



www.cancerhelppreston.co.uk/stride

A photograph showing a woman and two children from behind, walking away on a path through a green field towards a dense forest. The woman is wearing a light blue t-shirt, grey trousers, and a large orange and white backpack. The children are wearing a blue t-shirt and a red t-shirt.

Stride out and find yourself again.

Stride is a support service for children, young people, families, carers and school communities affected by bereavement.

Our service provides opportunities for children and young people to express feelings associated with bereavement and loss.

Children and young people are offered creative ways of working through grief and loss associated with a bereavement in their family.

Support is provided for the whole family therefore a comprehensive assessment is completed at the first visit to determine the type of support required.

A flexible approach is implemented in order to meet each child or young person's individual needs. Support will also need to include parents and any "significant others" involved in their care. For example teachers and social workers.

The service also offers support to other professionals involved in the care of Children and Young People suffering bereavement and loss. Therefore the work involves partnership with many other organisations.

Providing creative ways of working through grief and loss.

Our aims:

To see Children and Young People develop the confidence and skills to express, articulate and consider their emotions.

To ensure families feel supported, know where to go, who to talk to and feel confident they can begin to make changes to improve their lives.

To help Children and Young People find ways of expressing their grief and loss in a creative way, allowing them to come to terms with their situation.

To train link workers in schools so they can use their skills to support Children and Young People and to create a structured network of link workers across Lancashire, ensuring high levels of quality, consistency and continuous development.

To bring schools, charities and other organisations together to provide high quality, consistent and evolving services for the benefit of bereaved Children and Young People.

**Contact a member of our Stride team at
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