

## What people have said...

"After just one session, she came in to class a different child" (teacher re 8yr old who lost her father)



"Doing my memory book is the thing I look forward to the most at school" (8yr old boy after loss of his father)

"We've seen a huge change in her; she is calmer and the nightmares are gone!" (parent after death of parent)



I think I can cope better when I talk about my mum. It's better than bottling it up" (14 yr old girl after suicide of mum)



## How much does it cost?

Our services for children are **FREE**. We are a non-profit organisation who believe that all children should be entitled to grief support because **EVERY CHILD MATTERS** regardless of their background.

## How can I contact you?

If you would like to make use of the ECLIPSE service or if you would like some advice about a situation you are dealing with, please feel free to contact us in one of the following ways:



01743 245945

(answer machine service)



eclipseshrewsbury@gmail.com



Barnabas Community Church  
Longden Coleham  
Shrewsbury  
SY3 7DN

## How can I help?

Please help by raising awareness of this charity.  
Financial help; maybe a non uniform day?  
Or a fund raising activity of your choice?  
*£5 enables a child to create a jar of memories using coloured salt*  
*£10 enables a child to attend a group activity*  
*£10 provides a gift for a child*  
*£40 an hour of one-to-one counselling (ours is free because of volunteers-however all volunteers need training which have costs incurred)*  
Please contact us if you would like to have help for a child or if you would like training.

ECLIPSE is a member of the Childhood Bereavement Network, you can view their policies online [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)  
ECLIPSE is affiliated to Barnabas Community Church Registered charity No. 1148096



**Covering: Schools in Shrewsbury**

Working in partnership with Eclipse Child Bereavement Service Stafford, who have been working with bereaved children for over 10 years.



**Information on the work of Eclipse Shrewsbury.**

**Helping children to cope with their loss**





## What is Eclipse?

**ECLIPSE is a service that supports bereaved children**

**We are a service based in Shrewsbury that seeks to support children and young people, aged 5-18, through the grieving process.**

### Some facts;

- Every 22 minutes a child in Britain is bereaved of a parent—over 24,000 children this year.
- Approximately 1 in 25 children and young people have experienced a bereavement of a parent or sibling—that is about 1 in every classroom!
- Around 480,000 children under the age of 18 in Britain have experienced the death of a parent or sibling.

Childhood bereavement is associated with;

- Health problems
- Mental health problems
- Low self esteem
- Poor school performance
- School exclusion
- Youth offending
- Drug Use
- Higher rate of teenage pregnancy

*(information from Winston's wish—the leading charity in this area)*

Eclipse Shrewsbury has 10 volunteers. All give time to be a part of this valuable work with children who are vulnerable.

## What services do Eclipse offer?

### Session Work

We aim to meet with children regularly to work through the myriad of emotions that come with grief, including the understanding and management of anger. We offer as many sessions as the child requires.

### Memory Books



A memory book provides a gentle tool to facilitate the grieving process. We can record memories of the times spent with the person who died, include photos and other memorabilia. Children are

encouraged to personalise the book and also add to them at home.

### Special Occasions



Sometimes it is appropriate to mark occasions, such as anniversaries, birthdays. Children can do this in many ways: we facilitate things like making memory jars, letting off special

balloons, making cards, lighting candles and other interesting ways appropriate to the age of the child.

## Why would a child need ECLIPSE?

It may help to know that when something sad happens, children and young people often:

- \* Avoid feelings
- \* Push feelings away
- \* Hide their feelings
- \* Disguise their feelings
- \* Deny their feelings
- \* Cover their feelings

(used, with kind permission from [www.griefencounters.org.uk](http://www.griefencounters.org.uk))

We can assist children in working with these feelings safely as they grieve.

It is never too soon or too late to help a bereaved child.

We can be involved in the immediate aftermath of a bereavement, or a child may be referred years after the loss occurs.

We are able to offer support to all children who are bereaved we visit them in school hours at school for 40-60 minute sessions.

We can also help parents/carers/professionals to support under 5s who have been bereaved.

Helping Children to Cope;

- Talking
- Asking
- Acknowledging
- Empowering

**These services are all free of charge. We will work with your school to help children who have been bereaved.**

