

SENCO Newsletter

January 2026

As both the Mildenhall and Swift House sites are working towards becoming a 'School Friend of Nelson's Journey (which means we are committed to supporting bereaved pupils), this newsletter focuses on how to access bereavement support.

Nicky's Way (Suffolk)

Nicky's Way supports children and young people aged five to 18 who are bereaved due to any cause of death. Children under five will be supported via the parent/guardian or within their family unit – not individually.



<https://stnicholashospice.org.uk/>

Nelson's Journey (Norfolk)



Since 1997, Nelson's Journey has been supporting children and young people in Norfolk with their bereavement needs, helping them to understand and cope with their feelings. The charity also supports professionals in the county who work with children, such as teachers and health workers, to help raise awareness of issues affecting bereaved children.

<https://nelsonsjourney.org.uk/>

Stars Bereavement (Cambs)

For children and young people age 4-19, who live or attend school in Cambridgeshire

<https://www.ormiston.org/services/stars-bereavement/>



Winston's Wish



Get instant access to expert bereavement support via phone, live chat, email or text/WhatsApp from 8am-8pm, Monday to Friday. No appointment needed. No wait lists. We provide free, online tools, content, guides and publications and additional tailored support for those who need it. We also offer guidance and resources for the adults supporting bereaved children and young people, whether a parent, family member, teacher, friend, or professional.

<https://winstonswish.org/>

Helpful websites

<https://www.cruse.org.uk/understanding-grief/grief-experiences/children-young-people/>

<https://www.childbereavementuk.org/>

<https://www.hopeagain.org.uk/>

<https://www.griefencounter.org.uk/>