

Grampian Child Bereavement Network



Hello and a very warm welcome to our second Newsletter of 2014! This year we have taken on previous feedback and set the activity days for the year in advance. All our activity days are detailed in the right hand column on pages 1 & 2.

In February we again held the popular Dezibel Drumming which as expected, everyone who attended thoroughly enjoyed. We also held a new activity Theatre Modo Circus Skills which was great fun and we hope to hold this again next year.

The aim of this newsletter is to keep you up to date on forthcoming events and would welcome contributions from children, young people and/ their parents/carers

Grampian Child Bereavement Network – 2nd Annual Conference

This year, Grampian Child Bereavement Network, held their 2nd Annual Conference, on the 21st May 2014 at Thainstone House Hotel, Inverurie. The Conference focused this year on supporting children and young people who are bereaved of a parent.

This conference was an opportunity for professionals, carers and families to come together and build their knowledge and increase their skills, so that they are better able to offer a bereaved child appropriate support. In total, 84 delegates attended and the feedback has been positive. Please contact GCBN direct if you would like more information.



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Activity Dates 2014

Saturday 14th June – Family Picnic

Last year the weather was good to us, so hopefully it will be the same this year. We have made indoor arrangements just in case. There will be games and a treasure hunt.

Venue: Contact GCBN direct
Times: 11:30 – 3 pm

Saturday 23rd August – Puppet Making Workshop, Creativity in Care

This is an exciting new event and will provide an opportunity for children to make puppets and also a story telling event.

Venue: Garioch Sports Centre
Time: 2 – 4 pm

Saturday 4th October – Over 8s Tubing

This is our first over 8s activity day which includes 1 hour of tubing and 50 minutes in the lounge for snacks and chat. If you have siblings/children under the age of 8 but would like to attend, please contact us to discuss

Venue: Alford Ski Centre
Time: 12 – 2 pm

More activity days on page 2...

Training/Workshops

As well as supporting children, young people and parents/carers, we also provide training to professionals to raise awareness and provide a better service to bereaved children and young people in Grampian.

This year on Saturday 26th April, we held a workshop with Mike O'Connor, an Educational Psychologist, on supporting children and young people following loss and trauma. The workshop was very well attended with positive feedback.

Our next training is being provided by our trustee Anne Bone on Saturday 13th September. If you would like more information on the training or workshops we provide, please contact Tel: 01224 594099 or Email: gcbn@mhaberdeen.org.uk

Co-ordinator

Our new Co-ordinator Nicola McAllister is now in post and can be contacted on the usual Tel: 01224 594099
Email:
gcbn@mhaberdeen.org.uk

Nicola will be in the office on a Monday and Thursday between 9:30 am – 2:30 pm

Books

We have recently re-stocked our library and if you would like a book, please contact 01224 594099 or gcbn@mhaberdeen.org.uk

If you already have a book from us but feel you would benefit from more, please contact us on the above for a recommended book list.

Activity Dates Continued...

Saturday 15th November- Christmas keeping memories safe event

After the positive feedback from last year's Christmas event, we are holding a similar event this year. This will include keeping memories safe and there will be the opportunity to make Christmas themed crafts.

Venue: Hilton Community Centre
Time: 12 – 4 pm

If you would like to attend an activity day or would like more information, please contact Tel: 01224 594099 Email: gcbn@mhaberdeen.org.uk for an application form and flyer.

Special Thanks

Grampian Child Bereavement Network is a small registered charity and without donations/fundraising we would be unable to provide our service.

We would like to thank Joe Brice, Alan Wyatt, Hal Wyatt and Sean Brice for their kind donation which they raised by undertaking a trek on Everest Base Camp. Lindsey Anderson, her sons and the pupils at Westhill Academy for asking for donations to GCBN instead of presents at their beach birthday party. Leigh Jolly also raised funds instead of receiving presents for her very special birthday. Last but not least, we wish to thank Independent Corrosion Services Limited, Inverurie Medical Group, Aberdeen and County Floral Group and Halliburton Completion Tools for their kind donations to GCBN.

These donations are very much appreciated and all funds go towards the services we provide for bereaved children and young people. If you are interested in donating or fundraising for GCBN, please contact Tel: 01224 594099 or gcbn@mhaberdeen.org.uk



In the meantime, from all our Trustees and Responders, we look forward to seeing you soon and please do not hesitate to contact us if you need information, support or even with ideas for activity days or our newsletter.