



Information to help you
following
the loss of your baby or child

CHARLIES-ANGEL-CENTRE FOUNDATION

Supporting Bereaved Parents And Families



Rebuilding Lives Together

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Contact Details

Charlies-Angel-Centre Foundation
6B Ashbrooke Park
Parkside Lane
LS11 5SF

Email– infocharliesangelcentre@gmail.com

Telephone

07514116607
01132779969

Registered Charity Number 1172233
www.Charlies-Angel-Centre.org.uk



Introduction

Charlies-Angel-Centre Foundation offers many different kinds of support for bereaved parents and families.

We provide free services for anyone affected by the death of a child of any age (ranging from early miscarriage to adult children) and for any reason, including stillbirth, termination, accidental, violent or suicidal death, and death following acute or chronic illness.

Whatever your loss we are here to support you.



About Us

We are the family of a very special angel, Charlie Arthur Curtis.

After Charlie's death, in December 2012, we found that there was little or no support available for bereaved and grieving families.

The support we received fell well below any standard a grieving family should receive. We want our experience to help improve the support systems available to other parents and families in the future.

We raise awareness of the needs of bereaved parents and families and we aim to make sure every parent leaves hospital with an after-care plan in place, which will involve midwives, Gp's and full support networks.

Charlies-Angel-Bereavement-Centre is based in Leeds and is open 7 days a week. It provides relevant information and support as well as having counsellors available throughout the day and evening.

This ensures that bereaved parents and families can access the bereavement support they need, when they need it.

Services We Provide

1. Home Visits
2. Bereavement Counselling
3. Bereavement Packs
4. Email & Telephone Support
5. Community Support Group
6. Male Only Social Group
7. Grandparents Social Circle
8. Information & Support Via Our Website
9. Wednesday Drop In Sessions
10. Couple's Counselling
11. Group Counselling

How Our Services Work

Any information you require can be found either on our website or you can call us to talk through your options.

If you feel that bereavement counselling would be a benefit please complete the referral form and return to us. We aim to offer a 1st appointment within 7-10 days.

You can self refer or ask someone to refer you e.g. GP, Friend, Key worker.

Seeking Help and Support

Bereavement effects people in different ways. Everyone's experiences and responses will be individual to them, there is no "right" or "wrong" response.

The following are some of the reactions and feelings that you may experience in the hours, days, weeks, and months after a traumatic event. It is common to experience some or all of these feelings and reactions. You may experience them immediately or some time later.

The feelings can be very strong and frightening. It can feel as if you are losing control or "going mad". These are normal reactions.

Fear
Sadness
Anger
Numbness
Emptiness
Hopelessness

Our website is full of practical information and support, plus links to all our social media outlets, which include Facebook, Twitter and many more.

www.Charlies-Angel-Centre.org.uk

Support Groups

Our support groups are an important part of the charity, many people find it's good to mix with other people they can relate to and sometimes build friendships.

It can be frightening thinking about attending a support group, but we are here for you. On arrival at the Centre one of our volunteers will greet you and make you feel welcome.

The support groups are run on an informal basis and our aim is to make you feel comfortable and welcome, there is no pressure on anyone to talk during the session.

The groups are facilitated by the charities volunteers, many are bereaved parents or grandparents, who have all attended peer training. On some sessions one of our counsellors may attend the group. They are not there to offer counselling but bring a wealth of experience/expertise and enhance the support given.

Our Men's Corner group is run on a social basis and they will often take place away from the Centre. Activities that have taken place so far have been bowling, walks at the local park & Pool. The group decides what they would like to do at the following meeting.

All activities are free and funded by the charity.

The group is facilitated by bereaved fathers/grandfathers.



**Unit 6b Ashbroke park
parkside Lane
LS11 5SF**



**Have you or someone close to you lost a baby or child
Are you interested in meeting other people who have had similar experiences?**

**All welcome irrespective who you have lost,
son/daughter/grandson/granddaughter,
brother/sister/niece/nephew or whether your loss was 1month,
1 year or 11 years or more.**

**Come and join us, drop in for a chat light refreshments and find out more
about the support we offer.**

**Our community support meetings are held on the
1st thursday of every month**

7.PM---8.30PM

Dates can be found on our website te & social media

www.Charlies-Angel-Centre.org.uk

Registered Charity Number 1172233

Charlies-Angel-Bereavement Centre Drop-in Service

Providing information and support for bereaved parents
and families, no appointment needed



When-Wednesdays

11-am-1pm

Where-6B Ashbrooke Park

Parkside Lane

LS11 5SF

01132779969

MEN'S CORNER



Male Community Social Group
Are you bereaved daddy, grandparent,
brother, uncle, cousin and would like to
join a all male social group.

Monthly meet up's
All dates and social activities
can be found at



www.Charlies-Angel-Centre.org.uk

Grandparents Support Circle



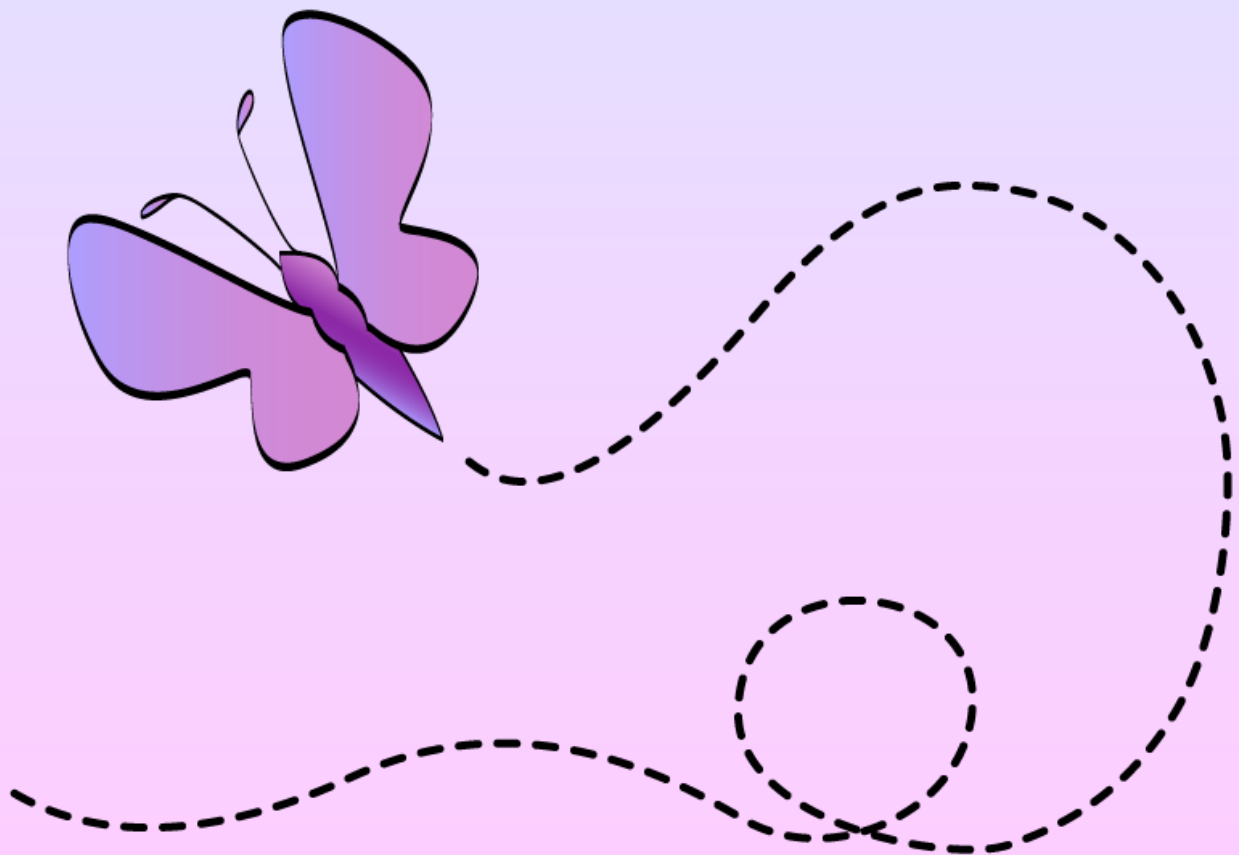
Supporting grandparents through the difficult journey
after the loss of a grandchild,
7-8.30pm

Charlies Bereavement Centre
6b Ashbrooke Park
Parkside Lane, LS11 5SF

Book Of Remembrance

Our Book of Remembrance provides a simple and everlasting record & memorial of your loved one.

We welcome family members, friends and carers of anyone who has died to place a remembrance note on the page. If you would like to send us something you can go to our website and complete the online form.



Charlies-Angel-Centre Foundation Staff

Office

Carrie-ann Curtis
Ruth Curtis
Sam Key
Clive Key
Josh Edwards
Tracey Meadowcroft
Dawn Coulson
Yvonne Ugarte
Chloe Hill

Community Support Group

Carrie-ann Curtis
Ruth Curtis

Grandparents Social Circle

Sam Key
Clive Key

Men's Corner

Gary Curtis
Tim Meadowcroft
Clive Key

Drop in sessions

Carrie-ann Curtis
Josh Edwards
Sam Key
Clive Key

Group Counselling

Allan Todd

Registered Charity Number 1172233

Charlies-Angel-Centre Foundation Bereavement Counselling Referral Form



Name

First Name

Last Name

Address

Street Address

Street Address Line 2

City

Postcode

Phone Number

Area Code

Phone Number

Email

GP Details

Would you like to be contacted by Email or Telephone?

Please give brief details of why you wish to access this service which counselling service and when your loss occurred

Where did you hear about our service?

Please included days and times you are available for counselling sessions, we are open 7 days a week including evenings

Have you ever had counselling before? If yes, please outline your experience

Pre-assessment

The aim of this form is to help the counsellor who you will be assigned to understand whether you have any previous mental-health history and whether any health considerations need to be in place during your sessions.

Diabetes

Epilepsy

Respiratory condition e.g. asthma

Physical disability such as impaired sight, hearing mobility etc

Eating disorders

Stress

Mood disorders (such as depression or bipolar disorder)

Anxiety disorders

Personality disorders

Trauma-related disorders (such as post-traumatic stress disorder)

Psychotic disorders (such as schizophrenia)

Substance abuse disorders

Violent or aggressive outbursts

If you have ticked any of the above, please give details here

Charlie's Angel Centre Foundation Bereavement Counselling Equal Opportunities Monitoring Form

Charlie's Angel Centre Foundation is committed to ensuring that all service users are treated equally, without discrimination on the grounds of gender, sexual orientation, marital or civil partner status, gender reassignment, race, colour, nationality, ethnic or national origin, religion or belief, disability or age. This form is intended to help us maintain equal opportunities best practice and identify barriers to equality and diversity.

The information on this form will be used for monitoring purposes only and will play no part in the counselling assessment process. All questions are optional. You are not obliged to answer any of these questions but the more information you supply, the more effective our monitoring will be. All information supplied will be treated in the strictest confidence.

Gender.

Male Female

Age Group.

16-24

25-40

41-55

56-65

Over 65

Do you live and work in a gender other than assigned at birth?

yes

no

prefer not to say

Please select the option which best describes your sexuality

Lesbian / Gay

Heterosexual

Bisexual

Asexual

other

prefer not to say

The Equality Act 2010 protects disabled people. Do you consider yourself to have a disability?

yes

no

prefer not to say

If you ticked yes, please state the impairment(s) which apply to you

Physical Impairment

Sensory Impairment

Mental Health Condition

Learning Disability/Difficulty

Long-Standing illness

other

How would you describe your religion or belief?

Atheism

Islam

Buddhism

Christianity

Hinduism

Sikhism

other

prefer not to say

I would describe my ethnic origin as:

Asian

Bangladeshi

Indian

Pakistani

other

Black

Black African

Caribbean

Other

white

White British

Irish

other

mixed

Asian & White Caribbean & White

Black African & White Black

Caribbean & White

other

Other Ethnic Group

Chinese

Other ethnic group

I do not wish to disclose my ethnic origin

Thank you for taking the time to complete this form

Signature

Registered Charity Number 1172233

Please sign and return this form either by way of email or post

Email-infocharliesangelcentre@gmail.com

Charlies-Angel-Centre Foundation

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