



National Grief Awareness Week

1st - 7th December 2025



Halo Children's Foundation – <https://www.halochildrensfoundation.org.uk/>

This charity offers a Play Café where children can meet other children who have lost a family member. They offer activities and the chance to meet and work with families in similar situation, aiming to help each child to feel less isolated in their grief.



Winston's Wish - <https://www.winstonswish.org/supporting>

All support is offered via Zoom/MS Teams. Children over the age of 7 years can be given support and under 7 years within a group with family/carers online with them.

National Freephone Helpline – 08088 020 021 8am to 8pm Monday to Friday.



The Good Grief Trust – <https://www.thegoodgrieftrust.org/>

A choice of 1000 + charities and tailored local and national support services under one umbrella. Stories from others who have had a similar loss as well as practical and emotional support.

Losing a loved one feels like an ending in so many ways, but in time, it can also become the ground from which something new begins. After that loss, we can't go back to who we were, but instead, we can grow into someone new shaped by love, memories, and resilience. This growth doesn't erase the pain, but it allows HOPE to return. We may even become more present, more compassionate, more aware of what truly matters in life.



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.

