

Wellbeing Services – Little Havens

Social Work

Support is available from our Social Worker, who is independent of statutory services and will advocate on behalf of families for all social care issues. This includes liaising with statutory authorities regarding the wellbeing and safety of children and young people. They can also offer advice and support with financial issues, including benefits and housing enquiries.

Complementary Therapy

Complementary Therapies include massage, reflexology, reiki and aromatherapy. Many people with complex conditions use these therapies to help them cope with their illness and the side effects of treatments. They can help improve sleep quality, reduce stress and anxiety, encourage relaxation, and improve your overall wellbeing.

It is an opportunity for a child/young person or their parents/carers to enjoy a moment of calm with one of our qualified therapists.

Spiritual Care

At Havens Hospices, Spiritual Care is part of our care offered to adults, children, young people and their families. It recognises that our beliefs, values and understanding of life can help us cope at times of illness, change or loss.

The Spiritual Care Lead and volunteers offer spiritual care to patients, relatives, carers and staff.

We do this by:

- Listening to your story
- Offering space for reflection
- Supporting you at times of loss
- Facilitating prayer, ritual and celebration

Children and Young People's Counselling and Therapeutic Play Sessions

We provide 1:1 counselling support for children and young people living with complex and incurable conditions, and their siblings aged 6-18 years old. For children aged 3-5 years old, we provide 1:1 therapeutic sessions based around play.

These sessions can be held at Little Havens and Fair Havens in Southend. We can also offer this support at schools and colleges when appropriate and in agreement with the child or young person.

Adult counselling support

Counselling is a type of talking therapy that provides a safe and confidential space for you to talk to a trained professional about your situation and concerns.

Sometimes, it can feel difficult to share how we're feeling with those closest to us. Counselling support provides a space to talk about a personal situation with someone independent.

A counsellor may offer information, but they will not give you their opinions, advice or try to persuade you to a particular point of view.

We offer up to 10 sessions of counselling support. These sessions are planned on a regular basis.

These sessions can be held at Little Havens and Fair Havens in Southend.

Family Support

Family Support provides practical and emotional support and guidance which includes;

- Offering practical advice and support with documentation and outside services
- Providing person-centred emotional support for children, young people, and adults associated with Little Havens
- Finding outside services to collaborate with our service and families
- Signposting to relevant external organisations/charities in the community
- Supporting a young person to find social events/clubs in their area and create a CV when they're ready to look for work
- Providing emotional support

Creative Therapy

Creative Therapy offers children and young people the opportunity to express themselves through a variety of diversional activities. These can include painting, crafting, creative writing and much more. Our Creative Therapy team provide personalised 1-1 sessions that can be adapted to meet individual needs.



The Creative Therapy team also support with creating legacy pieces such as hand casts, family tree paintings and memory boxes. These can be done with or for their family.

Referrals

Families wishing to access support from the Wellbeing Team can request a Little Havens Care or Wellbeing Team member to refer them for support. Families can also make a self-referral to the service by emailing wellbeingreferrals@havenshospices.org.uk

Do I have to pay for this care?

No. Our care is completely free of charge. However, as a charity, donations are always welcomed.

How can I contact Little Havens?

You can call 01702 220350 or visit www.havenshospices.org.uk/contact

We can provide you with information in audio or large print versions or arrange for a translation service. Our website is compatible with screen readers and the text size can be increased.

Havens Hospices complies with the Data Protection Act 2018 and relevant Codes of Practice for handling information in health and care. Our Privacy Notice is available at www.havenshospices.org.uk/privacy