



Children's Hospices Across Scotland



Support for You after Your Child has Died

Spiritual Care and Bereavement Team

This leaflet introduces the CHAS Spiritual Care and Bereavement Team and explains the support we can offer. You may read it now, later, or revisit it as often as you need. It is here to offer gentle guidance during this difficult time.



The First Days

Every family's journey is different, and whatever you choose to do, we are here to support you.

Where can my child stay?

You may choose to:

- Keep your child at home using a special cool blanket.
- Go directly to a funeral director.
- Use one of our hospice Rainbow Rooms. These private suites have a cooled bedroom where your child can stay until the funeral, if this is what you want.

If a post-mortem is needed, you can still choose one of these options afterwards. Our team, along with hospital and community professionals, will support you wherever you are.

Arranging a Funeral or Celebration of Life

You may not be ready to think about a funeral yet. When you are, our chaplains can help you plan and lead the service at no cost.

If you follow a faith or belief, we can help you contact your own faith leader or find a representative if you don't already have one. Our chaplains can work with you to create a ceremony that reflects your child and your family's wishes.

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The chaplain was fantastic helping us with our daughter's funeral. She knew what to say, when to listen, and when I needed to speak. It felt like a weight had been lifted off our shoulders.

Carolina, Mum to Olivia

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Financial and Practical Help

The death of a child can bring unexpected financial changes. Our wider CHAS team can offer advice and guidance on financial support.

The Spiritual care and Bereavement Team can also help with practical matters, such as registering your child's death.

The Child Death Review Process

When any child in Scotland under 18 dies (or under 26 if they were in care), a review is carried out.

This can take several months, and being contacted about it may feel overwhelming. The Spiritual Care and Bereavement Team is here to support you through this process.

Ongoing Support

Grief affects everyone differently, and you may feel many emotions in the weeks and months ahead.

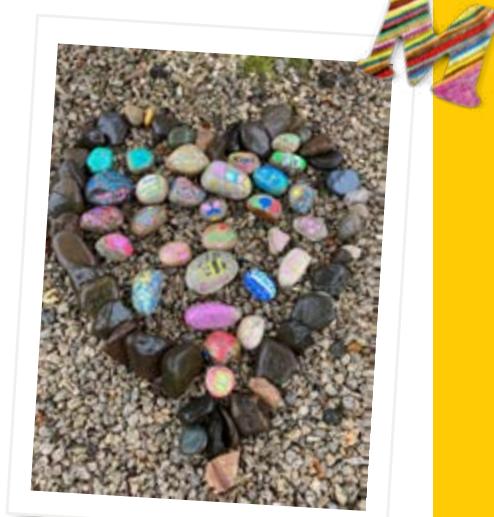
Our bereavement workers are here to support you in person, over the phone, or via video call.

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My bereavement worker has helped me so much after the loss of my teenage son. Whether in person or online, the team does an amazing job.

Rosie, Mum to Reece

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Connecting with Others

You may find comfort in meeting others who have had a similar experience. The Spiritual Care and Bereavement Team offer:

- Remembering days
- Candlelight services
- Memory walks
- Family days
- Walk and talk meet-ups
- Bring a bulb day in our gardens

Our events calendar is updated regularly. You can also join our private Facebook group to connect with other families.

If you need more structured support, we can offer one-to-one or group sessions. We can also connect you with other organisations that may help.

If you would like to talk to us, please email:

 **bereavementteam@chas.org.uk**

Or telephone:

 **01577 865777**

 **01389 722055**

You can also learn more about our team members by scanning this QR code or visiting our website:

www.chas.org.uk/helping-you/who-we-help/bereavement

