



We would like to wish all our readers a peaceful Christmas and hope that the New Year will bring much happiness for you all and say that our support will continue to be with all the Families who may need us in the future.



Message from Sophia Honey our Chairman

Welcome from the Chair:-

A very warm welcome to you all and thank you for reading our newsletter! As you'll see, we've been very busy over the past 6 months or so, and have made great strides as a charity, developing the services we offer and continuing to help children in South Devon and their families build more positive futures together following a bereavement. Being Christmas, this is an excellent time for us look back on what we have achieved, and also to look forward to what we hope to achieve in the coming year

Happy Christmas to all



*Christmas is forever, not for just one day,
for loving, sharing, giving, are not to put away
like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do yourself*





★ *Message from Francesca Raymont Lead Therapist*

SCHOOL BEREAVEMENT GROUP



★ During 2014 we have had the exciting opportunity of running our first bereavement group in a primary school in Newton Abbot. The bereavement group ran each week over a 6-week period this Autumn, we had 8 pupils attend all of who had experienced the death of a close family member. At the group the children were given the opportunity to talk about their special person, to work through their difficult and often confusing feelings associated with their grief and were able to find ways to remember their special person whilst thinking about moving on with their own lives.

★ Two therapists worked with the 8 children each week and this enabled strong and supportive relationships to be built, not only between the therapists and the children but also between the children in the group. We noticed particularly how the children gained comfort from each other and were amazingly supportive to each other throughout the sessions. Each child was given a puppet hedgehog at the beginning of the work to help them to talk about their feelings and each week we had a creative activity that helped the children to open up and talk about their thoughts and feelings surrounding a particular aspect of their grief.

★ We received really positive feedback from all of the children at the end of the group and they have decided that they would like to keep meeting informally as a group of children at their school to offer support to each other over the coming weeks and months. Running this group was an absolute pleasure and hopefully the start of a new piece of work for us at CFG within schools in South Devon that we are realising is desperately needed.

★ If you are aware of a school that would be interested in running a group like this please let me know.

★ *Wishing everyone a very happy Christmas and a peaceful New Year.*

★ *Francesca Raymont*



Mini Monster March 2014 by Ilsa our Volunteer Therapist

The Mini Monster March was CFG's first sponsored event and it went off with a RAA! It was a misty day with some drizzle but it didn't dampen the spirits of all who joined in. All the mini monsters were adorable (oops scary) in their costumes. First we had to warm up with monster stretches and then marched around Pennywell Farm being led by a lovely little goat. We had to find the friendly monsters on the way and give a big RAA when they were spotted. After the march the mini monsters decorated monster cookies and had a well deserved rest. Then it was show time with great entertainment from the comical magician Nutty Noah and we finished the event with a raffle of fabulous prizes. For those who still had some energy left had lunch and mooched around the farm visiting all the animals. It was a very enjoyable event and thank you to everyone who took part. We look forward to doing it again next year, hopefully with even more mini monsters.



Important contact details

Our Website
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Lead Therapist Francesca Raymont

“I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, good-will to men!”
– [Henry Wadsworth Longfellow](#)



Thank you from the Chair:-



I would like to take this opportunity to thank our wonderful team of therapists who do an amazing job, in particular our lead therapist Francesca, who gives so much time and effort, and our board of trustees for their dedication.

I'm pleased to announce that we have been joined by two new trustees recently, being Sue Coles and Cllr Julien Parrott, taking our number to eight. I would also like to thank our patrons, Chris Murray of Pennywell Farm and Dr Sarah Wollaston MP for their support, Paul Courtney of Kairos Fundraising for his continued enthusiasm and assistance, as well as all our volunteers and supporters. Without the team none of our achievements so far would have been possible!

Sophia Honey



What has been happening with CFG since the last newsletter – well.....

Those of us who came to Pennywell Farm in June had a really lovely time and we were all made very welcome by Chris Murray who is also our Sponsor. The weather was very kind to us and as usual all the animals were pleased to see us. Many thanks to Chris.

A young girl who belongs to one of our families made a huge effort to raise some money for CFG and made many beautiful bracelets from the Loom bands and handed in an amazing sum and this is what she sent to us...

Hello, my name is Ellie Eastwood and I raised £52.65 for children and families in grief. When I did this, loom bands were the latest trend so obviously I decided to make as many loom bands/necklaces as possible and sell them on the last day of term at my school. I got a bit addicted and bought a lot of loom bands to make the bracelets and bought a lot of looms, the boards! I learnt 2 different styles and I tried a lot of other ways, as well as my mum who probably hated loom bands by the end! I think if I remember correctly I made over 100 bracelets possibly more I can't honestly remember.

There was a reason why I decided to make all of these loom bands and it wasn't out of madness! My family had been going to children and families in grief and they do such amazing things At the start of 2014 as one of my resolutions I decided I wanted to make a difference to charity, I didn't really think about it before hand it just came to me as I guess a spare of the moment thing. I am so glad I did it now and I do hope this make a difference. I enjoyed it so much, making the bands and selling them was so fun and I would definitely do it again! Thank you everyone at children and families in grief who make such a wonderful difference, you have no idea how much you help those you support. = *Thanks* .

Also we have been very happy to receive funding from Children in Need granting us £20,000 which is a real endorsement of the valuable work we do through CFG. This will help us to reach even more Children and Families who are seeking some support from us.

Another family were involved in the Listening Project on Radio Devon and Radio 4. Another chance to hear this interview will be on Friday 26th December at 1655 and Sunday 28th at 1445.



A message from our new Trustee Cllr. Julien Parrott



CFG has firmly established itself as a vital and expanding part of our Bay's support for families. A quick look on Torbay Council's Directory of advice and support for families reveals details for CFG under 'bereavement'. It is the CFG emphasis and focus on the needs of children suffering the loss of a loved one that makes it unique

It was as Chairman of Torbay Council that I first visited the trustees and therapists who work to support the CFG mission. I was truly amazed by the dedication and determination to help children struggling to come to terms with their grief. I am proud to have been asked to join the band of trustees for such a wonderful charity. It is right that CFG is now officially recognised for the work it is doing across the Bay and the South West.

Cllr Julien Parrott



Please Keep in Touch

We are aiming to insert more and more news into our Website www.childrenandfamiliesingrief.co.uk so please if you are able, keep looking into it and we will let you know further news as the time goes on.

From all of us working for you at Children and Families in Grief {CFG} we extend our thoughts and wishes for you all to have time at Christmas to be surrounded by others who may be able to give you such a lot of support at this holiday time.

Trustees and Therapists of Children and Families in Grief.



