

Feeling alone and different?

**Jigsaw (South East) provides a unique child-centred approach that enables children and young people to deal with situations of loss and promotes their active participation in decision making.**



**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



## Getting in touch

If you would like any help, support or advice, please do not hesitate to get in touch:

✚ Macmillan Family Support Service  
Jigsaw (South East)  
East Court Mansion  
College Lane  
East Grinstead  
RH19 3LT

☎ 01342 313895

📧 [info@jigsawsoutheast.org.uk](mailto:info@jigsawsoutheast.org.uk)  
[jigsawsoutheast.org.uk](http://jigsawsoutheast.org.uk)

## Further support

Questions about living with cancer?

Call Macmillan free on 0808 808 00 00  
(Monday to Friday, 9am - 8pm).

Alternatively, visit [macmillan.org.uk](http://macmillan.org.uk)

Hard of hearing? Use textphone  
0808 808 0121, or Text Relay.

Non English speaker? Interpreters available.



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**WE ARE  
MACMILLAN.  
CANCER SUPPORT**  
**WE  
SUPPORT  
FAMILIES**

Jigsaw  
(South East)  
Family Support  
Service

## Jigsaw (South East) supports children, young people and families

Hearing the news that someone in the family has a life-threatening illness can come as a great shock.

Often adults struggle with the news and the uncertainty of the days ahead may seem overwhelming.

They may wonder what is best for the children and how much they should know, while wanting to protect them.

They may struggle with the words and ways to tell the children.

They may worry that they will not be able to support the children in their grief.

But children are quick to notice when things are not right. Silence can be bewildering and frightening.

Children and young people need to be kept informed about what is going on in a way that they can understand and start to come to terms with what is happening.

Children and young people with a family member who has a life-threatening illness can find themselves feeling isolated and alone at school when friends and other adults in their lives do not know, understand, or are not confident in being able to help.

## Our aim

The aim of our service is to be child-centred and to offer tailored support for families. This can involve practical, emotional and therapeutic support, including creative therapies such as Play Therapy and Drama Therapy, which use children's natural means of expression and communication.

### What children, young people and families say about Jigsaw (South East):

- 'Jigsaw was a lifesaver for us - it equipped us with the tools we required to cope with our loss.'
- 'Jigsaw has been brilliant at helping us through this awful time.'
- 'It's alright not to feel okay.'
- 'We found peace, comfort and skills to help us cope.'

## What we can offer

Jigsaw (South East) in partnership with Macmillan Cancer Support is a service for children and young people aged 0-19, who have a family member with a life-threatening condition.

What we can offer:

- Initial meeting at home or at school
- Individual work with children in the family home or at school
- Sibling, family or small groups
- Signposting to other agencies and organisations
- Information and advice
- As well as:
- Information, resources and support to professionals working with families and children in Surrey and surrounding areas
- Telephone advice and consultation

