

Thank You!

Gail and Sue would like to thank everyone who brought and bought plants at the Plants Sale on Shipton green on May 12. The sun shone and lots of people came and we made the magnificent sum of £820 for SeeSaw.

INTRODUCTION TO SEESAW

Through practical support and understanding, **SeeSaw** aims to reduce the distress of bereaved children and enable families to work together through the difficult times which follow the death of a loved one.



It is said that the death of someone we love is the single most stressful event that we will ever experience in our lives. Children don't have support networks – they and their friends have never experienced death – it is a new and frightening experience and often they have no one to talk to about the overwhelming emotions they are feeling. The person best placed to help a bereaved child, ie. their remaining parent, is grieving themselves.

Short term reactions to bereavement vary enormously but studies have shown that with children it can hamper personality development and lead to psychological problems later in life. We estimate that there are over 1,500 children and young people in Oxfordshire who are bereaved every year.

Until the establishment of SeeSaw, in June 2000, there was no co-ordinated response to their needs. For all of these reasons SeeSaw has developed to provide three key services:

1. A rapid and flexible support service to children and their families to help them achieve a normal grieving process and to face the future with hope.
2. A programme of education and training about childhood bereavement for professionals working with children, especially teachers.
3. Literature and resources to help children, their carers and professionals to understand grief. The support we offer is provided by our small team of paid staff but mostly by a team of fully trained volunteers.

Mrs. Rona Twigg,

who featured in one of our very first magazines has finally had to move to a residential home. I know many readers will remember her and wish her much happiness in her new home. We also send her our very warm wishes.

Her address is now: c/o Ashlyns Residential Home, Chesham Road, Berkhamstead, Herts., HP4 2SJ.