

Book of Remembrance

A special Book of Remembrance is held at The Alder Centre. You may have an inscription included and can also insert a photograph of your child. The book is there at any time for you to look at.

Every year, on the anniversary of your child's death, it will be opened to the inscribed page as a celebration of your child's life and to mark their passing.

Remembrance Service

The Alder Centre holds a non-religious remembrance service each year.

Central to the service is reading out names of children while candles are lit as a symbolic token of light and remembrance.

You do not need to attend to have your child's name read out. Contact The Alder Centre and someone will arrange this for you.

The Alder Centre is a counselling/support agency for anyone affected by the death of a child of any age. Counselling is available in the Centre or in the community including support out of hours.

For further information contact us at:

The Alder Centre,
Alder Hey Children's
NHS Foundation Trust,
Eaton Road,
Liverpool, L12 2AP

Tel: 0151 252 5391

Web: [www.alderhey.nhs.uk/
departments/alder-centre-
bereavement-care-services](http://www.alderhey.nhs.uk/departments/alder-centre-bereavement-care-services)

All Alder Centre staff respect and maintain confidentiality at all times in line with the law. Counsellors are members of the British Association of Counselling and Psychotherapy.

This information can be made available in other languages and formats if requested.

WE
ARE
HERE
FOR
YOU

Providing care and education
for anyone affected by the
death of a child.



The Alder Centre

When a Child Dies...

The death of a child is one of the most devastating events that can happen to any family.

The pain may be greater than any other they have felt. However, even at its most distressing the pain of grief is a natural reaction at that time.

At times the emotional and physical symptoms can be so overwhelming that they make everyday living very difficult.

Surviving the pain of grief may seem impossible for a long time. Family, friends and others can be an important source of support but sometimes people need extra help.

The Alder Centre

The Alder Centre has been developing its services for anyone affected by the death of a child since 1989.

We offer a range of services and support to anyone affected by the death of a child of any age.

The support you receive will depend on your needs and choices.

Counselling

Counselling is often described as a 'talking therapy' because the benefit depends on the safe, respectful and confidential nature of the relationship that you and your counsellor develop.

A safe place will be provided to give you the time and space to express your thoughts, feelings and needs openly and honestly. Our experienced counsellors are never shocked by what they hear. You know that you can say things to them you could never say to a friend or loved one.

You can see an experienced specialist counsellor on a 1-2-1 basis, as a couple or with other family members.

Visit our Library...

We have a selection of specialist books on child bereavement which can be borrowed.

Sibling Support+

An experienced counsellor will provide age-appropriate support to bereaved brothers and sisters on a 1-2-1 basis, with individual parents, or in the family setting, in order to help them express their feelings and prevent future problems.

Group Support+

We provide professionally run groups which give people affected by the death of a child the opportunity to meet others in a similar situation.

Where You Will Be Seen

Counselling, befriending and group work are offered at The Alder Centre. In special circumstances you can be seen in your home for counselling, but our experience suggests that people do not benefit nearly as much in their home setting as in a neutral community environment such as The Alder Centre or your doctor's surgery.

Befriending

Not everyone needs or benefits from professional counselling.

If this is the case for you, then one of our team of volunteer befrienders will be available to support you. Befrienders have experienced the death of a child and are specially trained and supervised to work with the newly bereaved.

Therapeutic Family Breaks

The Alder Centre organises free weekend residential breaks for families who have experienced the death of a child.

Telephone Helpline

The Child Death Helpline operates seven days a week, 52 weeks of the year. Our trained helpliners - all of whom are bereaved parents - are there to offer you support.

Call us on:

0800 282 986 (freephone number)

0808 800 6019 (freephone from mobiles)