

## Referral Criteria

- Resident in Billericay, Wickford, Basildon or Thurrock.
- Children and young people aged between 0 – 19 years.
- Clients may be patients, carers or bereaved.
- Bereavement can be for any death including sudden traumatic death.
- The ill person or deceased must be a parent, sibling or of a significant relationship to the child or young person.
- Children and young people must be aware of the cause of illness / bereavement.
- Children and young people must be aware of their relationship to the significant person whom is ill or deceased.
- Children and young people must be aware of the referral and the aims of the service.
- Parental consent is required for client(s) under 16 years.

## Confidentiality

All counsellors are regulated within ethical guidelines that provide standards of practice and conduct. The organisation has an established Code of Ethics regulated according to BACP's (British Association of Counsellors and Psychotherapists) guidelines of good practice. All referrals, assessments and sessions will be treated within the bounds of St. Luke's Hospice Confidentiality Policy. Confidentiality is part of the code of ethics and is paramount to this practice.

## Cancellation

The counsellor/youth worker will agree session times in advance with parents/carers. It is important to attend each session, which is at the same time and day each week. If the child or young person is unable to attend a session, it is vital that the service is informed as soon as possible, preferably no later than 24 hours before an appointment.



If you would like any advice/information or to make a referral please contact:

### **'LUKES' COUNSELLING SERVICE FOR CHILDREN AND YOUNG PEOPLE**

St Luke's House  
22 Lampits Hill,  
Corringham  
Essex SS17 9AL

**Tel: 01375 648175**

**Fax: 01375 648177**

**lukes@stlukeshouse.org.uk**

**Website:**

**www.stlukeshospice.com**

**Please let us know if you need this  
leaflet in large print**

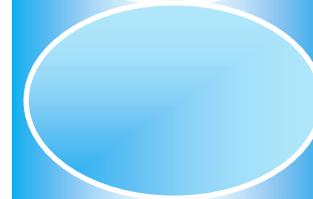
**St. Luke's Hospice Registered Charity No. 289466**

**Revision No. 02/2013**

## **'Lukes' Counselling Service for children and young people**



### **About the Service**



**St. Luke's Hospice**

## **‘Lukes’ Counselling Service for**

***Children and Young People*** is part of St. Luke’s Hospice Services that provide holistic palliative care for patients and their families.

Everyone faces an enormous challenge when someone close dies or is seriously ill. During this time it can feel very hard to know how best to support children and young people.

Death is a normal part of life but for a child or young person the death of a relative or friend can be difficult to understand. When someone very special is seriously ill or has a life-limiting disease it may be difficult to think about telling children and young people what is happening.

Instinctively, carers may try to protect children and young people in order to shield them from the pain and hurt of knowing about what is happening. Adults may feel overwhelmed by the situation, feeling anxious about making things worse for children or young people by doing or saying ‘the wrong thing’.

In fact children and young people often find out when something important is happening even if they are not told. They may feel left out, hurt and angry. Attempts at protecting them from the truth can leave children and young people with only part of a story. This can leave them feeling confused and alone with fears, anxieties and questions.

Sometimes children and young people are unable to verbalise their feelings and emotions resulting in changes of personality and behaviour.

## **‘Lukes’ aims to:**

- Provide support to children and young people, through the experience of loss.
- Provide support to young people living with or affected by cancer and any other advanced life limiting disease.

Support and guidance is provided with the aim to help with often complex and difficult feelings which may arise. Through raising awareness, early intervention, group work, one-to-one counselling and support work, families can be helped during a very difficult and challenging time.

## **What ‘Lukes’ offers**

Interventions are offered according to the need of the child or young person following an initial assessment. Any parent, carer, teacher or health care professional can make a referral. Young people aged over 16 years can refer themselves.

‘Lukes’ provides:

- Pre-bereavement – 6 sessions of support for children and young people.
- Post bereavement – 6 sessions of support for children and young people.
- Young people living with/or affected by cancer and any other life limiting disease – 6 sessions of support.
- Support sessions for young carers.
- Group work for children, young people and adults.
- Advice and support by telephone to family members.
- Advice and guidance for other professionals, e.g. schools.
- Training for professionals, volunteers and staff.

## **Support**

### **One to One Counselling or Support**

**Sessions** - Where there is a need therapeutic intervention is available for children and young people and 6 sessions of individual counselling or support sessions are provided.

All counsellors are qualified or in the final stages working towards qualification. All counsellors within ‘Lukes’ are closely supervised. Through interaction, play and creative media children and young people are given an opportunity to tell their stories and access worries and difficult feelings. Sessions are held weekly and last for a maximum of 50 minutes duration. The sessions can be arranged to take place at St. Lukes House/Hospice, or within school.

**Family Therapy** - is facilitated by an adult and child counsellor working with the whole family as a unit, looking at family dynamics and how they can impact on the individual whilst adapting to the new roles of family members. It can help the family to communicate and explore their emotions in a safe and confidential environment, supporting changes in family relationships and help ongoing adjustment to life.

**Group Work** - Group work is an important way for children and young people to meet others who have experienced similar situations, and can help to decrease any sense of isolation. Groups are arranged according to age and are specific to the experience, for example, illness, or bereavement. Occasionally children’s or young people’s groups will run alongside carers’ groups, providing an opportunity for parents or carers to address their own needs whilst considering helpful ways of supporting their children or young people.