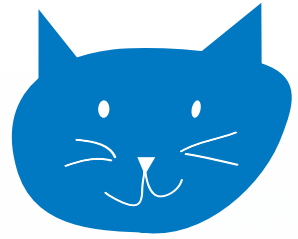


Nicky's Way support



Helping young people when someone special dies



*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773



Need to talk?

01284 766133

stnicholashospicecare.org.uk

Information about **Nicky's Way**

What is it?

Nicky's Way helps young people when someone special has died after being unwell for a long time or if they died unexpectedly of a sudden illness or an accident.

How does it work?

We meet you at school or at the Hospice to talk in a quiet, safe place about the person that has died. We also run Nicky's Way groups twice a year.

How will talking help me?

It will give you the chance to share any worries, fears, hopes and feelings you have been having and ask any questions, if you have them.



Nicky's Way groups

Why groups for young people?

When someone special dies you can feel lonely, confused and isolated. Meeting other young people who have had the same thing happen to them can help. In the group you will meet others in the same situation, we help to look after each other and have some fun.

What if I don't know anyone in the group?

Everyone at Nicky's Way will have been through similar things to you so it will help to make friends quickly and not feel lonely.

Who runs Nicky's Way?

The groups are run by staff and volunteers in the Family Support Team at St Nicholas Hospice Care.

How long does it last?

The group starts with a whole day on a Saturday, followed by four after-school sessions, and finishing with another whole Saturday. It takes six weeks over all.

How many in a group?

The groups are small, no more than six, so that you will get to know each other well. You will be with others around the same age as you.

Where is the group held?

Nicky's Way takes place at the Hospice and we go out to places in Bury St Edmunds.

What about my family?

We invite an adult from your family to come with you, and if they can, be in their own group with other adults.

What will I be doing?

There are lots of different activities you can do:

- Creative time when you can make things
- Time to talk when you can ask an adult or a doctor questions
- Lots of chances to tell your story in different ways, if you choose to
- Opportunities to help you remember the good times and keep your memories
- A chance to make new friends and have fun
- Lots of fun things out in Bury St Edmunds, like bowling and a treasure hunt



Get in touch



If you would like to come to Nicky's Way or simply find out more about it, please contact us.

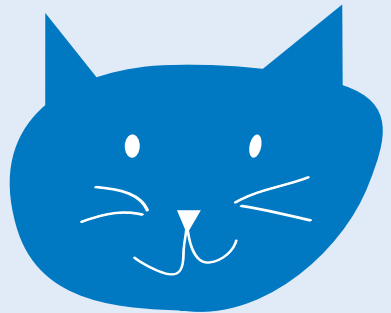
01284 766133

enquiries@stnh.org.uk

Family Support Team, St Nicholas Hospice Care,
Hardwick Lane, Bury St Edmunds, Suffolk IP33 2QY

Useful websites

www.winstonswish.org.uk
www.hopeagain.org.uk
www.youngminds.org.uk
www.childline.org.uk
www.griefencounter.org.uk



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This leaflet is available in different formats upon request.
Please contact the Marketing and Communications
Department for further information on 01284 766133.

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