



SIR THOMAS FREMANTLE SCHOOL

A CO-EDUCATIONAL SCHOOL FOR STUDENTS AGED 11-19

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8th September 2022

Dear Parents / Carers,

Re: Bereavement Peer Support Group

A couple of years ago, a peer support group was established at STFS for students living with the pain of grief following the death of someone they love. Young people, their families and child bereavement organisations agree that meeting up regularly with other young people, with similar experiences, helps to ease feelings of isolation and difference, especially with the added pressures of teenage life. The purpose of the group is to offer a safe, supportive environment for young people to enjoy leisure time together with others who have similar life experiences.

For Young People:

Who we ARE - We are a group of young people meeting together, doing something positive to be ourselves and helping others based upon our experience. We will plan future activities and events so it will be a lot of fun.

What it's NOT - It's not a counselling group. You come as often or as little as you want. You can take part as much or as little as you feel able to. We accept that your ability to take part may be different every time you come along.

Who can come along? - Any student at STFS who has experienced the pain of grief following the death of someone they love, regardless of how long ago it happened. There is no time limit on grief.

The group will meet weekly, after school from Monday 12th September, from 3.30pm - 4.30pm. Ms Lemaitre, Learning Support Assistant will be facilitating the group.

If your child would like to join the group please complete this form.

[Bereavement Support Group Permission Form](#)

If you have any questions or require further information please do get in touch, my email address is harriet.bartley@sirthomasfremantle.org.

Yours faithfully,

Harriet Bartley

Inclusion Manager

