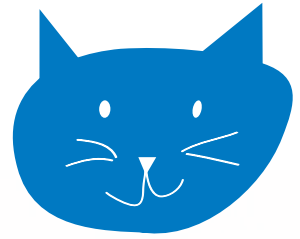


# Nicky's Way

## information for adults



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](http://stnicholashospicecare.org.uk)

# Information for adults about **Nicky's Way**

## **What is it?**

Nicky's Way is a free and confidential service offering bereavement support for young people across West Suffolk.

## **Who do we help?**

We support young people aged between 5-18 in West Suffolk who have had someone close to them die through long-term illness, accidents, suicide and sudden deaths.

## **Why is there bereavement support for young people?**

The death of someone close to them can be overwhelming for a young person. It may be hard for them to talk with a parent who is also upset. Friends may shy away as they do not know what to say.

Death is a normal part of life, but it can be very hard to understand for a young person. At Nicky's Way, we believe young people have a great capacity to cope with the death of someone close to them and the journey is made easier for them by being alongside others.

## **Why groups for young people?**

When someone special dies you can feel lonely, confused and isolated. Meeting young people who have had the same thing happen to them can help. The group takes place at the Hospice and lasts six weeks in total. We also go out to places in Bury St Edmunds.

The groups are small, no more than six, so they get to know each other well, grouped with young people all of a similar age. There is also an adult group which runs alongside the young persons' group.

## What do bereaved young people need?

- Information that helps make sense of their questions
- Companionship - being with others who have similar experiences
- A safe place to express all sorts of feelings and conflicting emotions
- Opportunities to remember the person who has died
- The support of their family and friends in their grief

## What does St Nicholas Hospice Care offer through Nicky's Way?

- A careful assessment of the needs of family members
- One-to-one meetings with young people in a quiet, safe place to talk about the person who has died
- An opportunity for parents to discuss how to support their child
- Age related groups offering a range of activities
- A support group for parents and guardians which runs alongside the young persons' group

## Who runs Nicky's Way?

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

## Who can refer to Nicky's Way?

Referrals can be made by the Hospice, GPs, schools, school nurses, West Suffolk Cruse Bereavement Care or any other service that connects to young people.

**Children can refer themselves with parental consent and we encourage young people to make the decision for themselves if they want to access the service.**



# Get in touch



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

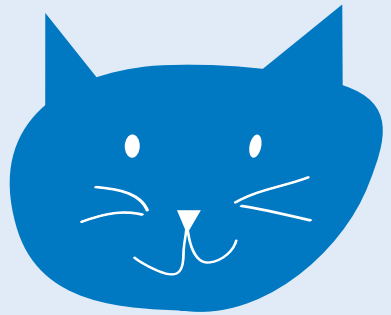
**01284 766133**

**enquiries@stnh.org.uk**

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

## Useful websites

[www.childbereavementuk.org.uk](http://www.childbereavementuk.org.uk)  
[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)  
[www.winstonswish.org.uk](http://www.winstonswish.org.uk)  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.griefencounter.org.uk](http://www.griefencounter.org.uk)



*because  
you matter*

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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