



Shetland CLAN Cancer Support is a well established, local charity, providing emotional and practical support to people affected by cancer, their family, carers and friends.

CLAN offers emotional support through it's team of support volunteers. CLAN gives you time and space to talk to someone who understands your feelings. Support can be provided face to face or via telephone or email:

- CLAN offers cancer related support groups
- Nutrition and wellbeing consultations
- Complementary therapies
- Library, information and lending

#### Children, Teenagers and Families

The impact of cancer on a child or teenagers life may trigger a range of feelings and behaviours which can be challenging for adults to manage and complex for children and teenagers to understand. CLAN's team of dedicated, skilled and compassionate support workers offer support to children, teenagers and their families, using a range of therapeutic methods. The service is accessible and responsive to client needs ensuring that families receive the support they require when they need it. CLAN's Children and Families team aims to enable people to manage the changes brought about by cancer, build resilience and support positive family communication.

If your bereavement is cancer related, please contact CLAN to see how they can support you:

CLAN Shetland Support Centre  
20a St Magnus Street, Lerwick, Shetland, ZE1 0JT  
T: 01595 697275 Email: shetland@clanhouse.org  
Web: clanhouse.org/shetland

For further information please contact :

**Lynn Nicholson or Marina Bazeley**  
SIC - Children's Services Resource Base  
Brae High School, Brae, Shetland, ZE2 9QG  
Tel: 01595 745664

**Shetland Sands**  
(still birth and neo natal death)  
07341 945028

**Shetland Carers Group**  
Tel: 01595 743923 Email: carers@shetland.org  
www.shetlandcarers.org

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T: 01595 697275 E: shetland@clanhouse.org

For immediate support, please call :

**0845 600 2227** [www.crusescotland.org.uk](http://www.crusescotland.org.uk)  
**CRUSE Scotland Bereavement Care national phone line**

**Scottish Families Affected by Drugs (SFAD)**  
**Local counselling sessions, web-chat & free phone**  
**helpline 08080 10 10 11** [www.sfad.org.uk](http://www.sfad.org.uk)

#### Other useful websites:

- \* [www.mindyourhead.org.uk](http://www.mindyourhead.org.uk)
- \* [www.winstonswish.org.uk](http://www.winstonswish.org.uk)
- \* [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)
- \* [www.childbereavement.org.uk](http://www.childbereavement.org.uk)
- \* [www.nhs24.com](http://www.nhs24.com)
- \* [www.samaritans.org](http://www.samaritans.org)
- \* [www.annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind)

For pet bereavement support : [www.bluecross.org.uk](http://www.bluecross.org.uk)  
or call 0800 096 6606 8.30am - 8.30pm

## Additional Bereavement Support for Children & Young People in Shetland



### Shetland Bereavement Support Service

Market House, 14 Market Street  
Lerwick, Shetland, ZE1 0JP  
Tel: 01595 743933 Email: sbss@shetland.org  
[www.shetland-communities.org.uk/sbss](http://www.shetland-communities.org.uk/sbss)



Seasons for Growth is an educational small group programme designed to help people cope with loss and change in their lives. It is not counselling or therapy and is not designed to be an immediate response to a particular loss.

Seasons for Growth:

- **supports young people to understand and manage the issues they experience because of the loss of a parent or significant other through death, separation or divorce**
- assists young people to understand that the reactions associated with their losses are normal
- **educates about the grief process**
- develops skills for coping, problem-solving and decision-making
- **builds a peer support network**
- helps restore self-confidence and self-esteem

**NB:** Participation in this programme is not appropriate for anyone immediately after experiencing significant loss; 6 months later is an approximate time scale .

## Give us a break!

Give us a break! is a programme for young people who have experienced loss, family change or bereavement.

It gives participants a chance to make sense of these experiences in a supportive environment with others who have gone through similar changes

Give us a break! aims to assist them to:

- **understand the changes in their life and how they feel about them**
- accept their feelings and share them with others
- **look to the future in a positive way**
- recognise what they are already doing to help themselves move forward

**NB:** Participation in this programme is not appropriate for anyone immediately after experiencing significant loss; 6 months later is an approximate time scale.



## Schools Service Bereavement Coordinators & Counselling Service

Each school in Shetland should have a named Bereavement Coordinator. Their role is to:

- **be the first point of contact in school for children and families who have been bereaved**
- direct pupils and families to sources of support, locally and nationally

Children & Young people aged 10-18 years can now access the Schools Counselling Service. Counselling is one of a range of interventions that can help support the mental, emotional and social needs of children and young people. It provides safe, private, regular space for a child or young person to talk through their thoughts and feelings with a trained counsellor. They can talk about difficulties that are important to them and work at their own pace. The counsellor will listen without judgement and work alongside them in understanding their experiences.

To be effective, it is important that any child or young person is keen to try counselling and is involved throughout the whole process of accessing the service. Contact your schools' LINK person to access this service.

Each school also has as a copy of a helpful resource pack produced locally by Children's Services staff entitled, '[Supporting Children and Young People through Bereavement and Loss: A Guide for Schools and Partner Agencies](#)'

For further information on these initiatives please contact Lynn Nicholson or Marina Bazeley (contact details overleaf)