



St Wilfrid's Hospice

name _____

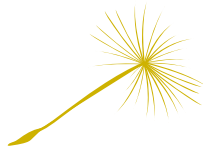
someone special
to me has a very
serious illness

In this book I am thinking about

This workbook is for you. You may want to use it on your own or you may use it with your parents or a friend. You may also use it with one of our counsellors here at the hospice.

The next page is a record of the agreement between you and your counsellor about how you will work together. If you are looking through the book on your own then simply ignore that page.

Throughout the book there are pages where you may want to write down your thoughts or do some drawing. It can help to get things down on paper. Look out for the image of the pencil.



**someone special to me
has a very serious illness**

My agreement with my counsellor

Meeting up

Where? When? Timings.
How often? How to contact?

Confidentiality

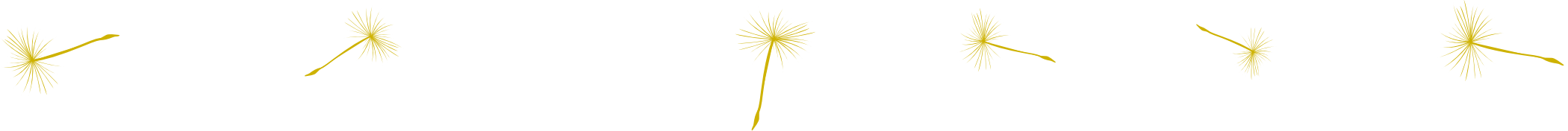
What do we mean by confidentiality at St Wilfrid's?
Who will we tell? Who might we need to tell if we are really worried about you?

Support that I want

How can St Wilfrid's help you?

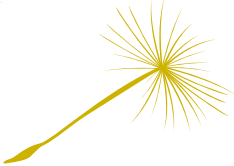
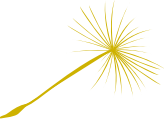
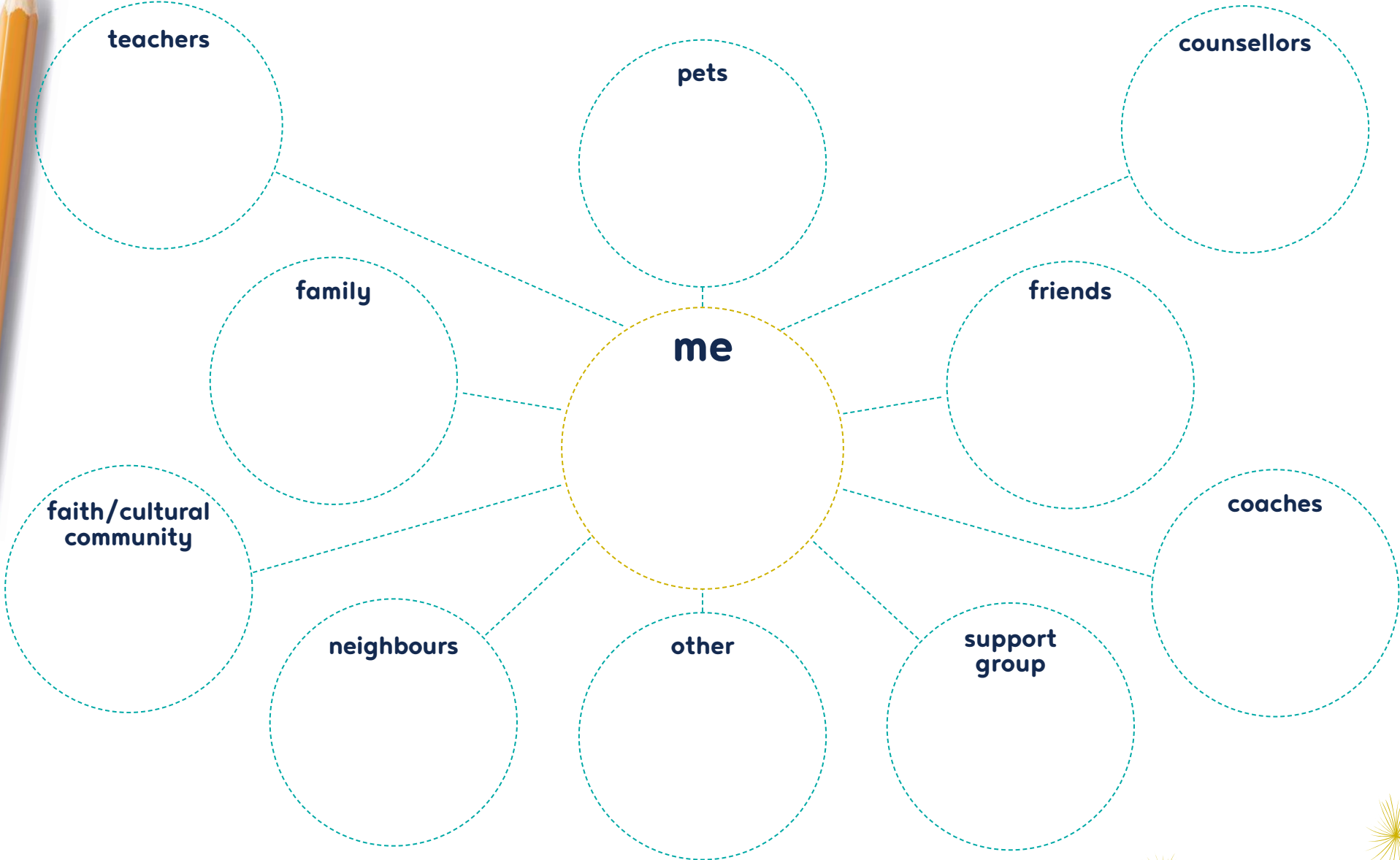
Achievements

How will we know if we have been successful?



Signed by child/young person Name: Signed by staff: Staff initials: Date:

Who is around for me?



This is a picture of my special person who is very, very ill



their name is

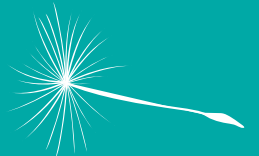
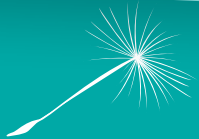
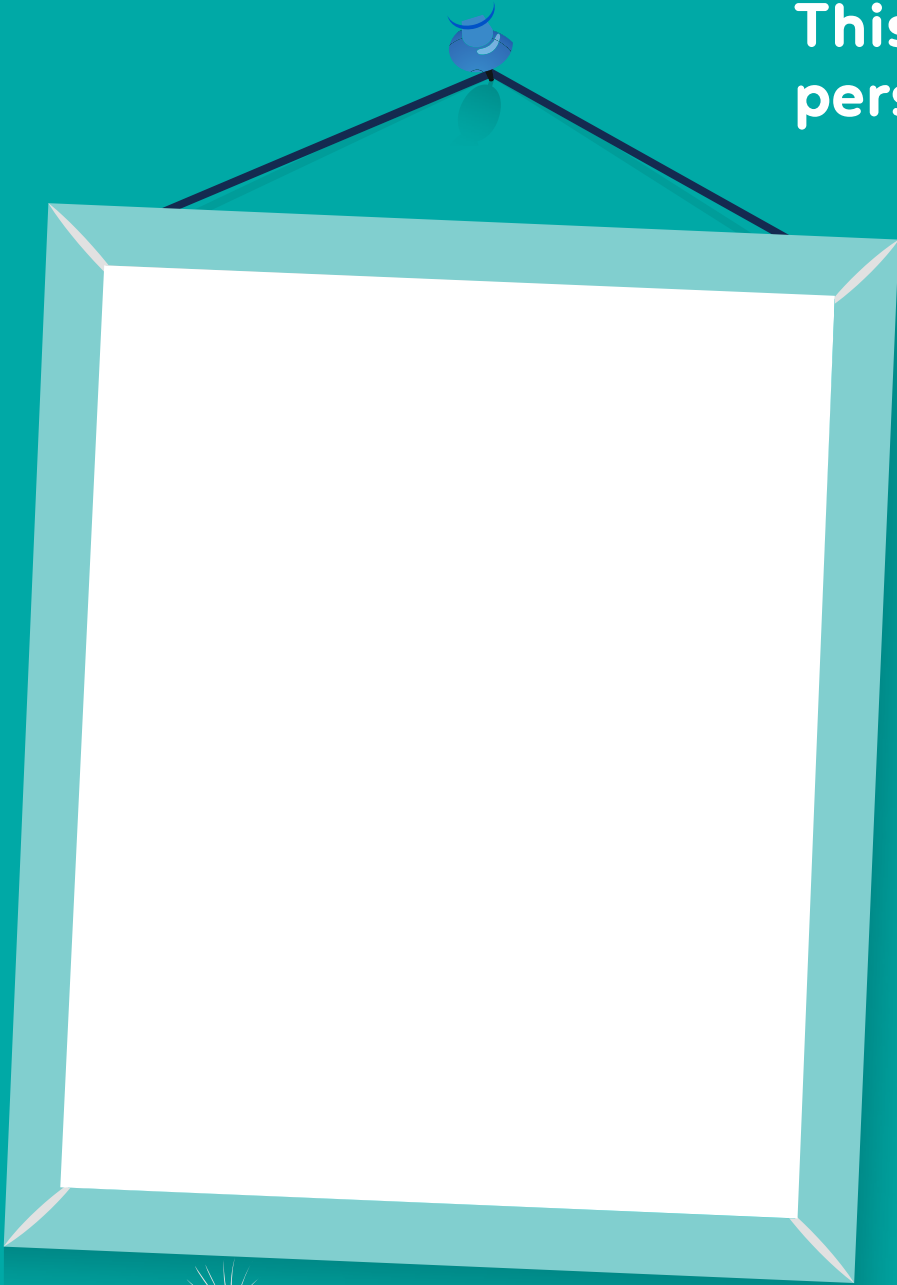
.....

.....

and they are my

.....

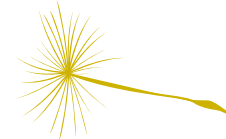
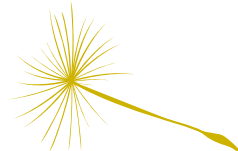
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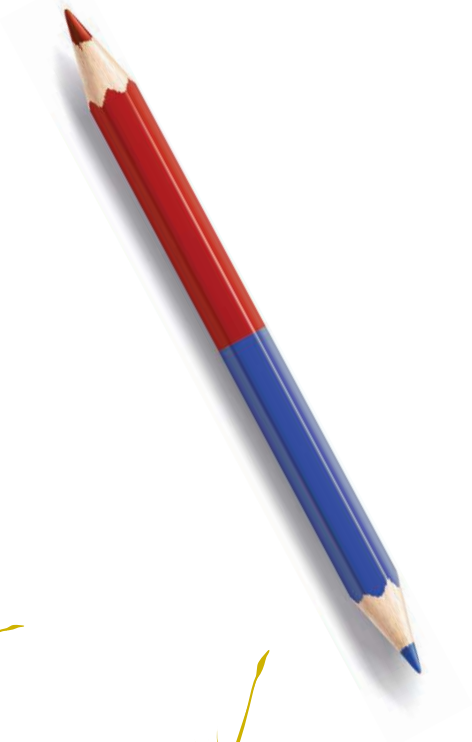
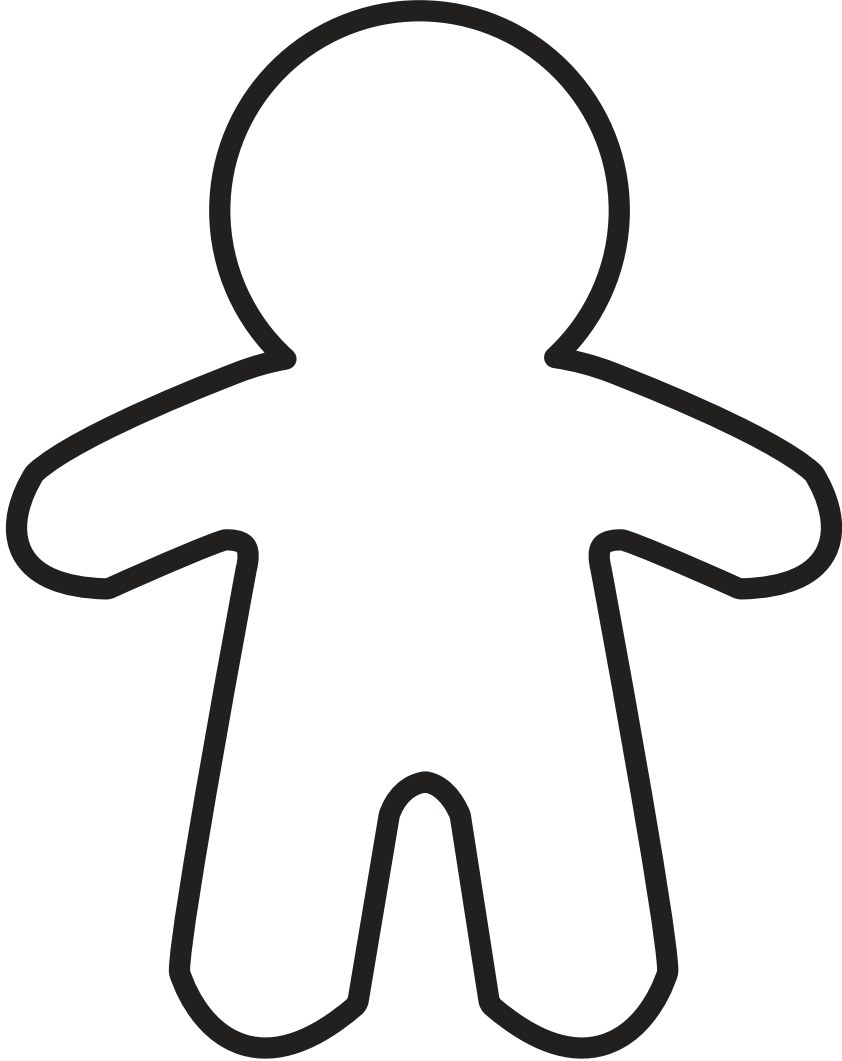
The illness is called
and I **know** these things about it...

These are the things I **would like to ask** about it

You can **learn more** from your doctor, the internet or books



These are the parts of their body which are very, very ill

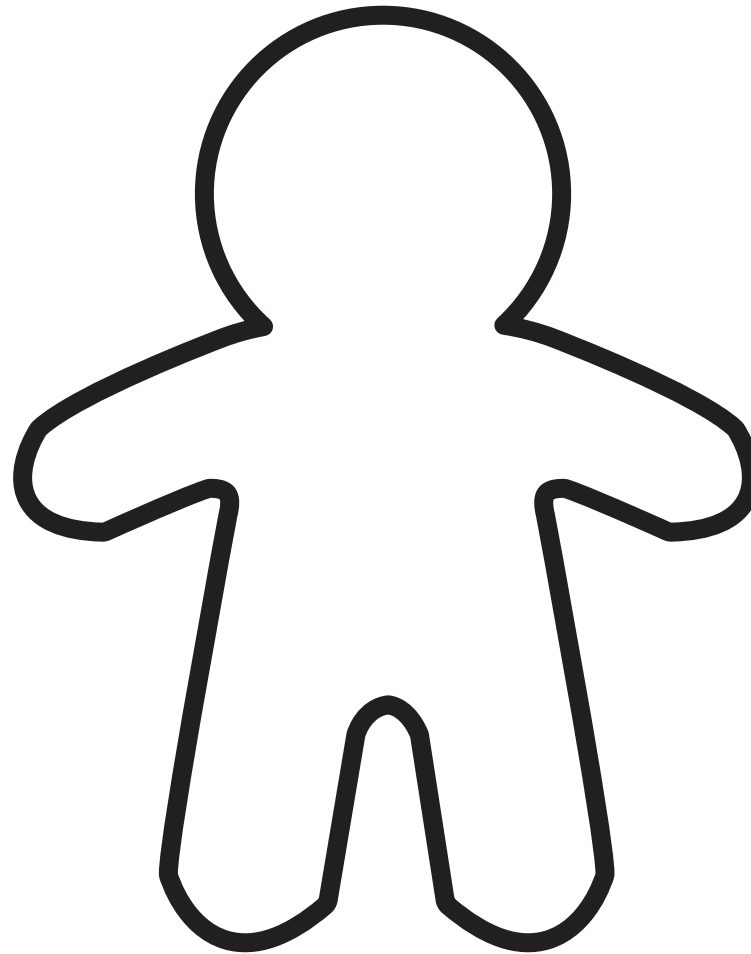


Feelings are something we **feel in our body**

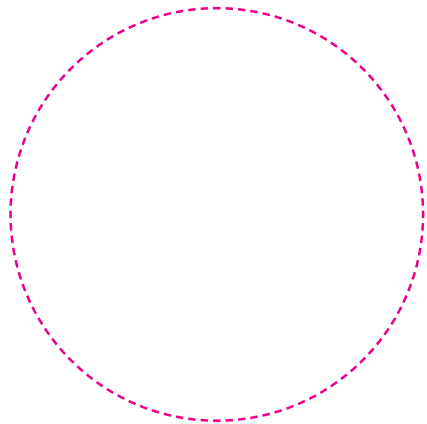
Where do you feel your feelings?

**Show the places
with these colours:**

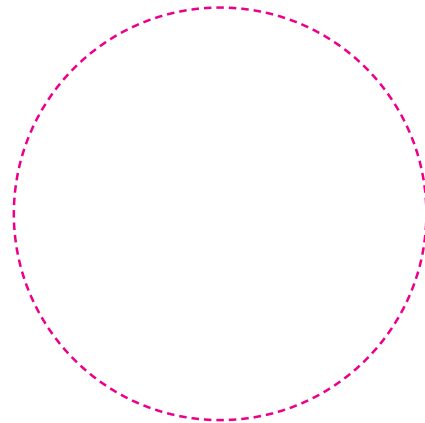
- Sad ● Blue
- Fearful ● Black
- Guilty ● Brown
- Angry ● Red
- Jealous ● Green
- Nervous ● Orange
- Happy ● Yellow



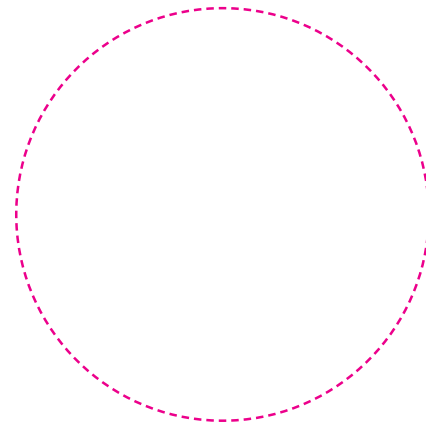
There are many feelings. Feeling may show on our faces



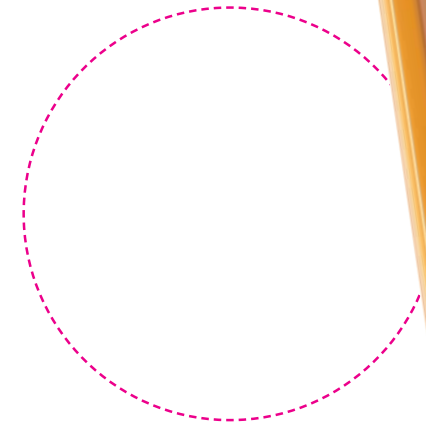
sad



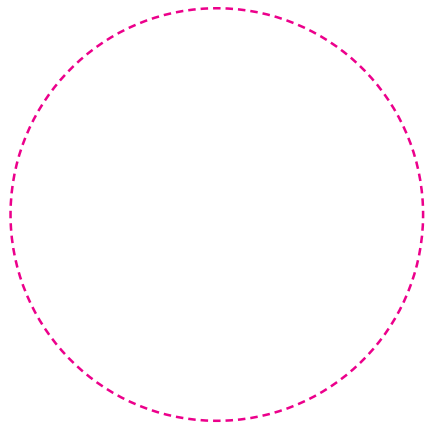
happy



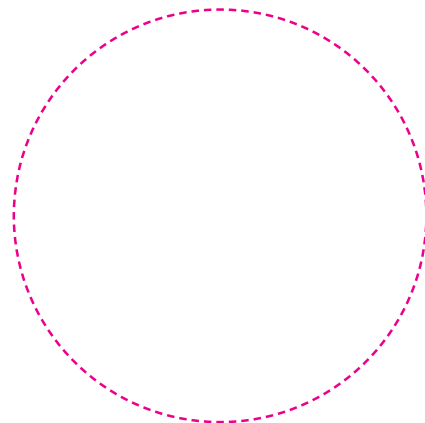
helpless



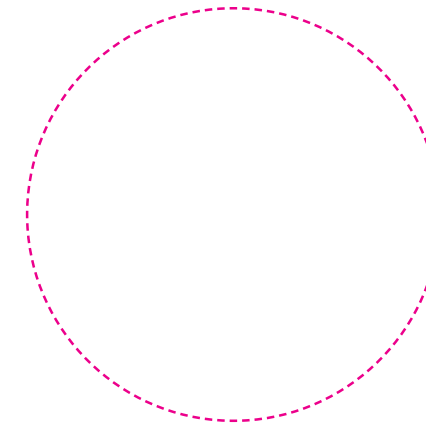
jealous



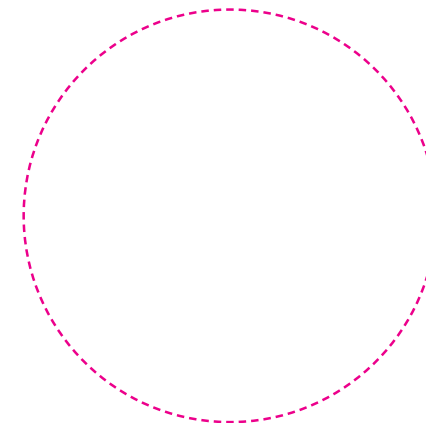
angry



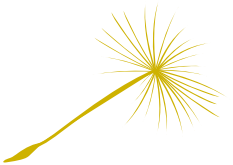
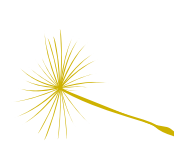
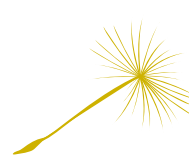
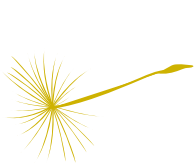
embarrassed



nervous

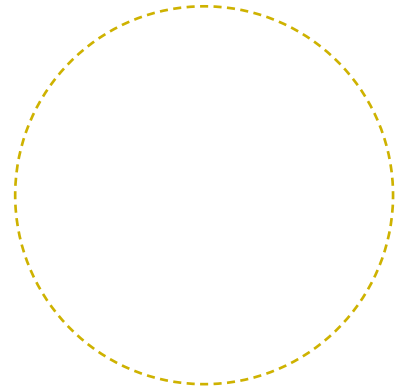
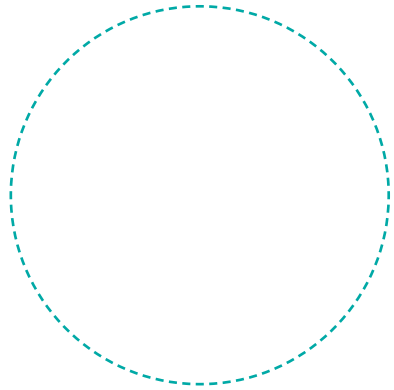
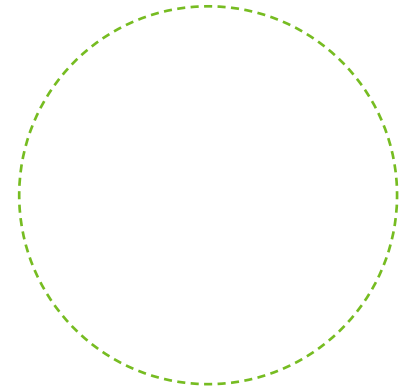


afraid

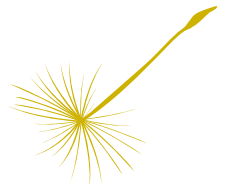
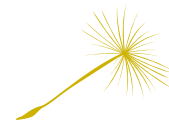
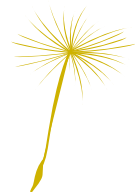
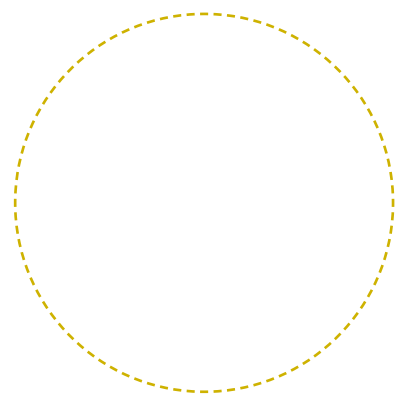
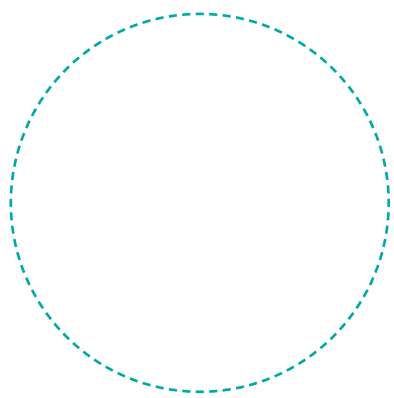
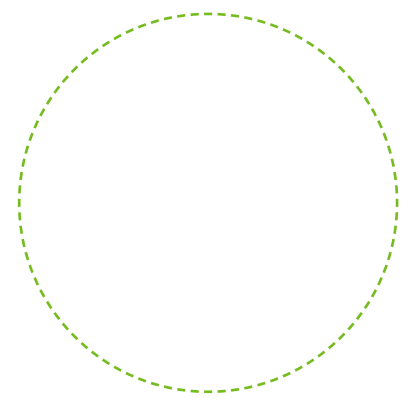


Sometimes people put on a 'mask' to hide feelings they don't like to show

Name and draw three feelings you sometimes hide with a different feeling?



Name and draw the feeling masks you might use

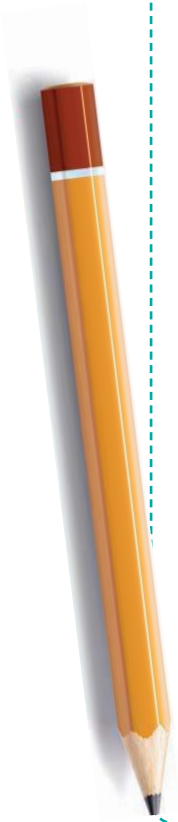


What do people in your family do when they feel...

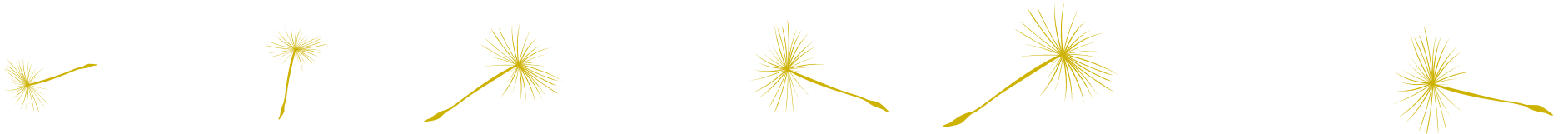
sad

afraid

angry



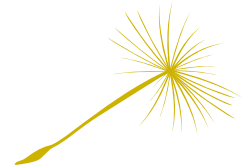
Feelings affect the things we **do** or **say**. **Everyone** feels sad, afraid and angry at times



When I feel angry, I...



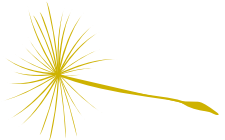
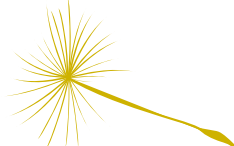
**It's okay to feel angry but it isn't okay to hurt yourself,
others or things (cross out ways that are not okay)**



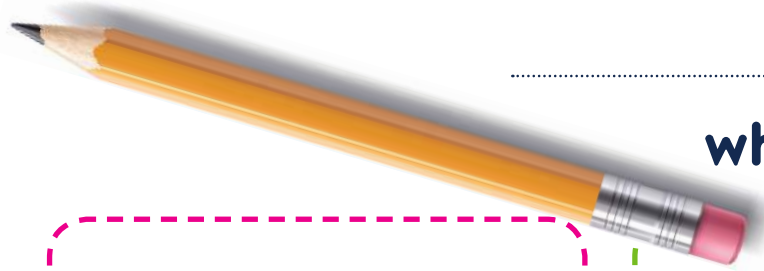
Sometimes I feel frightened

When I feel frightened, I...

Everyone feels frightened sometimes



Some of the things I can do for



.....
which they can enjoy are:

A large rectangular box with a dashed pink border, intended for writing.

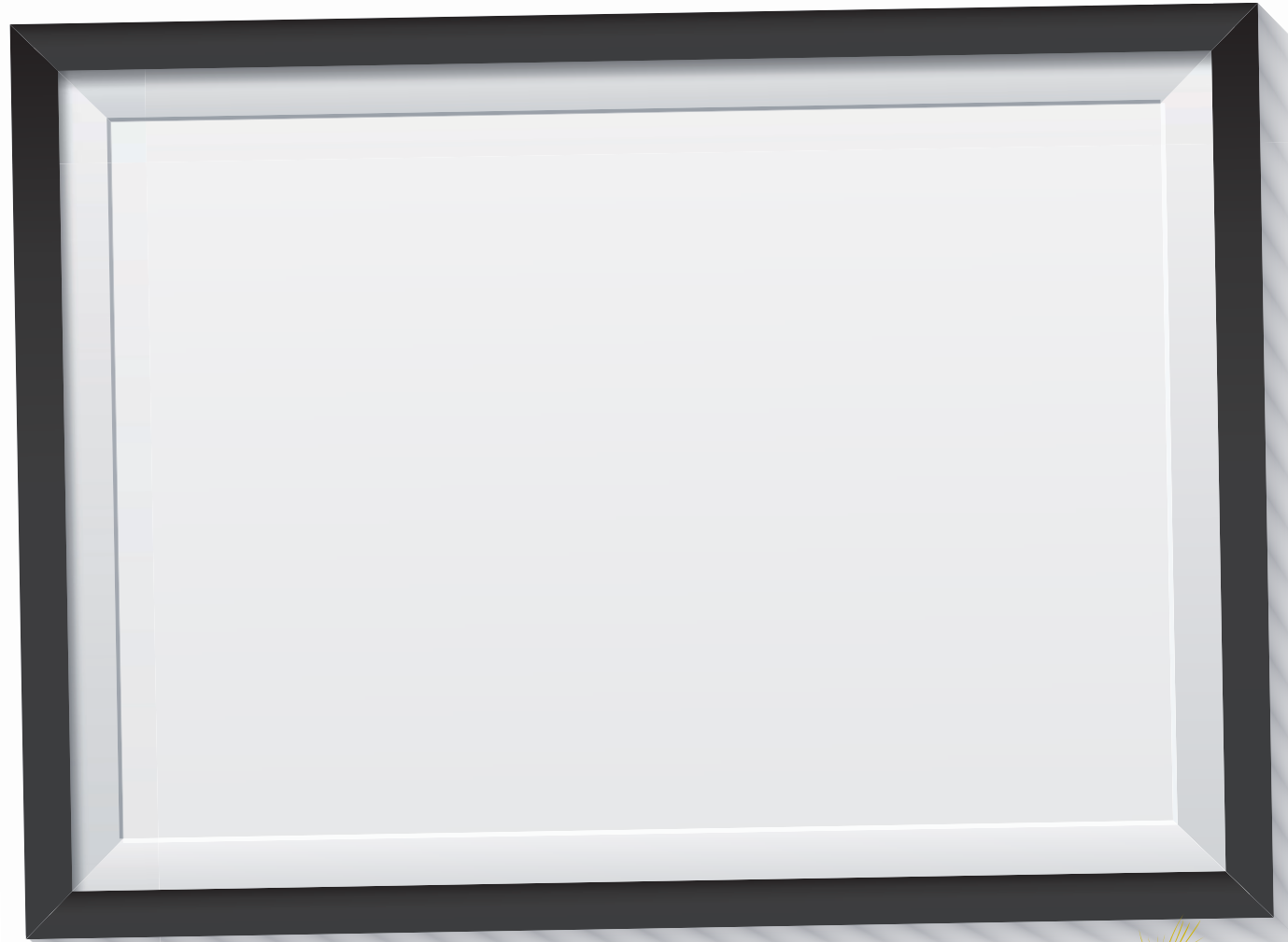
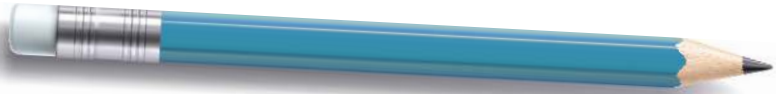
A rectangular box with a dashed green border, intended for writing.

A rectangular box with a dashed yellow border, intended for writing.

A large rectangular box with a dashed teal border, intended for writing.



A picture of a happy time with my family



Change creates loss
the pain from loss is called grief



Grief **comes** and **goes** like waves on the ocean

There will be **stormy times** and **calm times**



There may be some members of your family who also want to get support. They will find information on these sites:

Childhood Bereavement Network

www.childhoodbereavementnetwork.org.uk

Child Bereavement UK

www.childbereavementuk.org

Grief Encounter

www.griefencounter.org.uk

Hope Again

www.hopeagain.org.uk

Riprap

www.riprap.org.uk

Winston's Wish

www.winstonswish.org

**Family Support Coordinator at
St Wilfrid's Hospice Eastbourne
01323 434257**

St Wilfrid's Hospice

1 Broadwater Way

Eastbourne

East Sussex BN22 9PZ

**someone special
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serious illness**

