

Grief and Loss Counselling

The Lincolnshire Centre for Grief and Loss (LCGL)

LCGL Counselling and Training Services is a charity sponsored by the Lincolnshire Co-operative and grant funded by Lincolnshire Partnership NHS Foundation Trust. We are a free counselling service that responds to the needs of children/young people and adults in Lincolnshire who are experiencing the unmanageable symptoms of grief and loss following a significant life event.

<https://www.lcgl.org.uk/>

Connect to Support Lincolnshire

If you are struggling with bereavement after losing someone close to you, there is a range of services that can help . Please use the link for further information and links.

<https://lincolnshire.connecttosupport.org/mental-health/bereavement/>

Supporting families of children with cancer

<https://www.childrenwithcancer.org.uk/childhood-cancer-info/coping-with-cancer/beads-of-courage-siblings-programme/>

The Sibling Toolkit from Tom' Trust

<https://www.tomstrust.org.uk/sibling-toolkit/#:~:text=This%20toolkit%20aims%20to%20empower,challenges%20faced%20by%20these%20families.>

Childhood cancer affects numerous families in the UK, with **1,800 children newly diagnosed every year**. Despite this, there is often a notable lack of support available for the brothers and sisters of the children diagnosed. This toolkit aims to empower adults to effectively support the siblings of children with cancer. Developed by our clinical psychologists who specialise in working with children with brain tumours, the toolkit brings a wealth of expertise to address the unique challenges faced by these families.

With a lack of funding given to supporting the mental wellbeing of families facing cancer, this toolkit will help key workers and friends and families in

these siblings' lives where formal psychological support is not available. This adult might be someone who already knows the sibling through their school, such as a teacher, teaching assistant, school counsellor, or head of year. It might be another person who works with children out of school, such as a youth worker, social worker, or activity group leader. Some of this toolkit might be useful for family members or relatives to use alongside siblings. There are many activities provided within the toolkit to enable key adults to communicate well with these children and help them to explore their feelings.

Children and bereavement (NHS)

The following information could help if your child has lost or is about to lose someone, such as a family member or friend.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-and-bereavement/#:~:text=Talk%20about%20the%20person%20who,sense%20of%20what%20has%20happened.>