

Events Held in 2013 By the Specialist Family Practitioner Team.

Family Day Success. Led By Heather Thompson.

The Family Bereavement Day for Autumn 2013 was held on Sunday 29th September. The theme for the day was remembering to take "one step at a time". Families participated in looking at the emotional snakes and ladders that affect their coping strategies and craft activities to identify what helps them to take bereavement in small steps. The feedback from families that attended was very positive and the next date will be Spring 2014. Days are provisionally booked for March 23 and September 28 2014. St Barnabas Adult Day Hospice, Grantham kindly allow us to use their wonderful facilities for the Family Day and Bereaved Sibling Days.

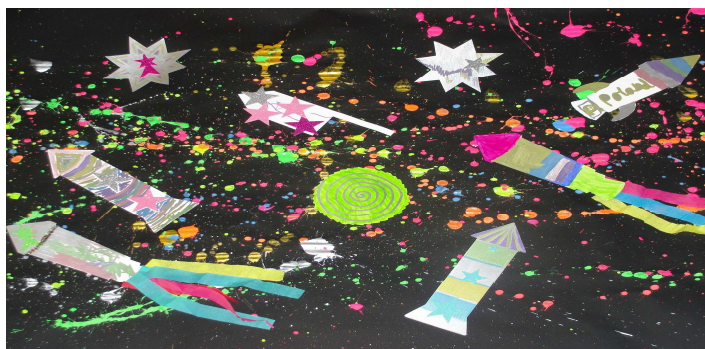
Bereaved Sibling & Parent Support Day Led By Nicola Mann

The day held on Sunday November 3 2013, and funded by generous donations from a local family previously supported by our service. The theme for the day was 'Memories'. Parents and children were able to share personal memories of their brother, sister, son or daughter. They played games, made memory jars, and learned new skills with a circus entertainer. Feedback from the day included, having the opportunity to meet with other families who have shared similar experiences, learning new things about each other, close family time concentrating on how they feel and a day for family time to remember together and share different emotions and memories, reflected in their colourful firework artwork below. The next day will be in June 2014.



Website Now up and running. Take a Look

http://www.ulh.nhs.uk/about_us/patient_services/specialist_family_practitioner/resources.asp



P.A.C.T. Group (Parents and Carers Together) meet monthly at Sleaford New Life Fellowship Community Room. The group is open to any parent of a child with complex medical health needs, or progressive illness whose child is in main stream school. It is a supportive parent led group. This year parents , children and siblings enjoyed a picnic day out, at Belton House in Grantham. The sun shone again and the day was enjoyed by all. Belton house kindly admitted all the families for free. The PACT group also met in December for a Christmas Lunch.

If you are a parent of a child who feels this group might support you, please do not hesitate to talk to any member of the team or ring the office telephone number.

Bowling Fun

On Sunday 24 October a group of our neuro—oncology teenagers and their mums met up with Tracy Wilson for some mutual support and fun bowling at Lincoln super bowl. The comments from all who attended were really positive "just great to meet together". It was felt the siblings would also benefit from meeting each other too. New dates to meet again will be organised for 2014.



New Team Member.

A new Family Specialist Practitioner has joined the team following a successful interview, which involved two of our young service users. Penny has worked with children and families for the majority of her working life in a variety of settings including hospital, educational and residential, and within the community of Lincolnshire since 2005. Penny greatly appreciates the opportunity to be part of such an important team and the support that it gives to families

Thank you to The Spalding Midsummer Ball, who raised a total of £2104.77 for the service in September. This vital donation will help buy essential craft materials, books and other memory tools used in the service.

Spotlight on



COMMUNITY PLAY SPECIALIST/YOUTH WORKER

My name is Tina Wells and I have been in post as the Community Play Specialist/Youth Worker for just over 5 years. I am part of the Specialist Family Practitioner Team but also work closely with the Specialist Children's Macmillan Nurse; the Children's Palliative Care Team (PATCH Team) and the Children's Community Nurses throughout Lincolnshire.

There are several different aspects of my role and these may encompass:

- Provision of specialist play activities to help children & young people cope with and reflect on their medical experiences by offering them different opportunities and ways of expressing themselves.
- Providing children with opportunities to promote choice, maintain skills and promote their development during their treatment.
- Helping build children's self-esteem and confidence during their own/their sibling's or their parent's illness.
- Supporting children and young people to understand their thoughts and feelings about how they are being affected by illness and/or bereavement.

I offer a range of therapeutic play based activities to encourage communication, self-expression and understanding of their situation. These may include games, role-play, small world play, story-telling, craft activities, music, messy play and sensory experiences.

Contact Details Tracy Wilson

Specialist Family Practitioner Team Lead.
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Telephone 01476 464259 Fax 01476 575967

Mon-Fri 9am-5pm, excluding bank holidays

Evaluation of ending questionnaires.

As a team we value each person that uses the service and strive to ensure we meet your needs. Over a year ago we started to ask families at the end of the support to answer a questionnaire. The feedback strongly suggests you feel we are getting things right, 95% of families were seen within one month of the referral being received and 100% would recommend the service to others.

What Else? If you have any idea's, or thoughts about something else we can do to improve or develop the service, please let us know.

Winter Beach Walk

For all bereaved families. Dig out your winter woollies, hats, wellies and gloves and come and join us on the beach on January 12th at 10am for a beach walk. Well behaved dogs welcome!
Tower Esplanade, Skegness, Lincolnshire, United Kingdom, PE25 3HW

Charitable Trust Fund

Our charitable fund provides finance to purchase valuable resources i.e.; books for children about bereavement and illness, therapeutic play toys and art materials, memory boxes, bereavement family days, support groups and sibling days.

Charitable donations make a real difference to our families and are very much appreciated.

Please make cheques payable to our Charitable Trust Fund:-

Children Bereavement Fund LO24

FAO (For the Attention of) Tracy Wilson
at above address.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Public Involvement team at patient.involvement@ulh.nhs.uk or call on 01476 464560.