

HELPING US

Please send me some more information about:

Making a regular gift and becoming a friend of

Holding On Letting Go

Regular donations are extremely valuable to us, so we can plan our services in the longer term.

Legacy Giving

Leaving a gift in your will could help improve the entire life of a grieving child

We would like to keep you informed of our activities, news, fundraising and events from time to time by email, post or telephone. Please indicate your consent by using the tick boxes:

I am happy for Holding On Letting Go to contact me

by: by email by phone by post by text

GIFT AID

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In order to Gift Aid your donation you must tick the box I want to Gift Aid my donation of £..... and any donations I make in the future or have made in the past 4 years to Holding On Letting Go.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay the difference.

Signature

Date

Our freespost address is:

FREEPOST HOLDING ON LETTING GO

HOW YOUR GIFT CAN HELP

£10 pays for a teddy bear that each child is given at the end of the weekend

£100 pays for the training of a volunteer

£200 covers the total food cost for a bereavement weekend for up to 25 children

£1,000 covers one year's transportation cost for children to attend bereavement support weekends

£5,000 pays for one bereavement weekend where up to 25 children receive much-needed support

WE ARE SUPPORTED BY



c/o Wisdom Hospice
High Bank, Rochester, Kent ME1 2NU

03445 611 511

info@holg.org.uk

www.holdingonlettinggo.org.uk

Registered Charity No 1103835

Generously supported
by the Civil Service
Insurance Society



Supporting grieving children and their families



03445 611 511

www.holdingonlettinggo.org.uk

ABOUT US

Holding On Letting Go is a Kent-based charity that helps children to cope with the death of someone close to them. Often the children we see have lost their mum, dad, grandparents, a sibling, or a friend. Sometimes, they have lost more than one person in their family, or have lost someone in sudden and traumatic circumstances.

These children often feel unable to express their feelings, or talk about their loved one or their sadness.

SUPPORTING CHILDREN

We run non-residential bereavement support weekends for children, staffed by trained volunteers.

The children are encouraged to share their feelings in a safe space, ask questions, and learn strategies for dealing with difficult emotions. The weekends are very creative and enable children to make things that help them hold on to precious memories, whilst learning to let go of painful ones.



The children also have the chance to make new friends who also know what it is like to feel the intense pain of grief.

OUR FUNDING

We rely completely on funds raised by donations, fundraising events and grants.

We are immensely grateful for all donations as they enable us to help more children – especially those who would otherwise miss out. Although the weekends are free, some families cannot afford the travel costs to our centre. We would like to provide more transport to help more children work through their grief.

Donations also enable us to purchase much needed art and craft materials that the children use to express and capture their innermost feelings.



OUR GOALS

In the future we would like to extend the support we already offer to parents and carers, roll out our programmes at different locations throughout Kent and provide specialist training for our volunteers, for example, working with children with special needs.

By making a donation, you can help us achieve these goals.

VOLUNTEERING

In addition to much needed funds, we would be unable to provide care and support without the dedication and hard work of our highly trained volunteers who staff our weekend sessions – they are the mainstay of our charity.



As we receive so many referrals to our service we are always in need of enthusiastic and caring volunteers to join us and help grieving children. We have many volunteer roles available, including:

- Grief Support
- Fundraising
- Administration
- Catering
- Domestic Activities
- Transport

If you would like to refer yourself or someone else to Holding On Letting Go, if you wish to discuss an issue relating to a bereaved child or if you would like an informal chat about how you can help us, please contact our office:

 03445 611 511  info@holg.org.uk