

Families in Grief (FiG) is a registered charity supporting bereaved children, young people and their families across North Devon and the Torridge area.



## WHY SUPPORT FIG?

### We are small... and local

It means we have fewer overheads and the money you raise will be used wisely and go that bit further. Above all, we work in the community **for** the community.

### We make a difference

**Two children under 16 are bereaved of a parent every hour of every day in the UK.** We help children and young people to make sense of their grief by bringing them together in our support groups and through structured creative activities. Time and time again, children tell us they feel better and less alone as a result.

### We are needed

Many areas of North Devon and Torridge contend with low salaries and higher levels of unemployment. We believe everyone has the right to bereavement support when a loved one dies - this is why we give our services **free of charge** to any local family who needs us.

Last year we helped 110 grieving local families. But we need to reach more!



# THE DIFFERENCE YOU CAN MAKE

**Firstly, we need you to spread the word.** If you know of any families with bereaved children, tell them about us. FiG is now in the strongest place it has ever been, providing more support to those who need it than ever before! We need to let our community know we are here.

Secondly, at FiG we believe all children and young people have the right to access bereavement support after someone close to them dies. This is why there is no charge for families to receive our help. However, there **is** a cost to FiG. We are so grateful to the National Lottery Community Fund and to our other funders, but we receive no statutory support. **To continue to develop our service we need your help to raise funds.**

**Families in Grief's support helped me understand it is OK to have bad days and there are others who have similar feelings to me - I don't feel so alone now.**



**Sue from Barnstaple after her partner died**

**Can you help? Please call 01237 479027 or email [info@familiesingrief.org](mailto:info@familiesingrief.org). We'd love to hear from you!**

## Just think - only...

**£5**

buys materials for a grieving child to create a memory box

**£10**

pays for a support phone call or resources for a worried parent

**£15**

pays for an activity pack to help calm and focus a bereaved young person

**£20**

pays for a supportive visit to the home of a family after a loved one dies