



**forget
me
not
children's
hospice**



Support for families

1st December 2020 - 31st March 2021

Your guide to the support that Forget Me Not can offer you and your family at the hospice, at home and virtually over the coming months.

Doing things differently in a time of Covid

Over the last few months, we've had to adapt how and what support we can offer our families. But one thing has not changed - we're here to help you and your family enjoy life together. And we know that, now more than ever, the key to doing that might be as simple as having somewhere safe that you can play, relax or rest as a family.

So while the hospice is not being used in the normal way, thanks to the pandemic, we've developed a range of services, activities and help that are Covid-safe, available to all our families and easy to access.

In this guide, you'll find details of the support we can offer you between now and the end of March 2021 (when we'll review the national situation and the services and support we offer).

We're sure there's something in this guide you and your family would benefit from, but we'd love to hear from you if there's something not listed here that you would like. Please call or email us anytime to discuss your needs.

How it works

1. Have a look at the full list of what's on offer opposite. All of these activities are available to all our families – however, some might not be appropriate for you and your family, of course.
2. If you're interested in one or more activity, tick the relevant box/es (there's no limit, tick as many as you feel you would benefit from).
3. Then simply tear off the page and pop it into the self-addressed envelope provided and send back to us.
4. One of our care team members will be in touch to tell you more about the activity/ies you've selected and get you booked in.

We've put together a few FAQ's which we hope will help you. Of course, if you have any questions or would rather book over the phone or email, you can contact us on:

01484 411 042
care@forgetmenotchild.co.uk

All of the information found in this leaflet can be viewed anytime at www.forgetmenotchild.co.uk/supportforfamilies - where we will also add any new activities or changes of the support we offer.

FAQs

Q. Is it safe for my child to visit and what measures are you following to make visits Covid secure?

A. Each area in the hospice will be allocated to a single family and cleaned between each use. For example, if you book a slot in our pool, sensory room or garden, that time will be just for you and your family and we'll be cleaning everything between visits. We will always wear the appropriate PPE, at the hospice and when we come to your home.

Q. As a bereaved family, can our children come and use the facilities?

A. Yes. We understand that the pandemic has heightened already difficult situations, and that bereaved parents and siblings need extra support too, as do parents of rainbow babies. This could be as simple as having somewhere you can go outside of your own home. So you can use our pool, enjoy a short break or benefit from complementary therapy – and more. If you'd like to talk more about what's on offer, please do give us a call.

Q. I'd like to do an activity more than once - or take this up at a later date, can I?

A. Yes – you can book to do any of what's listed here more than once and you can book at anytime up to 31st March 2021. Everything on offer in this guide can be delivered even during a lockdown so whatever happens between now and March, we're prepared. So keep hold of this guide and use it when you need it. We'll review our support at the end of March.

Q. Are there any costs?

A. No. As one of our Forget Me Not families, all of our services are available to you completely free.

Q. Are there other services on offer?

A. Yes. We continue to provide end of life care at the hospice and in homes, and our snowflake suite is still available for families to say their final goodbyes. We are offering counselling to families but this is done via a referral process. You can refer yourself by visiting www.forgetmenotchild.co.uk/ refer or using the contact details to the left. We are also always looking at new ways to support our families - so this list may grow! We'll let you know about any new services in our family newsletter and at www.forgetmenotchild.co.uk/supportforfamilies.

At Russell House

Overnight stays

There are two ways you could use our overnight stays. The child who we are supporting can stay with us to give you a break at home. Or your whole household bubble can stay overnight - perfect for a change of scenery during these challenging times.

Both options include a full medication review for the child we support.

Outside play visit

You and your family can blow off some steam in our playground and garden at the hospice, including our brand new wheelchair swing! This 2 hour slot will be for your family bubble only, making it a Covid-safe space to come and play outdoors.

Hydrotherapy & splash sessions

You can use our pool in one of two ways: either for a structured hydrotherapy session for the child we support or you can book our pool for 2 hours for your whole family bubble to have a splash in!

Sensory session

Enjoy our sensory room with your family bubble for a half hour session - perfect for children with motor or communication difficulties, or for babies or young children.

Complementary therapy

Get some much needed time to yourself and enjoy a relaxing hour of either reiki, indian head massage or reflexology with a trained member of our team.

Half day play sessions

Visit the hospice in your family bubble for a half day of play in our playroom or Hub. You can double up and include a hydrotherapy, splash or sensory session while you're here too!

Spice and sparkle

Offered as a socially distanced face-to-face support group at Russell House and a range of community venues, our Spice and Sparkle is a great way to get together, cook a range of Asian dishes, talk and have fun.



At home and virtual

Unless otherwise stated, the virtual sessions shown below are 45 minutes long.

Borrow a tablet

Lack of technology shouldn't stop you getting the support you need. We can loan you a 5G-enabled tablet for free to access support sessions and guidance. You don't need to have wifi to use this tablet.

Family music session (Virtual)

Sing, dance and play along with our musicians using things you have in your home and the music packs we will deliver to your door.

Peer support session (Virtual)

A monthly rolling programme of structured sessions, these enable us to develop friendship and trust and give us the opportunity to share our experiences to help us begin or continue the healing process. (When possible, these may be a combination of face to face and virtual).

Sibling support (Virtual)

We'll be offering various sibling support activities between now and March - suitable for all ages!

Support at Home

Available for up to 4 hours, 2 members of our care team will visit you at home. We can support with creative activities, relaxation sessions or even sensory play - to make life a little easier. All our care team members will be wearing appropriate PPE.

Teenage game & chat (Virtual)

Specially designed for teenagers and young people, we'll set up a gaming session with voice chat, to help them to open up about things they might find difficult to discuss face to face.

Parent coffee morning (Virtual)

A chance to come together over coffee and cake (When possible, these may be a combination of face to face and virtual).

Is there something we could be offering that we're not? Virtual or otherwise? We'd love to hear from you. Please let us know what support you would benefit from:

Please contact me about the items I've ticked!

NAME:

CONTACT:
(Email or Tel)

