

Grampian Child Bereavement Network



Hello and a very warm welcome to our third Newsletter of 2014! This year is flying by and we are now fast approaching autumn and winter after an unexpected sunny summer.

With autumn comes Halloween and Guy Fawkes night and I am sure you are all looking forward to dressing up, guising, apple bobbing and watching the fireworks!

Since our last newsletter we have held two activity days. The first one was our annual picnic in June and unfortunately, we were not lucky with the weather. However, everyone still enjoyed themselves. Our last activity day was a puppet making workshop which everyone enjoyed immensely. It has been lovely to see some regular faces and some new ones at our activity days.

Our next activity days are detailed on the right with the next one being tubing in Alford.

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.

Facebook

As some of you will be aware, we are now on Facebook! We will use the page to keep you all up to date with our events. You can find us by searching for Grampian Child Bereavement Network or the link is on our webpage. Don't forget to give us a like 😊

On this page we will not be putting identifiable photos of children or parents/carers on the page **unless we have prior permission to do so**. We might add a few from activity days but these will be art work or backs of heads. If you have any queries, please do not hesitate to contact me on 01224 594099 or gcbn@mhaberdeen.org.uk



Activity Dates 2014

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

Venue: Alford Ski Centre

Time: 12 – 2 pm

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.

In the Spotlight...

WAY Widowed and Young

WAY Widowed and Young is a charity that supports those who are widowed aged 50 and under, with or without children, married or not.

By facilitating social groups that meet for drinks, meals, walks, picnics and holidays they allow young widows and widowers to mix with people that really "get it". Within this alternative social life it's ok to be how you actually feel, share your frustrations and successes, and to ask for help with things that the "non-widowed" may not understand

For many WAY members, day-to-day contact is through various social media channels. People chat, rant, offer advice and give virtual hugs on Facebook 24 hours a day

The charity, including all of the groups, committee roles, holiday arrangements, publications and the library are run by volunteers who are WAY members themselves. Members say the support they get from others who really understand their situation is vital as they rebuild their lives following the death of a partner.

For further information on how to join please go to www.widowedandyoung.org.uk Membership fee applies

Is there an organisation or charity you would like featured in our newsletter? If so, please get in touch at gcbn@mhaberdeen.org.uk

Activity Days 2015

As the year is flying by, we are now looking to plan our activity days for next year. As we have had so many enjoyable activities, we are struggling to choose what to have.

As the days are arranged for families, we thought it would be best to get your opinions on what you and your family enjoyed and would like to see repeated.

There are also a few new suggestions and we would welcome more.

A survey has been created on www.surveymonkey.com/s/BTDYZZZ and we would greatly appreciate it if you could complete it. This survey will close on Friday 26th September at midnight.

This survey is completely anonymous and will only take a couple of minutes to complete (only 6 questions!). It will help us plan for next year and ensure we provide the best and most enjoyable activities for you.



SCIO

As some of you may be aware, we are currently in the process of changing to an SCIO charity. There will be no disruption to the service during this change.

In addition, we are also in the process of redesigning the website and printing new leaflets. We are very excited about this and cannot wait to show you all the finished results.

If you have any queries about the changes, please do not hesitate to get in touch.

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 Aberdeen and Country Floral Group, Midmar Rural, Cynthia Smail, Subsea 7 and Halliburton Completion Tools for their kind donations and choosing us to fundraise for.

We would also like to thank everyone who bought a spree book from us.

You are all awesome!