

# **CASCADE**

## **Child and Adolescent Support and Counselling Around Death Experience.**

### **Who is CASCADE for?**

Cascade is for any child living in Blackpool, Wyre and Fylde who has a close member of their family coping with a terminal illness, or who is bereaved of someone close to them. The bereavement can be for any reason whatsoever.

### **What is CASCADE?**

Cascade is a counselling service for children from the age of 5 upwards, to help them to deal with the loss of a significant loved one, or to help them to explore their feelings if someone close in their family has a terminal illness

### **What will happen first of all?**

We would ask whoever has parental responsibility for the child or children, to contact us to make an appointment with one of the senior counsellors. This will give them the opportunity to discuss the child's reactions to the events that have happened, and allow the counsellor to explain a little about the various forms of support which we offer. At this initial appointment, if the adult is happy for us to continue, we will make a further separate appointment for the child to have their own time with the counsellor, to discuss how they are feeling.

### **What are the types of support?**

We can offer one to one counselling with a specialist children's counsellor, or the child may prefer to join the next CASCADE group, with children of a similar age, who have been through a similar experience.

### **When do the groups take place?**

The group programme is devised over ten weeks, sometimes with a break in the middle. We try, as far as possible to accommodate holidays and for this reason closely follows the school terms. The sessions take place weekly from 3.45 pm until 4.45 pm. Children joining the group will generally stay together and complete the sessions in the same week.

### **Where is the counselling held?**

The Linden Centre was specifically designed and built to accommodate not only counselling but group work too. The setting is comfortable and accessible and parts of the Centre are designed with children specifically in mind.

### **Is there a counsellor in the group?**

Yes. There is always at least one counsellor in each group, together with at least one other volunteer (depending upon the size of the group), who may be one of the nurses from Brian House or Trinity Hospice. They are there to hold the boundaries of the group and to keep the children within it emotionally safe. It is their role to offer respect, honesty, warmth and understanding.

### **What kind of things will the children do?**

This is dependant upon their age. The older children may prefer talking therapies, whilst the younger ones may prefer creative art or play therapies. Our programme is designed to support the children in the way they feel would be the most beneficial to them.

### **What will it cost?**

There is no charge for using the service; most of the costs are met by Trinity Palliative Care Services.