



jigsaw
south east

We accept referrals from:

Families

•
Schools

•
Health professionals and agencies

Jigsaw (South East)
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Jigsaw (South East)

provides a unique child-centred approach that enables children and young people to cope with change, prepare for loss and promotes their active participation in decision making.



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Preparing children for the loss of a loved one



Helping families to cope through the loss of a loved one

Hearing the news that someone in the family has a life-limiting illness can come as a great shock.

Often adults struggle with the news and the uncertainty of the days ahead may seem overwhelming.

They may wonder what is best for the children and how much they should know, while wanting to protect them. They may struggle with the words and ways to tell the children. But children are quick to notice when things are not right. Silence may be bewildering and frightening.

Children and young people need to be kept informed about what is going on in a way that they can understand and start to come to terms with.

Children and young people with a family member who has a life-limiting illness may find themselves feeling isolated and alone at school when friends and other adults in their lives do not know, understand, or are not confident in being able to help.

Our aim

The aim is to better prepare children within our community for the loss of a loved one through our child-centred service that offers tailored support for families.

This can involve practical, emotional and therapeutic support which use children's natural means of expression and communication.

What children, young people and families say about Jigsaw (South East):

'Jigsaw was a lifesaver for us - it equipped us with the tools we required to cope with our loss.'

'Jigsaw has been brilliant at helping us through this awful time.'

'It's alright not to feel okay.'

'We found peace, comfort and skills to help us cope.'

What we can offer

Jigsaw (South East) offers a dedicated support worker to help children and young people aged 0-19, who are facing the loss of a loved one, through bereavement and beyond.

A package of support, tailored to the needs of the family, may include:

- Telephone advice and consultation
- Initial assessment meeting at home or at school
- Individual work with children in the family home or at school
- Sibling, family or small groups
- Information and advice events for the community
- Signposting to other agencies and organisations
- Training, resources and support to professionals working with families and children in Surrey and parts of West Sussex
- Liaison with other agencies and organisations in our community
- Social events within the community.