OR CREDIT CARD

We accept Visa, Switch, MasterCard and Delta Card.

Card number

Full name as it appears on credit card (BLOCK CAPITALS)

Please debit my Visa/Switch/MasterCard/Delta (delete as applicable) account with

£

Expiry date Issue number (Switch only)

Signature

To minimise administration costs, Winston's Wish requests payment with order. Receipts will not normally be issued unless you ask for one.

I heard about Winston's Wish from

Please tick:

- Please send more information about the work of Winston's Wish.
- I do not wish to receive further mailings.

FOR OFFICE USE ONLY

Order number

Date received

Payment received

Goods P&P Donation

Despatch

Thank you for supporting Winston's Wish.

Please send your order form to:

Winston's Wish, The Clara Burgess Centre, Gloucestershire Royal Hospital, Great Western Road, Gloucester GL1 3NN
 Telephone: 01452 394377 (general enquiries) • Fax: 01452 395656 • E-mail: admin@winstonswish.org.uk



Winston Bear candle

We light a candle on his birthday, then eat his favourite dinner – beans and chips...

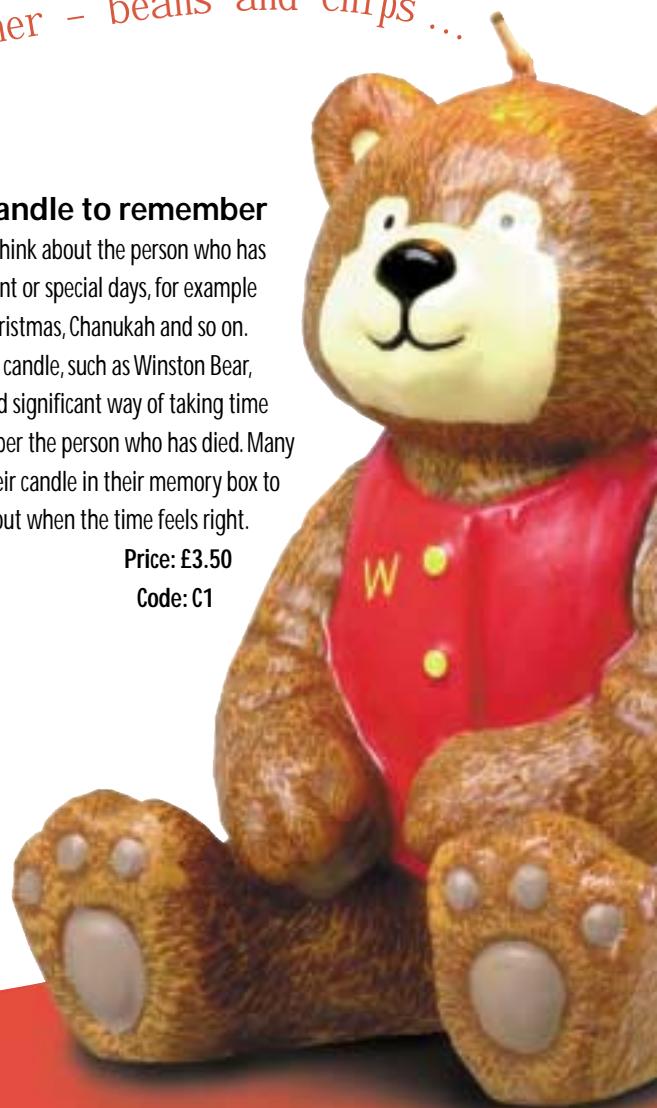


Lighting a candle to remember

Many families think about the person who has died on important or special days, for example birthdays, Diwali, Christmas, Chanukah and so on. Lighting a distinctive candle, such as Winston Bear, can be a poignant and significant way of taking time out to remember the person who has died. Many choose to keep their candle in their memory box to be brought out when the time feels right.

Price: £3.50

Code: C1



See also ...

Activity sheet –
*Lighting a Candle
to Remember*
page 5



Activity sheet – *A Calendar of
Memories* page 5

Future publications

We are planning to publish the following books and leaflets:

Further books and information specifically aimed at young people aged 11-16 years old.

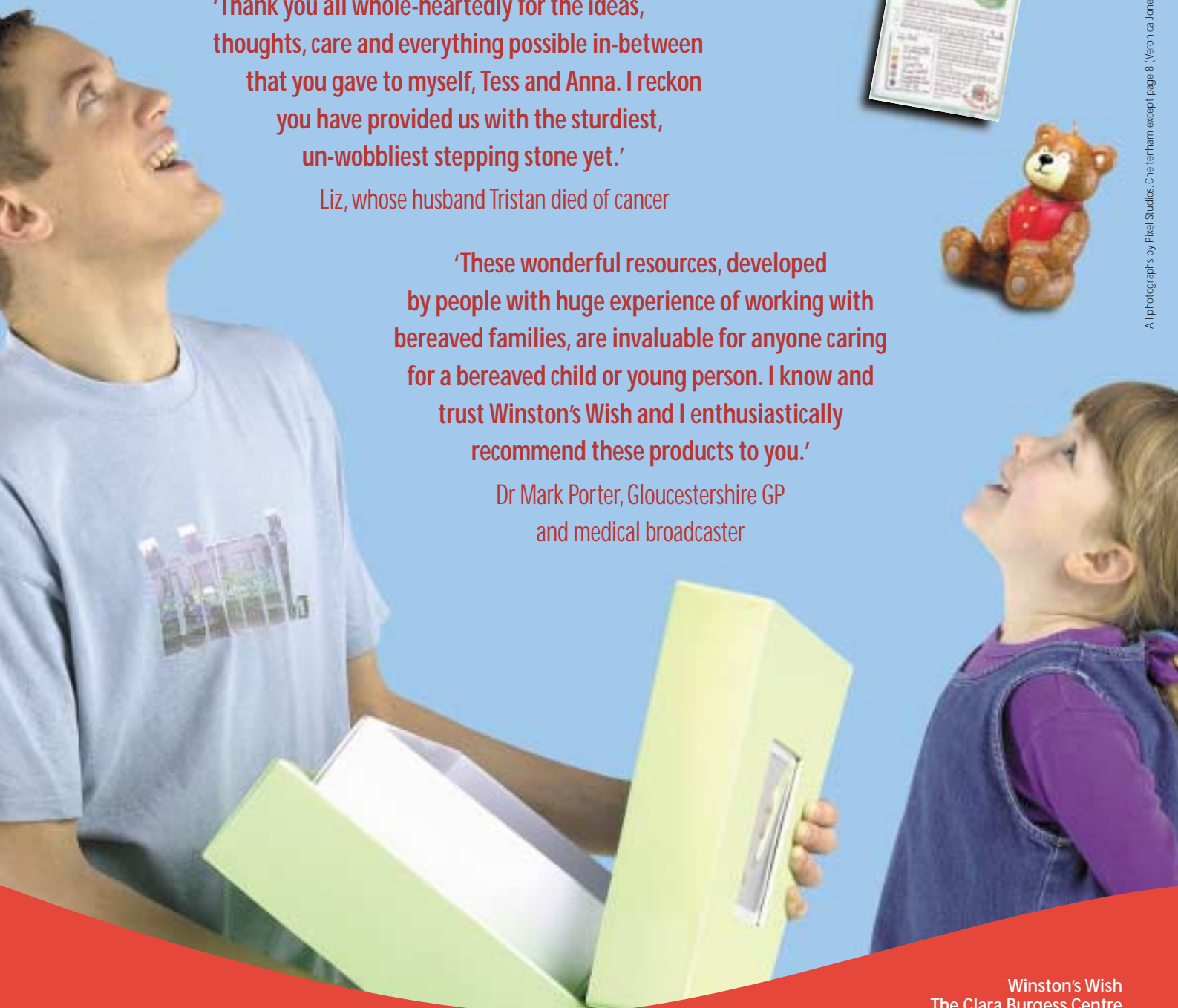
In the 'Straight Talking' series:

- an educational book specifically designed for primary school aged children, which will aim to explain the funeral process and
- an educational book for children and young people explaining suicide.

Milly's Bug Nut

A story book for children aged up to 10 years old, written by a bereaved parent, which will explore issues such as the first few months after a bereavement and making new relationships.

Phone us or visit our website – www.winstonswish.org.uk – for news of new publications and resources.



'Thank you all whole-heartedly for the ideas, thoughts, care and everything possible in-between that you gave to myself, Tess and Anna. I reckon you have provided us with the sturdiest, un-wobbliest stepping stone yet.'

Liz, whose husband Tristan died of cancer

'These wonderful resources, developed by people with huge experience of working with bereaved families, are invaluable for anyone caring for a bereaved child or young person. I know and trust Winston's Wish and I enthusiastically recommend these products to you.'

Dr Mark Porter, Gloucestershire GP and medical broadcaster



supporting bereaved children and young people

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 Guidance and information for families of bereaved children

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