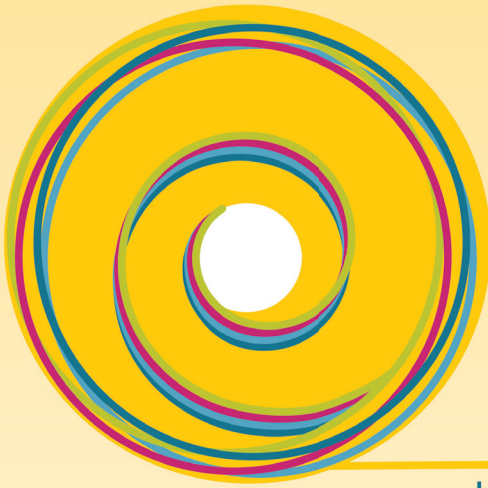




Yo-Yo Project

helping with the ups
& downs of loss & grief

Community Childhood Project for Loss and Bereavement

A leaflet for children and young people aged 4-18 years old



**Farleigh
hospice**

It is because you care that we can

www.farleighhospice.org

Registered charity no 284670

Yo-Yos go up and down all the time. This is often how we feel when someone close to us is ill or dies.

When someone special is very ill or dies it is often hard to say how you feel. You may feel very mixed up. There is no right or wrong way to feel. You may feel lonely and that there is no-one who understands.

Often grown-ups around you will be sad and upset as well and you may feel you can't say things to them in case you upset them even more. You may end up keeping your feelings inside.

Sometimes it is hard to find the words to say how you feel. You may act differently and do things at home and school that you don't normally do because you can't explain or understand how you feel.

You may feel upset and worried about the future. Maybe you are concerned about other people you care about. Sometimes it is easier to tell someone you don't know so well about how you feel.

The Yo-Yo Project is a place where you can meet with a counsellor/therapist, by yourself or with a family member. You might find it helpful to know that all of the below are normal feelings to have when someone we care about is very ill or has died.



Shocked



Sad



Worried



Angry



Confused



Guilty



Scared



Here at the Yo-Yo Project, we try to offer something for everyone.

- Using arts and crafts
- Being creative
- Playing games
- Just talking
- Sharing memories
- Offering a comfortable and safe space

You will have a chance to tell your story or just be you. Our sessions may be in person, online (virtual) or on the phone, and take place at school, college or at home – or maybe here at Farleigh Hospice in our Family Room, Art and Craft Room or a counselling room.

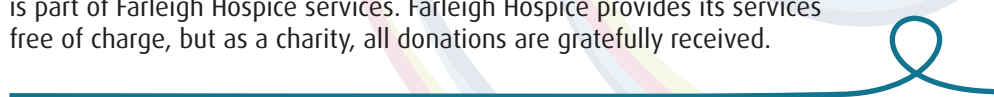
You and your feelings are important to us. Your counsellor/therapist will not tell anybody anything unless it is to make sure you are safe.

If you would like to talk to someone about the Yo-Yo Project or something else, please call us on **01245 457416** or e-mail [**yoyoproject@farleighhospice.org**](mailto:yoyoproject@farleighhospice.org)

Group work

At various times throughout the year, there may be the opportunity to take part in group activities. Details of these will be available on request and/or on social media.

Information that is shared with the Yo-Yo Project will be treated as confidential unless there is a serious concern about the safety of an individual. This project is part of Farleigh Hospice services. Farleigh Hospice provides its services free of charge, but as a charity, all donations are gratefully received.



CIRCLE – Adult Bereavement Support

If your parent/carer would like support or you are an adult reading this leaflet and would like support for yourself, our adult bereavement service (Circle) is open to anyone in the mid Essex area.

For more information or to refer yourself, please contact us on **01245 457308**, email circle@farleighhospice.org or visit the Farleigh Hospice website www.farleighhospice.org

Other resources and links

Winston's Wish

Tel: 08088 020 021 www.winstonswish.org.uk

Hope Again (support for young people living after loss)
www.hopeagain.org.uk

Childline

Tel: 0800 1111 www.childline.org.uk

Kooth (free online counselling service for young people)
www.kooth.com

Resources for adults:

CRUSE Bereavement Care

Tel: 0808 808 1677 www.cruse.org.uk

Samaritans

Tel: 116 123 www.samaritans.org

Comments

We are always pleased to hear any comments about the services we provide. There are comment forms situated around the hospice or available upon request. Your feedback helps us to maintain a high standard of service. The hospice also has a service user forum.

For further information or to speak to one of our team, please contact:
Yo-Yo Project, Farleigh Hospice, North Court Road, Chelmsford, CM1 7FH

T: **01245 457416**

E: yoyoproject@farleighhospice.org

W: www.farleighhospice.org