



“ I first learned about Crocus when my younger brother attended A Day to Remember after losing our mum to cancer.

Having seen first hand what Crocus can offer for grieving children, I knew I wanted to get involved. Crocus can be a fundamental part of helping children with the grieving process; it helps children to understand death, dying and grief within a safe and secure environment where they are the main focus.

The death of a friend or family member can be traumatic enough with the added stress of not understanding what is actually happening – and it can be difficult to help a child grieve whilst grieving yourself.

Most importantly, Crocus helps children understand it is fine to smile again and enjoy what they love without feeling guilty.

I have spoken to families who have been lost and broken before finding Crocus – which is something I can relate to. ”

Kelly McDougall, Crocus Volunteer

Crocus Group provides bereavement support for children and young people aged 5-18 years in the Highlands. Our services are available free of charge to children and young people living with grief, regardless of the cause of their bereavement.



Contact Crocus Group  
Tel: 01463 714568 / 07709 717586  
or email [crocusgroup@highlandhospice.org.uk](mailto:crocusgroup@highlandhospice.org.uk)

[www.crocusgroup.org.uk](http://www.crocusgroup.org.uk)

Crocus Group at Highland Hospice, Ness House  
1 Bishops Walk, Inverness, IV3 5SB  
Crocus Group is part of Highland Hospice  
Highland Hospice is a registered Scottish charity, No: SC011227



Supporting bereaved children and young people in the Highlands

## Who we are

Crocus Group is a bereavement support service for children and young people aged between 5-18 years living in the Highlands. The death of someone close to a child can be a time of great sadness, distress or confusion. There may be unanswered questions about what has happened, and the grief of other family members can make it hard for the child or young person to talk about their feelings. Whilst many children and families will be able to manage their loss without targeted support, we are here to provide help and advice where it is needed.

## We aim to:

- Help children and families to understand and express their grief
- Provide the child or young person with an opportunity to meet other bereaved children their age
- Help children and families to find positive ways of remembering the person who died
- Educate children, families and the wider community about grief
- Help people to talk openly about death and bereavement
- Help restore confidence and self-esteem

**The Crocus Team have a shared focus on the needs of children and young people as individuals within a family. Crocus Group is a non-denominational support service. We are not a counselling service.**

## What we provide

Crocus Group operates on a referral system. We accept referrals from anyone, but ask that the child or young person and their parents/carers are aware of the referral. If you wish to refer someone to Crocus please contact us via email, phone, or complete the online referral form at

<https://highlandhospice.org/what-we-do/crocus/make-a-referral>

## Once an assessment has been done, we may offer:

- Books, leaflets and advice to help families feel equipped in talking openly with one another
- A six to eight week group programme (available for different age groups)
- One to one support sessions
- Family support sessions
- A Day to Remember (a special remembrance day in which small groups of children and young people share their experiences and make memories of the person who died)
- Support for schools and other agencies to ensure appropriate resources are available

**Our support mostly takes the form of creative, hands-on activities where children and young people can express their innermost thoughts freely and begin to make sense of what has happened.**

**We can provide consultancy, resources and advice to schools and other groups in the Highland area.**



“To play it out is the most natural self-healing process in childhood”  
- Erik Erikson

“Crocus is a wonderful group. I was anxious but within minutes of meeting you, all my fears disappeared. I can't thank you enough.”

“Crocus has been hugely beneficial and has had a very positive impact on my child's coping skills.”

“Crocus helped me recognise how I was feeling and felt personal not forced. It was nice to talk to a professional in a relaxed way.”