



2wish



Our Services



Support for those affected by sudden death in young people



What can we do to help?

Immediate Support

2wish offer immediate support after the sudden and unexpected death of a child or young person aged 25 years and under. With consent, a professional will inform the charity, pass on your details and you will be contacted within 48 hours of the referral by an Immediate Support Coordinator. When making the initial telephone call, the Immediate Support Coordinator will arrange a home visit as soon as possible and provide memory boxes where required. Our support coordinators are there to help you understand the procedure following a sudden child death, provide emotional support and help in any way they can through the initial stages of your loss.

Ongoing Family Support

Once the immediate support comes to an end, your Immediate Support Coordinator will inform you about other services 2wish offer and the ways in which you can access ongoing support. The ongoing support is not time limited, allowing access in your own time, to support you and your individual needs.

We do not put a timeline on grief and our service can be accessed at any time. The death of your loved one may have happened some time ago and support was not offered at that time, or you did not feel ready to access available services. Whatever the reason, 2wish will support anyone affected by the sudden death of a child or young person whether the death happened yesterday, or twenty years ago.

Counselling

Counselling doesn't aim to hurry the process along; it supports people as they grieve, in their own way and in their own time. 2wish provide funded sessions of 1:1 counselling with a local, qualified, BACP registered counsellor. You can access this service as an individual, a couple, or as a young person. We can also offer counselling sessions online or over the phone if preferred. We are very much person-led and let you guide the way, providing support that is right for you, when you are ready.

Support for Children and Young People

2wish offer support for any child or young person following the sudden and unexpected death of a child or young person aged 25 years and under. We understand that sometimes young people feel isolated in their grief and may struggle with difficult emotions or feel alone. We offer a safe space for them to speak privately with one of our friendly team about their feelings, emotions, and anything else they wish to talk about.

We hold support events giving children and young people the opportunity to enjoy new experiences in a safe environment and meet others who have experienced a similar loss. We also help schools, colleges and universities with bereavement support which can be provided through bespoke workshops, group, and individual sessions.





Parent Support Pathway

2wish offer a pathway to guide and empower parents when supporting a bereaved child. The pathway is facilitated by specialised child and young person counsellors. They will offer bespoke advice and support to help parents and carers understand and identify the individual needs of their bereaved child. The support available will be age appropriate and may include Play Therapy and Young Person Counselling.

Play Therapy

Play Therapy is a form of psychotherapy that uses play to help children deal with emotional and mental health issues. By using play and creative techniques, children are able to explore their feelings and thoughts and begin to process and understand muddled feeling and upsetting events. Play Therapy is suitable for children aged 4-12 years old. All of our Play Therapists are BAPT or PTUK registered.

Complementary Therapy

2wish offer complementary therapies like reflexology, aromatherapy massage and Yoga. All are proven to have calming, soothing, and rebalancing benefits, effective for treating stress, anxiety, and insomnia. Complementary therapies can be used solely or combined with counselling.

Focus Support Groups

Focus Support Groups are closed groups facilitated by two qualified and registered counsellors. The focus groups bring together a small group of bereaved family members who have lost their loved one in a similar way. The focus is on group talking, sharing and helping each other to process and understand their

loss within a safe environment. Topics include, triggers, physical aspects of grief and continuing bonds. The friendships that often form from these groups offer peer support and comfort to those who can relate to each other's experiences.

Support Events

Regular support events are held throughout the year. They are tailored for Mum's, Dads, siblings, extended family, and friends. Our events offer the opportunity to enjoy new experiences whilst coming together with others who understand the journey of bereavement and loss.

Support for Professionals and Witnesses

We offer immediate and ongoing confidential support for professionals and witnesses who have been affected by the sudden and unexpected death of a child or young person. Our support includes counselling, complementary therapy and debrief sessions that fit alongside work commitments and daily life.

Ty Uchaf

Ty Uchaf is a beautiful respite cottage situated just south of Caernarfon in North Wales, less than 30m from the beach. The cottage is available for families, professionals, and others to have quality time away to rest, reflect or reconnect. Guests can choose to engage in local attractions, or simply appreciate the natural beauty of their surroundings, spending quality time with loved ones, or much-needed time alone.



Making the first step is always the hardest

Facebook Group

2wish run a closed group specifically for the families we support who have experienced the sudden loss of a child or young person. The groups is private and can only be accessed by members.

You can access the group by searching ‘2wish – Families’ and requesting access to the group, which will be reviewed by a member of the 2wish support team.

2wish Blog – ‘The elephant in the room’

Our journal of grief and loss – this collaborative blog is written by anyone in our community who finds comfort in the cathartic act of writing about their own experiences of grief and loss. The blog aims to provide a sense of belonging to those with shared experience, who live the pain of losing a child or young person every day.

Please let us know if you would like to contribute to our blog, we welcome all entries which can be credited to each author or anonymised upon request.

Contact us

If you feel you would like further support or information about the services we offer, please call or email:

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