

## Prospect Hospice

**President** HRH The Duchess of Cornwall

**Address** Moormead Road Wroughton Swindon SN4 9BY

**Tel** 01793 813355

**Email** [info@prospect-hospice.net](mailto:info@prospect-hospice.net)

**Web** [www.prospect-hospice.net](http://www.prospect-hospice.net)

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# Resources for children and young people when a loved one has a life-limiting illness

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Our Family Support team has compiled a list of resources which provide advice and guidance on how to talk to children when someone close to them has a serious illness. It includes materials to share with children and some that young people can access independently.

This is not designed to be an exhaustive list and we recommend that you review the resources prior to sharing them with your child to ensure they are suitable. Any books, resources or activities that encourage good communication, strengthen bonds, promote good self-esteem and increase confidence will help your child to build resilience at a challenging time in their lives.

<https://be.macmillan.org.uk/be/s-201-children-and-young-people.aspx> A list of guides which are helpful for children and young people, covering how to talk to them when an adult has cancer and how to prepare them for the loss of a loved one.

[www.winstonswish.org.uk/supporting-you/publications-and-resources/](http://www.winstonswish.org.uk/supporting-you/publications-and-resources/) There are many resources here. 'A Child's Grief' has a page on creating memory boxes. 'As Big as it Gets' covers supporting a child when a parent is seriously ill.

[www.childline.org.uk](http://www.childline.org.uk) This website offers a range of information for children and young people about a range of issues. Your child can also access direct telephone support on 0800 1111 or via an online chat.

[www.camsden.com/home](http://www.camsden.com/home) This website aims to help parents understand the emotional wellbeing of their children. There is also advice and guidance about how to get help if necessary. It is an interactive website which can help children to develop strategies for coping with common mental health issues and difficulties.

[www.youngminds.org.uk](http://www.youngminds.org.uk) This website for young people and their parents offers advice about mental health and wellbeing. There is also a parents helpline: 0808 802 5544.

[www.riprap.org.uk](http://www.riprap.org.uk) This website offers young people support when a parent has cancer.

[www.hopesupport.org.uk/about-us.html](http://www.hopesupport.org.uk/about-us.html) This site offers support for young people when a close family member is diagnosed with a life-threatening illness.

[www.jumconnect.com](http://www.jumconnect.com) An American website with leaflets, comics and videos explaining different illnesses.

[www.swindoncarers.org.uk/young-carers](http://www.swindoncarers.org.uk/young-carers) Swindon Young Carers.

[www.youthactionwiltshire.org/services/young-carers.html](http://www.youthactionwiltshire.org/services/young-carers.html) Wiltshire Young Carers.

### **Books for discussing death and dying and building resilience:**

*The Huge Bag of Worries* by Virginia Ironside and Frank Rodgers

*Badger's Parting Gifts* by Susan Varley

*Saying Goodbye to Hare: A Story About Death and Dying for Children Aged 5-9 Years* by Carol Lee

*The Day the Sea Went Out and Never Came Back: A Story for Children*

*Who Have Lost Someone They Love* by Margot Sunderland

*No Matter What* by Debi Gliori

*When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change (Drawing Out Feelings)* by Marge Eaton Heegaard

We value all feedback; if there are resources you have found particularly useful or you have found something useful that is not listed, let us know on 01793 813355. If you are looking for something specific, or something that covers a particular issue, please let us know.