Rachel’s husband David was killed whilst serving with the Army in Afghanistan leaving three children Simon, Patrick and Jane.

The family went through the services of Winston’s Wish and went on to attend a residential group.

“I found it heartbreaking to grieve for David and all that he had lost; grieve for our children and their future; and grieve for myself. I realised that the children (and myself) needed outside help so that they could talk about their feelings.

Winston’s Wish was there for us when we needed professional, caring, emotional support and has been invaluable to us.”

This leaflet is designed to be a helpful tool for parents, carers and professionals supporting military children or young people who have been bereaved in families with a connection to the military. It aims to help you understand a child’s grief and ways in which you can access support from Winston’s Wish.

Helpline: 08088 020 021
Calls are free. Monday to Friday, 9am – 5pm
winstonswish.org
info@winstonswish.org

Names have been changed as the family wish to remain anonymous.
Winston’s Wish supports children, young people and their families after the death of a parent or sibling. This is the most devastating and traumatic situation a child can face, but with the right support at the right time, they can lead full and flourishing lives.

Our services include:

- Freephone National Helpline (0808 802 020)
- Online support – winstonswish.org for parents and professionals, and help2makesense.org for young people
- Email support – ask@winstonswish.org
- Specialist publications aimed at children, parents/carers or professionals
- Individual, family and group work
- Drop-in Sessions
- Training and consultancy for professionals

We work with parents, carers and professionals who work with families to understand what happened whilst managing that information and the feelings and behaviours that go with it.

Winston’s Wish offers specialist support to children who have lost a parent or sibling who is or was in the military. The death may have been in action or through accident, illness, suicide, murder or manslaughter. The death could have happened recently or could have happened a long time ago. This work is funded by the service charity Help for Heroes.

OUR SERVICE TO MILITARY FAMILIES

When a child or young person from a military family is bereaved, in whatever circumstance, they may need additional support above and beyond their family, friends and military networks.

Thanks to funding from Help for Heroes (www.helpforheroes.org.uk), Winston’s Wish offers free specialist support services to bereaved children and young people from military families wherever they live in the UK. This could include telephone support, meetings with the family as a whole and individual sessions with the children, young people and their parents or carers.

Our experienced practitioners help them explore their feelings, understand the effects of the bereavement and how they can support each other as a family.

There are also opportunities to meet with other bereaved military families in a group environment.

In addition, the Winston’s Wish Freephone National Helpline, publications and website provide a source of information and guidance to anyone concerned about a bereaved child or young person. To view the military family section of the Winston’s Wish website please visit winstonswish.org/death-through-military

HELPLINE

The first port of call for any family, or professional working with a family, is to call our Freephone National Helpline on 0808 802 020. Our Helpline team can offer advice and guidance, as well as on-going support. Calls are free and opening hours are Monday – Friday, 9am – 5pm.

‘I have found the Winston’s Wish Helpline to be an invaluable resource in providing me with guidance and support for specific cases. The Helpline staff have always taken the time to listen and to offer practical guidance and reassurance as well as pragmatic and creative suggestions which have without exception been welcomed and successful with the families that I have worked with.’

Nicola Lester, ‘Forces In Mind’

OUR SPECIALIST PUBLICATION FOR MILITARY FAMILIES

The family has been informed offers practical advice for families in the immediate days and weeks when there has been a military death. It aims to give families an overview of the processes and experiences involved, and to provide insight into the nature of military life and death to relatives, friends and schools who are less familiar with the unique challenges facing bereaved military families. It includes practical activities for families as they begin to make sense of what has happened and start to look at ways in which the family can learn to cope and move forward.

We also offer specialist publications for bereavement by suicide, homicide and accident & illness.

For your copy of The family has been informed and other specialist publications, please visit shop.winstonswish.org