

Working together... with our community



I am very pleased to introduce SeeSaw's impact report. 2020 was a year of real sadness and challenge but we have also accomplished so much. Our building project is complete, we have found new ways to support young people and their families, and we have gained new supporters. 2021 sees exciting plans for our clinical service and the organisation.

2020 was SeeSaw's 20th anniversary. We began the year with a building project to give us more space to work with young people and families, and to offer training. We had a very successful fundraising event hosted by our Patron Raymond Blanc at Le Manoir aux Quat'Saisons and were looking forward to holding a 20th Anniversary Ball at Blenheim Palace. Then in March COVID-19 arrived and we swiftly moved all our work online. The dedication and determination of our staff and volunteers in the face of so many challenges was inspiring. I'd also like to thank all our trustees who give their time and expertise to supporting SeeSaw, and thanks to SeeSaw's Patrons who support us in so many ways.

We have continued to offer support to bereaved families, schools and professionals in Oxfordshire. The COVID-19 restrictions have affected our income as most of our events and fundraising activity had to be cancelled. Nevertheless, our fundraisers, volunteers and supporters have worked tirelessly to ensure SeeSaw is able to maximise any fundraising opportunities that arise. SeeSaw is needed now more than ever and all our efforts are focused on ensuring SeeSaw's sustainability for many years to come.

Dr Gillian Forrest
Chair of Trustees

"I feel so much calmer and clearer after talking things through [with SeeSaw]. Thank you so much – you never know if you're doing the right thing but it's so helpful to be given some reassurance and guidance at a time when there's no script."

Parent





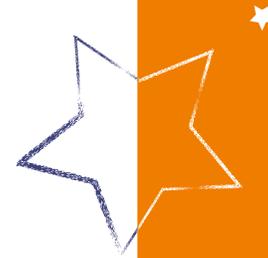
SeeSaw has been working with bereaved children, young people and their families since 2000. Our ethos hasn't changed in that time. We believe that grief is universal, it is not a mental health concern, it is not always problematic for a child or young person and it does not always require a therapeutic intervention. For most, given the right type of information, advice and tools, support for children and young people can be managed by the people who care for them and know them best.

With the arrival of COVID-19 in March 2020 SeeSaw's usual methods of grief support were no longer all possible. Home visits to families and face-to-face work were restricted. Our clinical team decided to focus on what we always believe: that support for young people can often be delivered by those who know them best. So we concentrated on delivering a regular programme of online information, resources and activities to be used by families, professionals and anyone who would find it useful. We developed online training packages for schools and professionals, and we delivered phone and video support to families. We redeveloped our website, wrote new downloadable resources and made short informational films. All of this while working from home.

Our fundraisers worked hard to engage our supporters and to find ways to replace the income we had lost. In a coming together of the clinical and fundraising elements of SeeSaw we held an 'in memory' sunrise walk in September at Blenheim Palace and we were amazed and delighted by the response. So many people came along to remember their loved ones and to support SeeSaw.

While we will all remember 2020 as a deeply sad and challenging year, there are moments that I will also remember as moving, inspiring and hopeful. I am extremely proud of, and grateful to, all the SeeSaw staff, volunteers and supporters for everything we have achieved this year.

Judith Mulligan
Director

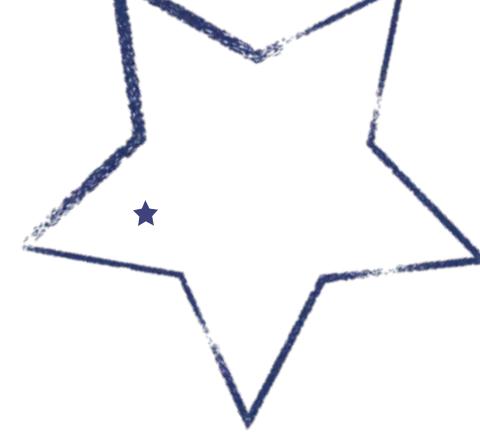


- ★ Every year in Oxfordshire around **250 parents die**, leaving **350 dependent children**.
- ★ This year we have worked with **544 children from 351 families**
- ★ We carried out **23 school visits** and **118 telephone consultations**
- ★ We delivered **support and training to 238 school staff** and had **140 telephone consultations with professionals**.





Working together... SeeSaw services



1 in 20 16-year-olds have been bereaved of a parent in the UK. A parent dies, leaving a dependent child, every 22 minutes.

Childhood Bereavement Network statistics

About SeeSaw

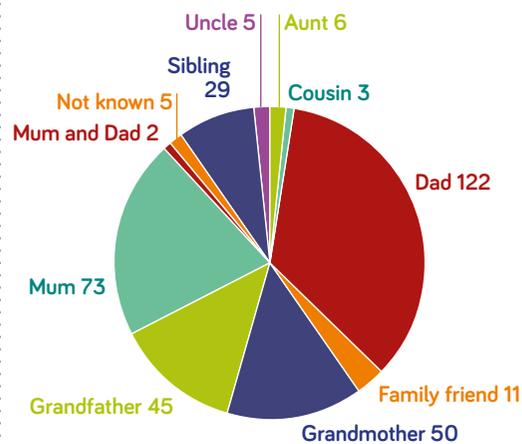
SeeSaw offers support for children and their families when a parent or sibling is dying or has died. We give information, advice and tools to parents/carers and professionals who care for children. For many families, knowing that someone is alongside them in their grief is very helpful, and advice and support to manage the situation is all they need. When it is needed, SeeSaw offers direct work with a child or young person.

Our clinical work

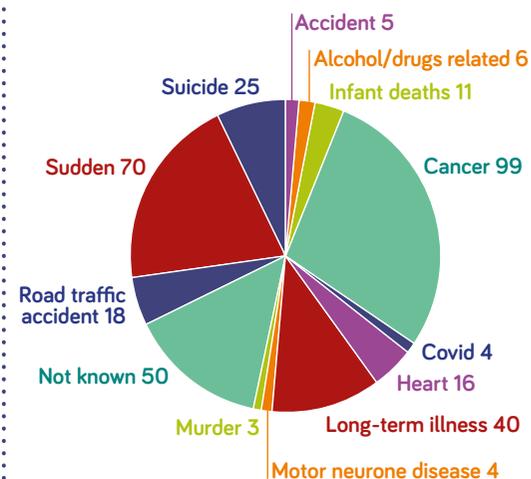
SeeSaw provides its clinical services free of charge and we focus on:

- **information, advice and support for parents** on how to support their grieving child
- **direct support for children and young people** when a parent or sibling is dying or has died
- **education, training and consultation** on childhood bereavement for professionals who work with children
- **literature and resources** for use with children by parents and professionals
- **group family activities** that allow bereaved families to meet together in a relaxed way

Who died



Cause of death



Our four strategic aims are

- 1 To offer a service which is responsive to the needs of the local community.
- 2 To recruit and retain high quality staff and volunteers.
- 3 To sustain our current funding and increase funding from diverse sources.
- 4 To establish a secure and sustainable base to support the development and delivery of our work.

Working together... when a parent is dying

A diagnosis of a terminal illness is devastating for all concerned. For families with children there is a lot to think through. This is where SeeSaw can help.

"I can't thank you enough for coming to meet me so quickly. I can't tell you what a difference it has made. You've given me the confidence to speak to [child] and let him come in to say goodbye to his dad."

Parent

Questions

Parents often wonder how to answer their children's questions, and if they should. They may ask us:

- How can I tell them?
- What do I say?
- How much do they need to know?
- What will they understand?

We work closely with families, hospices and health professionals – finding out the answers to questions, helping to find the right words at the right time, and supporting families as they find their way through.

This year we have supported 103 children aged 5 to 18 from 63 families when a parent or close family member is dying.

By making relationships before the death we try to be alongside a family to offer advice, information, and support which can take them through the worst experience they will ever have had to face.

How we help

We can:

- help parents decide how and when to share information about their illness with their children
- provide children and young people with a trusted adult who they can talk to about their concerns and how to open up a discussion with their family
- help families plan for what will happen after a parent's death
- reassure parents about what are 'normal' reactions for children and young people of different ages and stages of development when responding to the serious illness of a parent
- support a dying parent to create memories for the future
- liaise with schools to help staff best support a child or young person whose parent is dying
- support children, young people and their families after a death – with one-to-one support, phone advice and inclusion in family activity days



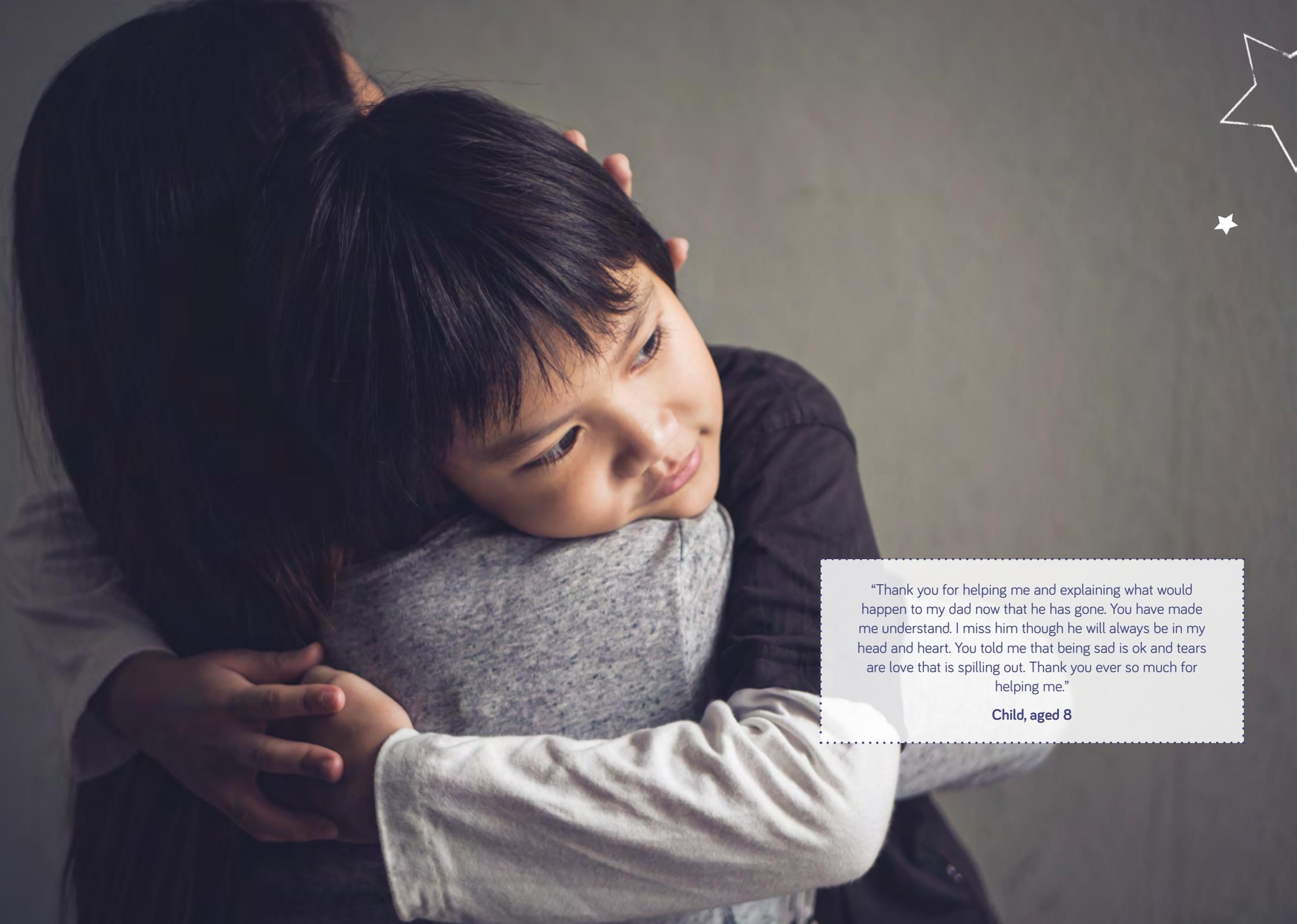
Helen Priscott
Children and Families
Practitioner



Annie Brylewska Cooper
Children and Families
Practitioner







“Thank you for helping me and explaining what would happen to my dad now that he has gone. You have made me understand. I miss him though he will always be in my head and heart. You told me that being sad is ok and tears are love that is spilling out. Thank you ever so much for helping me.”

Child, aged 8

Working together... one-to-one support

A bereaved child or young person may feel very different from their peers, and what they need is to know that what they are feeling is OK, it's a normal part of grieving.

Tailor-made support

Our one-to-one work with children takes place at home after school so as not to disrupt the child's education. The support we offer is tailored to the needs of each child or young person. Much of this work is carried out by our specially trained and experienced team of volunteer support workers and we are very grateful for their commitment.

Our support workers have various ways of helping children to explore their grief, often using a variety of art and craft materials and games. They help children retell the story of what has happened and who has died – this can help to identify any misunderstanding that may have been communicated or that children have misinterpreted. They are trained to help children explore the complex feelings associated with grief and find ways of talking about them and expressing them appropriately.

During 2019–20:

- 231 children were supported through a home visit
- 130 children received one-to-one support from a member of staff or a support worker
- 313 families had support for their children through telephone consultations

“It helped me a lot as I was having great difficulty dealing with my husband's death and felt unable to help my child. My VSW helped with this very much. He was blocking a lot of his thoughts and she managed to get him to understand it was OK to cry and feel sad and this helped us very much. Three years on, he still gets out the memory box regularly and we look at the things in it and it just is helpful.”



Eve Robins
Children and Families
Practitioner

Working together... with schools

The death of a pupil, staff member or parent in a school community can have a huge impact.

Death in a school community

SeeSaw offers a specialised service to schools to help staff understand how young people might react to bereavement and what strategies can be used to support them in the classroom.

Many bereaved young people have told us what a difference it makes to be supported in school by teachers who understand what they are going through. Staff want to do their best for their pupils but may feel quite daunted when faced with a student devastated by the loss of someone they love.

Staff may need support to grapple with what to do, what to say and what to expect, and SeeSaw is available at the end of a phone to offer whatever information, advice, and training is needed.

School staff have the ability to make an enormous difference to the way children cope after a bereavement. They often only need the right information and support to give them the confidence to share a child's bereavement journey. SeeSaw can help staff develop that confidence.

How we can help

Training – online or in school

We offer generalised whole school training as part of a staff meeting or inset day, or we can meet with small groups or individual members of staff to talk about specific issues relating to bereaved pupils.

During this year, as in-person meetings were not possible, we created some online training for those working in secondary and primary schools.

Telephone support

Bereaved children and young people tell us what a difference it makes if they feel supported by school staff after the death of someone they love. Every pupil will grieve in their own way and the way they react and the support they need will differ.

In this initial conversation we might discuss the importance of:

- acknowledging the death with the parent/carer and student – simple, genuine expressions of sympathy to the family, plus reassurances of support for the student in school, are often hugely appreciated
- communicating news about the death to other staff and students
- identifying what support is needed to help the student manage in school
- being prepared to listen if the student wants to talk

- awareness of how the news affects others – being sensitive to the impact of the death on other students and members of staff
- looking out for changes in behaviour or attitude to work and relationships with friends that could indicate the need for more support

School visits

A school visit may be with an individual teacher or learning mentor who is providing individual support for a grieving pupil or with a group of staff who have been affected by the death of a member of the school community. It is a chance to share concerns, talk about how grief might affect students and develop strategies to support them over time. When a school has been affected by the sudden death of a pupil we are able to respond to the school quickly, often scheduling a visit within a day or two and usually by phone on the day of contact.

Lesley Duff
Schools and Families
Practitioner





“On behalf of my whole staff, I'd like to say thank you for the resource. I have sadly been through several very difficult situations where deaths of staff members, children and parents have impacted on the schools I have worked in. SeeSaw have supported us at each of these stages and have been invaluable. This new pack really reflects Seesaw's high-quality work and is easy to use as a school leader.”

Headteacher feedback on Schools Pack

“We can't thank you enough for your support and for your sensitive, realistic and grounding sessions on Tuesday. We really felt much better equipped for the emotional roller coaster of the first week back having spent time reflecting, grieving and thinking ahead with you. Such a superb service – we are very grateful for the support! We felt well supported from the initial contact [...], communications sent and then through the sessions on our teacher training day.”

Headteacher, school visit feedback

“All the steps from the Schools Pack have been immensely helpful.”

Headteacher

Working together... with young people

Teenage years are a period of immense physical, biological, psychological and emotional change. Grieving young people can find it hard to ask for support.



Becki Gascoyne
Children and Families
Practitioner

Supporting bereaved teenagers

When somebody close to a teenager dies, it can feel difficult for them to find a way through their grief while also managing to cope with the normal physical and emotional changes of adolescence. Adults supporting adolescents through a bereavement – often while coping with their own grief – may feel concerned, confused or even frustrated by their reactions. As parents, we try to protect our children. We often want to fix their problems, to take away their pain and to help them to move on. With grief, we cannot do this.

Young people will experience grief in their own time and in their own way, and the older a young person is the more adult their understanding will be of what death means.

This year, because of COVID-19 and the restrictions on meeting face to face we have offered older young people the opportunity to receive support by text and video call. Feedback so far has been very positive as it suits some young people better than meeting face to face. When it is possible to meet in person again we will continue to offer text and video support options.

“Thank you for being so lovely to me and so easy to talk to.”

17-year-old

“Before I started the sessions I was plenty nervous, especially since it would be a much different experience doing it online. However, I found the sessions to be very beneficial and worthwhile and should definitely be given a chance. It might not work for everyone, but the same can be said for in-person sessions.

Try it out! :)”

16-year-old





“I lost my beloved wife and the mother to my two older teenage children in April suddenly. What followed was a complete nightmare of emotions and trying to come to terms with the shock and grief was like climbing a mountain. A friend who had been helped by Seesaw in a similar tragic situation suggested I give them a call as they really helped him.

I made contact in the middle of lockdown around early May and I must say it was the best decision I have made so far since our loss.

I have been having a telephone chat with [SeeSaw] every 6 weeks or so since then and I have found these calls invaluable in helping me to come to terms with both my grief and almost more importantly, how to help, support and understand/care for my children's grief/needs.

The opportunity to talk to a friendly and professional counsellor has really helped me be sure I am taking the right steps to support them. I would strongly recommend anyone to give SeeSaw a call as they really do make a huge difference when life feels unbearable.”

Working together... with families



Connecting families through activity days

SeeSaw has been running Side by Side family events for several years. While there have been additional days over the years, we usually run two yearly events: Preparing for Christmas and Wytham Woods Family Day. Preparing for Christmas provides a space for families who are approaching their first Christmas after the death of a loved one. During the event children work with our volunteer support workers on a variety of Christmas-themed fun crafts and activities, while adults are given the chance to meet other parents and carers and discuss their feelings about their first Christmas without their loved one. The time together ends with a shared afternoon tea where families can socialise together.

Our Family Day at Wytham Woods is a social event where families take a guided walk through the woods and return to enjoy fun crafts and activities over a shared BBQ lunch. This event is open to families who may have been bereaved at various points and provides the opportunity for parents/carers and children to meet others who share similar experiences.



“It gave us space to openly talk. We could share expectations with each other and it took some of the pressure off us all. We knew it was OK to talk about our loss.”

This year

Sadly, due to the COVID-19 pandemic we had to cancel our Family Day at Wytham Woods early on in the year. We had hoped that things might be different by Christmas, but as it drew closer it was clear we would not be able to run Preparing for Christmas as normal. However, we knew that this would be a particularly challenging time of year for bereaved families, even more so in the light of local lockdowns and restrictions, so we were keen to be able to provide something that could help.

‘Preparing for Christmas in a Box’ aimed to gather the essential parts of our usual event and make them portable for families. The boxes contained activities and gifts for each member of the family, including a memory bauble activity for the family to create together in memory of their loved one. We also included advice and tips for coping with the first Christmas following the death of a loved one and were very grateful to one of our young people who wrote a letter for other teenagers, sharing her experience of the first Christmas after her mum died. The boxes were delivered in a COVID-secure manner by our clinical team and some of our wonderful volunteer support workers.

“It opened up a conversation about my son’s daddy in a memory fashion rather than always something upsetting. For so long all we talked about was how he died. The unfairness and sadness it brought. This was a way to discuss his memories of his daddy while creating the ball.”

“I just wanted to thank you so much for popping to see me and the girls before Christmas... our presents were so thoughtfully chosen and special – my little book stays by my bed, it’s so perfect to help me focus on self-care! I’m just finishing off the last of my white chocolate buttons now... I feel so much happier that the girls have met you and can reach out for help if needed in the future – you’re doing an amazing job!”

Who did the boxes reach?

We invited 43 families; 35 accepted and received a box. Each box contained age-appropriate activities and gifts for each family member.



1-2-year-olds

- cuddly polar bear
- storybook

7-11-year-olds

- cuddly polar bear
- collage lantern activity
- spiral snowflake activity



3-6-year-olds

- cuddly polar bear
- collage lantern activity
- colour in Christmas finger puppets

"Gave us all an opportunity to remember, laugh, cry and make [Dad] part of our Christmas in a very personal way."

12+ year-olds

- collage lantern activity
- letter from a bereaved teenager sharing their experience of Christmas after their loved one died
- top tips for coping with Christmas for young people
- 'Happy Self' journal



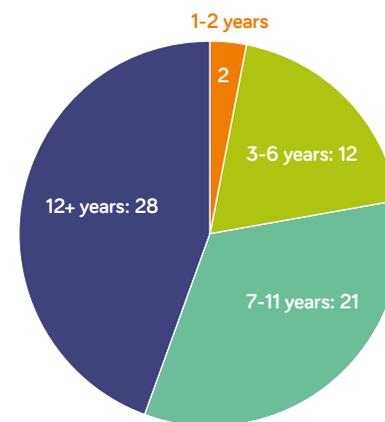
Family activity

- memory bauble activity

Parents

- Little Book of Self-Care
- chocolate buttons
- top tips for coping with Christmas

Children receiving a box by age



"We found everything in the box so helpful. Each item that was enclosed provided us with guidance, help and reassurance. [My daughter] was really able to open up and express herself with the use of the activities. The journal you provided as a gift has just been so helpful to her to the point where she is using this every day and gets so much out of it. We cannot thank you enough as we were so lost and you put us on the right path to finding our way through a very difficult time."

Working together... to make a difference

Qualitative client feedback

The results of the Child Bereavement Service Questionnaire (CBSQ) provide us with routine qualitative feedback which helps us to shape and develop our services.

Our analysis of 60 completed CBSQs for this year showed an improvement in outcomes for 72% of the children and young people. Improvement scores were higher for the older age range (11–18), at 83%. Feedback on the service from children and young people was positive with 81% scoring the service they received highly. 27 parents completed the CBSQ and 84% reported improvements for their child as a result of receiving the service. We often receive unsolicited comments and feedback from families and professionals who have used our service. We use this, along with case studies and the feedback from our surveys and questionnaires, to demonstrate our work. Some of our clients have spoken on radio and television about the experience of working with SeeSaw.

“It made me feel so much less isolated when nobody was able to get out and visit us.”

Service evaluation

We are continuing to collect data from children and parents before and after intervention. In 2019–20, 100% of respondents rated SeeSaw’s response to their request for support as ‘good’ or ‘very good’. 100% of respondents said they felt ‘supported’ or ‘very supported’. 100% of respondents would recommend SeeSaw to others. We used client feedback on the responsiveness of our service to change our system for contacting families. We now ensure that all families contacting us for support are responded to within 48 hours by email or phone call.

We will continue to undertake client satisfaction surveys in 2020-21 and will continue to analyse and use the data to inform our service delivery and guide the development of new services

“I always felt so much calmer and less alone after speaking to you.”



Maddie Bain
Clinical Administrative Assistant



Jill Childs
Office Manager

Working together... with volunteers

SeeSaw has volunteers who help us with fundraising events, who support us with our admin, who act as ambassadors for us and give talks about what we do, and who volunteer as trustees to steer and guide our organisation. We are grateful to all of them for the time they each give us and their dedication to our work.

Our work with families depends very much on the time our volunteer support workers (VSWs) give us to work with children and young people, to attend monthly training and to undertake monthly supervision. They are an immensely skilled and knowledgeable team. Face to face work by our VSWs was suspended this year but we were still able to use their expertise as some of the team began telephone and video work with young people. The whole group have demonstrated their commitment to SeeSaw and have continued to meet for online training and supervision. We could not run our service without our VSWs and it's not just us who speak highly of them.

“The volunteer support worker helped my daughter to have someone she could talk to about the death of her sister without getting upset, and to make her feel special. She gave her the one to one that had disappeared as I was struggling so much. It gave me and my partner time to open up to each other and recognise the issues we needed to work through. Our VSW was my safety net. She helped us immensely and we are eternally grateful. I would like her to know how strong we feel.”



The Volunteer Support Worker was very helpful; gave me confidence that the way I was dealing with my children's grief was correct. She listened to my worries and offered good advice. She only visited once (enough)... but the school also had help from SeeSaw.”



Working together... to raise funds

Our fundraising didn't quite turn out as we planned in 2020 but we were nonetheless amazed by how our supporters rallied round.

"One of the Blenheim 10 Goals is to support and raise money for local charities. In 2019 SeeSaw were one of the nominations put forward by a member of our team to become Charity of the Year 2020; they had an overwhelming majority when it went to a staff vote. SeeSaw came and presented to us on the fantastic albeit difficult work they do with bereaved children in Oxfordshire. We were all very moved by this incredible team and the service they provide to families at the very worst of times, and how their continuous support can make such a difference in a child's life. Due to the pandemic in 2020 we were not able to support them as we usually would and are therefore really excited we can work with the SeeSaw team again in 2021."

Blenheim Palace

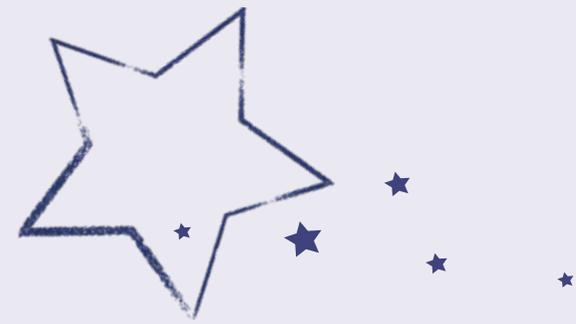
2020 was our 20th anniversary and coincided with Blenheim Palace choosing us as their Charity of the Year. Unfortunately, with the arrival of COVID-19 in March 2020 most of our plans had to be postponed. Our fundraising capacity has been adversely affected but we have also been extremely grateful to our supporters for being there for us and heartened by the amazing ways people have found to fundraise.

People have taken part in some fantastic personal challenges during the long periods of lockdown and we would specifically like to thank Kay Symons, Liam Walsh, James Mather, Alison Bell, Kate Allred and Faye Carrick for their brilliant support.

The Oxfordshire community stepped up to the mark to support SeeSaw including the Oxfordshire Freemasons, Burford Firefighters, Chilton Wives Group and the ladies from the Cotswolds Club.

Special thanks are extended to our **corporate supporters:**

- Aston & James
- B4Nexus
- Blenheim Palace
- Cherry Picked Residential
- Elsevier Publishing
- Freeths Solicitors
- Kinglerlee Construction
- Opendoorz Networking
- Oxford Biomedica
- Oxfordshire Business Network
- Paul Basham Associates
- Smeg UK
- The Evergreen Agency
- The MGroup.



"At Oxford Biomedica we aim to help people by discovering and manufacturing cures to serious diseases with life-changing treatments.

Our staff care deeply about those parts of our community that we are not able to help through our scientific solutions.

Staff chose to support SeeSaw, the Oxford-based charity that helps children and young adults that have suffered bereavement with the loss of a parent, sibling or close family member. Some of our staff have had first-hand experience of the wonderful work SeeSaw carries out.

We all feel great pride knowing that we can contribute directly to SeeSaw's work and I would strongly encourage others to do the same."

Oxford Biomedica



Jane Elliott
Fundraiser

Some of the **events** that we **did** manage to hold this year were:



Dinner at Le Manoir aux Quat'Saisons hosted by SeeSaw's Patron Raymond Blanc OBE.



Sunrise Walk at Blenheim Palace



Our grateful thanks to all the **grant-making organisations and charitable trusts** that supported SeeSaw this year:

- Abell Trust
- Ammco Trust
- Aviva Community Fund
- Banbury Charities
- Bartle Family Charitable Trust
- Beatrice Laing Trust
- Borrowas Charitable Trust
- Cadogan Charity
- Doris Field Charitable Trust
- Dorothy Bayles Charitable Trust
- Emmanuel Kaye Foundation
- HDH Wills 1965 Charitable Trust
- Helen Roll Charity
- Maximus Foundation
- National Lotteries Community Fund
- Neighbourly
- Newby Trust
- Northwick Trust
- Oxfordshire Community Foundation
- Oxfordshire County Council Public Health
- Oxfordshire Freemasons
- Project Spark
- Pye Charitable Settlement
- Rank Foundation
- Schuster Charitable Trust
- Sobell Foundation
- Sobell House Hospice
- St Michael's and All Saints' Charities
- The Shanly Foundation
- The WGFJM Charitable Trust
- True Colours Trust
- Yorkshire Building Society



Claire Newton
Trusts and Grants Fundraiser



Ruth Domoney
Finance Officer

How you can support us

You can support SeeSaw by:

- ★ [making a donation](#)
- ★ holding a fundraising event
- ★ undertaking a fundraising challenge
- ★ asking your employer to make SeeSaw its Charity of the Year, or to match your fundraising total
- ★ joining our team of volunteers

- ★ making a gift in your Will
- ★ attending one of SeeSaw's events
- ★ signing up to our newsletter, or following us on our social media

If you would like to know more about SeeSaw, or ways you can support us, please visit our website at www.seesaw.org.uk, email fundraiser@seesaw.org.uk or telephone **01865 744768**.



Working together... for sustainability

It has been a difficult year for fundraising; however, despite our loss of income and a commitment to our building project, we ended 2020 with a smaller deficit than predicted. Thanks in large part to the support of individuals, families, community groups, businesses and trusts.

Income	£384,935
Expenditure	£391,733
Reserves	9 months' running costs

	2017-18	2018-19	2019-20
	£000's	£000's	£000's
Income	358	350	385
Cost of generating funds	81	79	84
Total expenditure	344	406	392
Expenditure on bereavement support service	263	327	308
Money raised per £1 spent	4.41	4.42	4.57
Percentage of expenditure on bereavement support services	76%	81%	79%
Months of running costs in reserves	17 months	13 months	9 months



Child and family bereavement support services = **79%**
 Cost of generating funds = **21%**
 Governance = **0.2%**

This year, for every **£1** we spent on fundraising, we raised **£4.57**.



For every **£1** we raise, **79p** is used for child and family bereavement support services.



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Working together... for the future

SeeSaw's strategy for 2018–21 has been to focus on our sustainability. We have successfully recruited and trained new members of staff to maintain the expertise of the service, and we invested some of our reserves in a building project which was completed in June 2020. The new facilities offer us a larger training space and an additional room to meet with families, as well as better working space for our staff team.

Once it is possible to hold group meetings again we will be using our training space for our volunteer support worker meetings and offering families appointments to meet with us in our family room. We are really excited about the extra space and opportunities it will afford in the future. We have learned a lot over the past year, and we are keen to take forward the new work we have begun. We will continue to create resources for families, young people and professionals, and we will offer a blended service which includes newer ways of working with children, young people and families such as text, phone and video support, alongside face-to-face work.

Having been affected financially by our inability to carry out our usual fundraising activities we will be focusing on ways to boost our income and maximise our fundraising opportunities.

These are in line with our future plans agreed by the board of trustees:

- to provide a timely and responsive service for bereaved children in Oxfordshire which meets the needs of the growing population
- to provide support and consultancy for professionals in Oxfordshire who are working directly with bereaved young people
- to ensure the sustainability of SeeSaw's unique service provision in Oxfordshire through our fundraising, and
- to respond to the changing financial world and become a part of health and social care commissioning of services, while maintaining our independence and flexibility as a charity.

"It gave my child the opportunity to talk to somebody other than me about her dad and his death, which was good for her and gave me a break!

I have always found Seesaw to be very available and non-judgemental. They are excellent 'sounding boards' and gave me the space and time to talk through the problems allowing me to come to my own answers.

SeeSaw is somewhere that I like to dip in and out of when I feel I need their input and support."



Grief support for
children and young people
in Oxfordshire

SeeSaw

Bush House
2 Merewood Avenue
Oxford OX3 8EF

Registered charity no 1076321

Enquiries and advice line: 01865 744768

Email: info@seesaw.org.uk
www.seesaw.org.uk

Registered company no 3790965



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We have used some case studies in this impact review but would like to stress that we are committed to the privacy and confidentiality of the families we work with. Comments and stories here are reproduced with the express wish of the families concerned but have been anonymised by removing names or details that would identify a family.

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