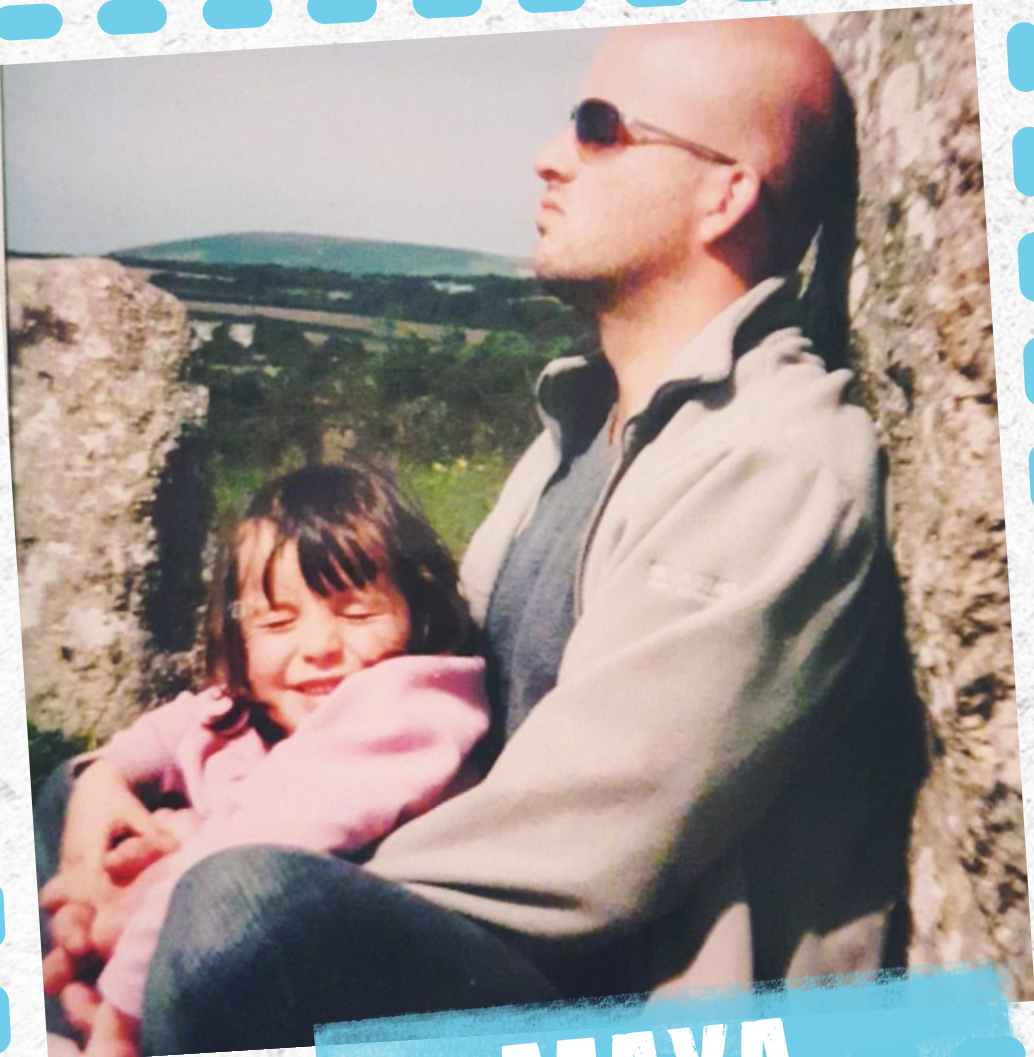


STORIES FROM WINSTON'S WISH WW

Winston's Wish is a national charity supporting children and young people after the death of someone important.

These are some of their stories...

Giving hope to grieving children



MAYA

“ My mum found Winston's Wish after my dad took his own life when we were 5 years old. She booked us on one of their residential weekends, where parents go to their own camp, and the children to another. The support that Winston's Wish provided in those really early days was so helpful. The camp meant that we were able to connect with other children who had not only lost a parent, but lost a parent in the same way that we had. The camp provided lots of fun things to do like campfires and playing with Burmese mountain dogs, mixed in with some clever activities designed to help us process what had happened and talk through our emotions. Pelting clay at a big tarpaulin wall as hard as we could stands out as a personal highlight. Winston's Wish made us feel far less alone, and gave us friends who would always understand what we were going through, because they'd gone through it too. Being involved with the Youth Team gives me hope that I'll be able to help Winston's Wish reach other children and young people who find themselves in the awful position of having lost someone and enable them to see that they're not alone. ”

“ After losing my Mum to lung cancer last March, I found myself struggling heavily with my grief after going back to work. I was trying to “get on” with life but felt like I was drowning. My manager saw this and sent me the Winston's Wish website. After reaching out to them via email, I joined some of the group support sessions and they were super helpful for my journey and processing the grief and feelings I had. I've since signed up as a Youth Ambassador as I can't thank Winston's Wish enough for all their help and support and want to try and help others where possible. Grief is still a massive part of my life, but I feel like Winston's Wish taught me that grieving is okay and that if you reach out and ask for help, it does become easier to cope with. ”



AMY



ARCHIE

“ Hi, my name's Archie, and I am a member of the Winston's Wish Youth Team. When I was eleven, I received some support from the charity after my mum passed away following a three year battle with cancer. Part of this support was a memory box, which has become very important to me. The chance to store so many things which remind me of my mum, from photos and letters to bracelets and a tiara, has helped me time and time again. Particularly with moving away to university, it has been a source of immense comfort, allowing me to feel connected to my mum and the rest of my family despite being so far away from them both. It means I have a tangible link back to them even when I have felt lonely at university and has become something I could not be without. I have recently joined the Youth Team because I know first-hand how impactful the work Winston's Wish does can be, and I wanted to be able to use my experience to help someone else who may be in a similar position. ”

Helpline: 08088 020 021

winstonswish.org

