



BEAR IN MIND



This is Roxy, who is holding a special memory box of her dad and grandfather who died at sea. Roxy received the specialist help she needed over several months. Our team supported and listened to Roxy as she talked through how she felt and what she understood about her bereavement. She met new friends who, like Roxy, have experienced the death of someone really important in their lives.

Together, with the experienced team at Sandy Bear, Roxy and many other children like her will develop the skills and resilience they need for their lifelong bereavement journey.

Our service is made possible through the generosity of our supporters, people like you, who have made such a difference to the lives of so many bereaved children and teenagers.

Having a Voice, Having a Choice

Following a bereavement, it is vitally important that children are involved in what happens and feel listened to.

It can feel difficult to talk to children (especially young children) about death which means that we avoid it in an attempt to try and protect them. This can sadly leave them feeling isolated and lonely.

At Sandy Bear House, we are privileged to work with many children, teenagers and their wider families, supporting them to have

open, honest conversations about the death of their loved ones. This helps them to understand each other better and build the trust they will need to face the future together.

Importantly, there is a lot you can do, such as making a will, that you share with your important people. This can outline what should happen to your children if you die whilst they are dependent on you.

Visit the website www.planif.org to get you started. It is an excellent resource!

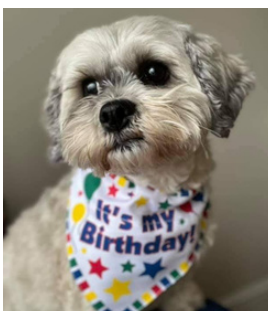


IN PEMBROKESHIRE, IT IS ESTIMATED THAT 520 SCHOOL CHILDREN ARE BEREAVED OF A PARENT OR SIBLING.

We are blessed to have a close community of supporters and we want you to feel connected to our charity.

Our newsletter aims to let you know about the lasting positive impacts you make for so many Pembrokeshire children through supporting Sandy Bear.

We wouldn't be able to do it without you!



Ruby the Dog

Meet Ruby, the dog. She is a vital volunteer within our Sandy Cubs support group which has been piloted this year for the children aged 0-5. The children learn that Ruby is 'alive' during their session about the differences between things which are dead and alive. The children absolutely adore this cutie (and we do too!).



Want to donate? You can make a donation via our Just Giving page - www.justgiving.com/sandybear, bank transfer: Barclays - sort code: 20-18-17 and account number: 13233413 or set up your own fundraiser!



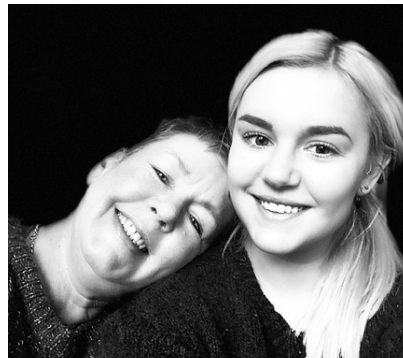
Sandy Bear Staff and Volunteers at the Carew Castle Family Fun Day

Sandy Bear's Ambassador

In Spring 2021, Sandy Bear were proud to announce that we had elected an ambassador for the charity, Maya Sonvico. Maya's role is to highlight the importance of child bereavement services and inspire others to support the Sandy Bear Children's Bereavement Charity cause. Maya was one of the first children to be referred into the Sandy Bear service following the death of her father in 2007. She later lost her brother but believes the service was instrumental in helping her to cope with this bereavement. Maya told us, 'As a teenager, it is very difficult because you're going through a lot of change. There is a lot of heightened emotion at that age. Grief can fester if it is not dealt with.. it was so different with the loss of my brother..'

I didn't have to think 'how am I going to get through this; how will I do this?' as I did when my dad died."

We have been lucky to see Maya grow and she is proof that following a bereavement, there is support out there which allows children and young people to cope and grow to be the very best they can be.



Maya and her mum, Karen

Charity of The Year Partnership

In 2021, the Port of Milford Haven chose Sandy Bear Children's Bereavement Charity as their Charity of the Year. The Port of Milford Haven have so far raised £5000 which has helped to provide direct support to 40 bereaved children and their families, helping them to build a life without their loved ones and to be able to move forward together as a family.

The staff of the Port of Milford Haven volunteered at our Family Fun Day at Carew Castle in the summer.

We would like to say a huge thank you to the Port of Milford Haven and previous Charity of the Year partners as your support changes the lives of children and teenagers who have experienced one of life's most devastating losses - the death of a loved one.

Meet the Team

Our volunteers help our charity in many ways, including supporting therapeutic groups and helping out at events. In 2022, we will be recruiting for more volunteers in various roles. Think you have what it takes? Keep a look out on our website and social media pages or email hannah@sandybear.co.uk to register your interest.

Schools and College

Sandy Bear is extremely fortunate to have a fantastic community of supporters within schools and the college in Pembrokeshire. We have recently presented to all of the Head Teachers and Additional Learning Needs Coordinators about our service and importantly, how to refer a child to us. Primary schools have held a range of fundraisers for us including non-uniform days and rainbow runs! The college students collaboratively worked with us to create story sacks for Sandy Cubs and pamper packs for our fantastic volunteers and we will be working closely with them again this year.



St Oswald's VA School Rainbow Run - Summer Term 2021

The staff and volunteers of Sandy Bear would like to wish you a Merry Christmas and a Happy New Year!



Thank you to our sponsors and supporters this year.