



St Gemma's Hospice

Young People's Service

Working with children, young people and their families when someone is seriously ill or after someone has died.



0113 218 5500
www.st-gemma.co.uk



What we do

We provide information and support for children and young people when someone in their family is seriously ill or has died.



We meet with children, young people and their families.



We sometimes do activities such as artwork or an activity book. We also talk about the person who is ill or has died.



We are used to talking about difficult things and don't mind if you get upset.



Sometimes groups of children and young people meet together to talk about how things are.



If we are working with a child or a young person and they ask a question, we will answer it openly and honestly.



Feelings

Some young people who have had contact with the Hospice talked about how they felt when someone was ill or had died. The words they used were:

Pressurised



Upsetting



Lonely



Angry

Jealous



Stressful



Depressed



They also said...

**I WAS SURPRISED
BY WHAT HAD
HAPPENED AND THAT
REMEMBERING SPECIAL
TIMES AND OCCASIONS
ABOUT THE PERSON WHO
DIED CAN HELP.**

**IT IS IMPORTANT
TO HAVE FUN EVEN
THOUGH SOMEONE
HAS DIED.**

What People Say

Some young people who have met us said the following things about the service...

**I FOUND IT HELPED TO
TALK ABOUT FEELINGS
TO SOMEONE YOU DONT
KNOW SO YOU CAN
EXPRESS YOUR FEELINGS.**



**IT HELPED
GETTING IT
AWAY FROM MY
HEAD.**

**DID STUFF
ABOUT THE
PERSON WHO
DIED.**

**I WAS VERY
ANGRY
AND JEALOUS
ABOUT OTHER
CHILDREN.**



How to Cope

Top 10 tips to look after yourself...



Talk to family members and friends about the special person.



Ask questions.



Find ways of expressing your feelings (you could write a diary, a poem or draw a picture).



Talk to other people if you need help or support.



Start a memory box or folder to put things in to help build memories about the special person.



Write a card to the special person.



Look after yourself by exercising and eating well.



Ask for help in school or college.



Check out our website
[www.st-gemma.co.uk/
young-peoples-service](http://www.st-gemma.co.uk/young-peoples-service)



Do a fun activity.



Glossary

Words you might hear as defined by young people...

Bereavement

Is the time after someone has died.

Death

When someone has died and their body has stopped working.

Funeral and Cremation

A funeral is a time when people who knew the dead person get together to remember and say goodbye to them. As part of the funeral the body is either buried in a coffin or cremated (this means the body is burnt).

Grief

Thoughts and feelings you have after someone has died.

Hospice

A place where people can visit or stay when they are seriously ill. Some people do die at the Hospice, the Hospice tries to make them comfortable and stop as much pain as possible.

Terminal Illness

People will try to help them with their pain but sadly they won't get better from their illness.



Other Information

Safety

We need to make sure that you are safe at all times and if you were in danger we would have to tell somebody about this. We would tell you that we were going to do this.

Files

We keep electronic information about you on NHS SystmOne which you can ask to see at any time.

Compliments and Complaints

If you are happy with the service we would love to hear from you. If you are unhappy with something or somebody at the Hospice you can make a complaint about this.

A Few Websites...

www.st-gemma.co.uk/young-peoples-service

www.riprap.org.uk

www.winstonswish.org.uk

www.childbereavement.org.uk

www.childhoodbereavementnetwork.org.uk

www.themarketplaceleeds.org.uk

www.childline.org.uk

www.youngminds.org.uk

www.kooth.com





If you feel you need support or any help about anything contained in this leaflet please contact the St Gemma's Young People's Service on **0113 218 5500** or email **youngpeople@st-gemma.co.uk**



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St. Gemma's Hospice
Always caring

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