

Seasons for Growth

A programme designed to help children and young people deal with the major issues of modern society.

- Family breakdown
- Death in the family
- Lots of change

Children's Programme (6 - 12 years)

Young People's Programme (13 - 18 years)

What does the Seasons for Growth Programme do?

- Aims to support young people to understand and manage grief that is experienced because of the loss of a parent or significant other through death, separation or divorce
- Assists in normalising the emotions associated with the loss
- Encourages the expression of thoughts and emotions
- Educates about the grief process
- Develops a peer support network
- Helps restore self-confidence and self-esteem
- Draws on extensive research in developing a sound educative response to loss and grief.



Children's Support Service



St Andrew's Hospice

Henderson Street, Airdrie ML6 6DJ

Tel: 01236 766 951

www.st-andrews-hospice.com

St. Andrew's Hospice (Lanarkshire) is a charity registered in Scotland No. SC010159

The Deputy Chief Executive: Governance & Service Development at the Hospice, would welcome any compliments, comments, concerns or complaints you may have about the service.

If you do have a complaint that is not answered to your satisfaction, you can pass this on to the regulator of the Hospice; [Healthcare Improvement Scotland](#) at the following address:



Independent Healthcare Team Healthcare Improvement Scotland

Gyle Square, 1 South Gyle Crescent,
Edinburgh EH12 9EB

Telephone: 0131 623 4342

E-mail: hcis.clinicregulation@nhs.net



What are the aims & objectives?

- To provide children with some insight into illness and grief and to help them put this into the context of a general life experience
- To provide them with a safe and inviting environment to ask questions relevant to their situation
- To help parents be more aware of their children's feelings and to deal with them in the most appropriate and sensitive way

Who can come?

- Children who have a seriously ill relative or friend
- Children who have lost a relative or friend

Are parents/carers involved?

There is a parents/carers support group which meets at the same time as the children's group, providing ongoing support both formal and informal.

Parents are also advised of the content of the children's programme for that day.

What will happen at the group?

Children will get the chance to:

- Try out arts and crafts
- Play games
- Talk about their feelings
- Ask questions
- Record memories, feelings and thoughts
- Have fun

Who are the staff?

- Senior Support Worker
- Support Worker
- Children's Play Leader
- Parent Group Leader
- Two or three trained volunteers depending on age and number of children

Who can refer?

- Hospice staff
- Patients
- Family members
- Self-refer
- Medical staff and GPs
- Community and Hospital Social Workers
- Macmillan Nurses and Community Nurses

How do I refer?

By contacting Support Services at St Andrew's Hospice on 01236 772022.

The Children's Support Service runs on Friday evenings from 4.30pm - 6pm.

