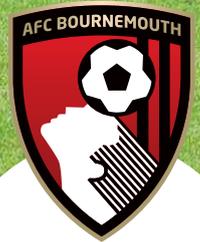


www.mosaicfamilysupport.org.uk | 01258 837071 | info@mosaicfamilysupport.org
Facebook [Mosaic-Bereavement-Support-for-Families](#) | Twitter [@Mosaic16](#)



**junior
cherries**

Nominated Charity
2016/17

AFC Bournemouth Junior Cherries Charity Partner 2016/2017

Crazy Socks Day
14th November

P5

Annual Conference
16th November

P7



LOTTERY FUNDED



News from the CEO



We hope you have had a good summer and enjoyed the good weather.

We have been very busy and as you can see our Elephant has continued on his travels to events. As you may realise from the front cover, Mosaic has been chosen of one of AFC Bournemouth's Charity Partners for 2016/17! We are so excited about working with the club – look out for more information on our website!

I would like to welcome Julie Monaghan to the team. Julie is our Family Services Therapy Manager, working 3 days a week, supporting families and working closely with all our counsellors.

At the beginning of August, we welcomed Sarah back from her maternity leave and all look forward to working with her again and hearing stories of Tom as he approaches his first birthday.

Our next big event is our **CRAZY SOCK DAY** which we hope will be a great success. Just turn up to work or school in crazy socks and make a donation to Mosaic.



Julie Monaghan

Family Therapy Services Manager

I joined Mosaic as the new Family Therapy Services Manager at the end of July and I am very pleased to be part of such a wonderful bereavement charity that supports so many children and families across Dorset. I have worked with children and young people as a therapist in Child Mental Health and as a Play Therapist for over 15 years.

I have always felt very passionate about children's emotional health and love the work I do. Supporting children and their families during times of bereavement and loss is work very much close to my heart and I am always reminded how incredibly courageous and resilient our children are when facing such painful times in their lives. I am so pleased to be working with such a compassionate and enthusiastic team who really make a difference to the children and families they work with here at Mosaic.

I have lived in Dorset for over 25 years and love travelling and exploring this beautiful county. My two children have 'flown the nest' but now live locally, so my husband and I love nothing more than spending treasured family time together with them, walking our Labrador dog Hollie in the New Forest and along the beautiful Dorset coastline. I have really enjoyed my summer here at Mosaic and I am very much looking forward to getting to know everyone at such an exciting time!



Kim Zepler

Mosaic Volunteer

My name is Kim and I am in the process of hopefully becoming a counsellor with the intention of helping bereaved children. I have a couple of nephews whose mum died a few years ago and working as a volunteer with Mosaic is giving me an in-sight as to how the charity helps children who have experienced the death of a parent.

Working as a volunteer has helped me appreciate how invaluable their work is and has shown me that my work as a volunteer is important. I help in the office and my jobs are very varied; one week I can be filing, another bagging up sweets or updating databases. I find the work very rewarding and that my efforts are appreciated by the great team they have in the office.

As you may have guessed from my photo, cycling is my hobby!

Thank you all for making me feel welcome.





What have we been up to?



A Sailing Success

Sunday 26th June was a breezy day at the Andrew Simpson Sailing Centre – Weymouth & Portland.

Twenty excited Mosaic children were given a fantastic opportunity to try out their sea legs and experience an afternoon on the water.

The instructors were full of life, fun and knowledge and they worked hard to ensure that each child understood how to move around the boat safely before taking to the open water.

After two hours, twenty very soggy young sailors returned having sailed their boats successfully, they then capsized them!, had fun and spent time with friends they'd made at previous Mosaic events. The afternoon was rounded off by a presentation of certificates, awards and goody bags for each sailor.

Thank you to the Andrew Simpson Sailing Centre for supporting Mosaic and giving the children an afternoon to remember!



Ready to set sail...



Great fun!

Avon Tyrell Activity Day



36 children and their families attended our 3rd Activity Day at Avon Tyrell in July.

The rain held off and the activities began. The children enjoyed the climbing wall, obstacle course and high ropes! Even our 6 year old, scaled the tree, went across the large log and came down the other side while we all watched in amazement!

After lunch it was time to build the rafts and set sail across the lake to see who could stay afloat – all rafts survived but there was a lot of jumping in the water and getting very wet!

It was a great day and lovely to see everyone enjoying themselves and having so much fun!



All afloat!



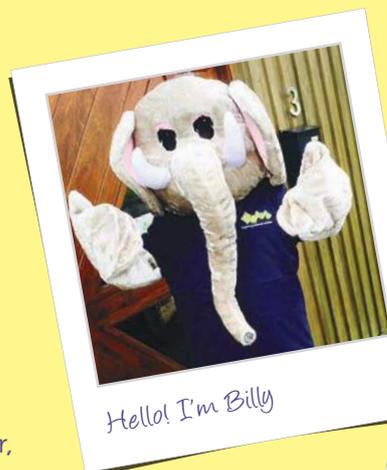
Hats on, lets go climbing!

Our Mascot has a name!

Well done Charlie for naming our Elephant!

His name is Billy! You will see him at events across Dorset and sometimes at AFC Bournemouth football matches!

Both our elephants have had a busy summer, taking part in events and promoting Mosaic.



Hello! I'm Billy



Ready to go climbing





Mosaic Photo Gallery

Thank you!



BV Lions donation of £2,000. Thank you!



Farnfields donation of £2,310. Thank you!



Helen's skydive raised £786. Thank you!



Llewellyn Lodge donation of £940. Thank you!



Sherborne Castle Country Fair donation of £5,000! Thank you!



YBS donation of £300! Thank you!

A big 'Thank You' to...



• White Stuff Foundation	£1,024	• Helen's Skydive	£786
• Sainsbury's – sale of carrier bags	£1,577	• Llewellyn Lodge	£940
• The Queen's Birthday Street Party	£145	• Farnfields	£280
• Kinson Methodist Church	£193	• Swanage PCC	£225
• Winterborne Churches	£200	• Milborne St Andrew First School	£110
• June Maitland – birthday present donations	£115	• Dorchester Rotary Club	£200
• Verwood Rotary – Photos and Flowers and other events	£1,000	• Christchurch Juniors – Enterprise event	£353
• Christchurch Rotary Club	£410		
• BV Lions	£2,000		
• Swanage Rotary Club	£1,800		
• Fat Face Foundation	£889		
• Radipole School	£82		
• YBS – customer charity votes	£300		
• Sherborne Castle Country Fair	£5,000		
• Nicholas Ralph bike ride	£840		

Thank you!

Christchurch Junior School Enterprise Fair

In our school, our class ran a project to raise money for charity by selling our own products or services, whilst learning skills to run a business. Our challenge was to, at least, double the one pound we were each given. On the day of the fair, me and my friends sold popcorn and candyfloss. There were other stalls selling smoothies, football key rings, ice creams and even a raffle. It was great fun. As a class we raised over £353.00 which we decided to donate to Mosaic.

Isaac Jenking
Class 5VD

Get Involved

Why do people fundraise?

Most frequently it is to honour the memory of someone loved. Driven by the loss of a parent, child, family member, friend or colleague, the effort of fundraising keeps those memories alive.

For others, it is the feeling of making a difference or helping others that inspires them and for some it is the opportunity to take part in an event that will challenge them whilst raising money for their chosen charity.

Benjamin Franklin said... "Nothing can be said to be certain except death and taxes" and that ultimate loss for a child is the focus of the work of Mosaic.



Become a Mosaic Volunteer Fundraiser!

With an increase in the number of children and young people being referred each week, our need to fundraise grows. We are always looking for like-minded friendly people to join our Volunteer Fundraising Team, helping run our charity stalls at fetes or helping at our events!

Why not take on your own event for Mosaic, here's an A-Z of fundraising ideas...

Arts event	Jumble Sale	Skydive
Bake sale	Karaoke	Triathlon
Cycle	Laugh-a-thon	Ultimate Frisbee
Dress-down day	Marathon	Variety Show
Exhibition	No make-up day	Walk
Fete	Obstacle course	X-Factor contest
Garden Party	Pub crawl	Yoga day
Hike	Quiz night	Zumba
Indoor Market	Raffle	

Contact: holly@mosaicfamilysupport.org to find out more about joining our Team.

DORSET'S GOING SOCK CRAZY!

Friday 14th October is our annual Crazy Sock Day aiming to raise funds to help Mosaic support bereaved children across Dorset.

- Helping out is easy – pull on your silliest socks and grab a group of friends.
- They might be stripy socks, spotty socks, odd socks, knee socks or animal socks!
- Take a photo of your fabulous feet and be sociable on Twitter and Facebook!

Twitter mention us [@Mosaic16](https://twitter.com/Mosaic16) and use [#crazysocks](https://twitter.com/hashtag/crazysocks) and let people know you're involved or Facebook mention [@mosaicdorset](https://www.facebook.com/mosaicdorset) and let your friends know your supporting Mosaic! Email us at holly@mosaicfamilysupport.org to let us know what you are doing – we would love to see how everyone is getting involved!

- Make a collection and get in touch with us to donate your fantastic fundraising. Our suggested donation is £1. Please raise awareness with your family, friends and colleagues about Mosaic and get in touch for further ideas and events to support this Dorset based charity. Please send donations to Mosaic – Supporting Bereaved Children at the address on the back page of this newsletter.

- The idea of wearing silly socks could relate to walking in someone else's shoes. If you have experienced the death of a loved one you will know how difficult it can be. When you are young it can affect the rest of your life unless you receive the right help at the right time. Mosaic aims to support children and young people in Dorset through the grieving process.



Wear your silly socks with pride!

The Royals on grief 19 years on...

"I miss her every day" - Prince William recalls the loss of his Mother during a recent visit to a hospice.

Prince Harry also admitted "I regret not talking about losing my mother" – it had taken him until he was 28 to talk openly about his grief.

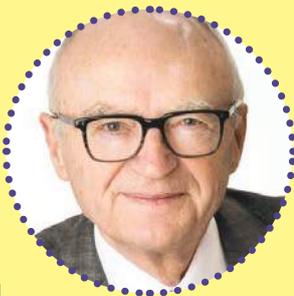
Both princes have been talking recently in the media about the need to open up about feelings during grief. William said "The important thing is to talk about it as a family, it's okay to feel sad, it's okay for you to miss her". This is echoed by his brother who also stated "Talking is the key, it's okay to suffer but as long as you talk about it".

Advice from Mosaic is for bereaved families to keep communication channels open – check in with each other on a daily basis. Don't assume that because a family member is quiet that means everything is okay.



The Truth About Childhood Bereavement by our Patron, Sir Al Aynsley-Green

Imagine the scene. A 10-year-old boy sitting alone on a bench in a deserted white-tiled hospital waiting area playing with the toy lorry his mother had bought for him on the way in to visit her husband – his dad – who had been operated on the day before.



He is surprised to see his aunt. She takes him by the hand and says to him: "Your daddy has just died and you have to be the man of the family now and look after your mum and sister."

Bewildered, he sees his distraught mum in the ward sister's office and remembers how he was not allowed by the harsh hospital policy to visit his Dad's bedside despite his Dad wanting to see him.

That little boy was me, 63 years ago – the day my childhood ended.

My secure life in my loving family was changed in an instant... to one dominated by the grief of adults, uncertainty, fear and poverty in a single-parent family.



Scroll forward 40 years. I'm so pleased that children can now be better supported during their grief with services provided by Mosaic in Dorset.

Dedicated 1:1 counselling support helps children explore and talk about difficult emotions and to ask questions with support provided by services like Mosaic in Dorset.

My Counsellor

I have loved working with my Mosaic counsellor, Zinny. She always tailors the sessions to suit me and therefore I find her easy to talk to. Sometimes we work with my parents as well, and sometimes the sessions are just for me. I like it that we do different things each time, including going out for walks, as well as staying at home. At home we have done artwork and written about our feelings. Sometimes we just talk though, and that is good too, as it helps me to work out how I am managing my feelings. I think Zinny always understands me well and has a good idea of what I am like." Becky aged 16.

Grief – A Child's Journey Conference Day

Wednesday 16th November 2016. 9am until 4:30pm.
Merley House, Wimborne, Dorset.

A unique one day conference focusing on how adults can better understand the feelings and behaviours of children following bereavement and loss. The day will be beneficial for those working with children, young people and their families, and will include brilliant speakers, talking and answering questions about professional and personal experiences, thought provoking theatrical performances and informative, interactive workshops.

£90

Places filling fast!
BOOK NOW!

SPEAKERS

Pip Wilson
Creator of Blob Tree Materials

Pip will be talking about the behaviours of children and teenagers when they are unable to process their feelings or talk to someone about them. He will also focus on how adults can be equipped to help them through their journeys of grief.



Elke Thompson

Author of "Is Daddy Coming Back in a Minute?" and "What happened to Daddy's body?"

Elke will be telling her personal grief journey and that of her small son after the death of her husband. She will be talking about the importance of listening to children's questions about death and adults answering them honestly.



WORKSHOPS

Working with Fragmented Families

An interactive workshop to offer guidance on working with children and young people who experience bereavement within the context of separated or fractured family systems.

Engaging effectively with bereaved children

Mosaic counsellors sharing their experiences of building trust, including using creative exercises, to help children talk about their memories, experiences and feelings.

Mosaic – how we can help

An overview of Mosaic's work with children and young people and how we help them to understand and come to terms with the losses and changes that bereavement brings.

Easyfundraising

Shopping on line – many big stores like Amazon, Groupon, Argos and many others will give up to a 10% donation to the charity of your choice when you go through Easyfundraising. Go to www.easyfundraising.org.uk and choose your store, you will then be taken to their website and you can buy your items as usual. We have already raised almost £150 – help us get to £500! These days most of us do online shopping...from Ebay to booking holidays, buying new school uniform or the dreaded house/car insurance.

By downloading the Easyfundraising reminder tool - you can raise ££ for Mosaic without any additional cost to you!

You will need to register first & select Mosaic, click on the reminder tool & then every time you visit a recognised Easyfundraising site then they make a donation to Mosaic. It's a simple as that!

www.easyfundraising.org.uk/causes/mosaicdorset/



ChariTABLE Bookings

Do you like eating out? Why not book your restaurant through Charitable Bookings and raise money for Mosaic?

Just book your table at www.charitablebookings.org/charity/mosaic

Mosaic will receive £1 for every diner.

Happy eating!



Supporting Mosaic

✓ Make a regular gift

By setting up a standing order your donations will really make a difference. Please forward the following request form to your bank:

Please pay Mosaic - Supporting Bereaved Children £_____ each month/year (delete as appropriate), starting on ___/___/_____ until further notice.

The Manager (name of bank and address):

Postcode _____

Name of Account _____

Account Number _____

Bank Sort Code _____

Signature _____

Mosaic: CAF Bank Ltd. Sort code 40-52-40. A/C 00092641

✓ Make a one off donation

Make a one off donation of £_____

Please make cheques payable to Mosaic.

BACS payments: Sort Code 40-52-40. A/C 00092641

✓ GiftAid

Increase the value of your donation by 25%. As long as you are a UK taxpayer and have paid tax equal to or more than the amount of your donation during the year, Mosaic can claim Gift Aid on your donation as no cost to you. Please complete the form and return to Mosaic at the address at the bottom of the page.

First Name _____

Surname _____

Address _____

Post Code _____

Amount donated £_____

I would like Mosaic to claim Gift Aid on this and all other donations I have made since 2003.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Signature _____

Date _____

The Inland Revenue reminds you that to qualify for Gift Aid, the amount that you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.
Registered Charity No. 1158138.

giftaid it

Training

Training Programme 2016/17

Our training courses take place at The Orangery Suite, Merley near Wimborne. For full course information, prices and booking forms please go to our website www.mosaicfamilysupport.org.uk, telephone (01258) 837071 or email zoe@mosaicfamilysupport.org.

"The group work on this course was invaluable"

Introduction to Childhood Bereavement
7th November 2016

'Early Years' – Supporting
pre-school children
23rd November 2016

Teenagers – Supporting Young Adults
16th January 2017

Supporting Bereaved Children with
Special Educational Needs
22nd February 2017

Supporting Children Pre-Bereavement
6th March 2017

Introduction to Childhood Bereavement
20th March 2017

Working Creatively with
Bereaved Children
10th May 2017

Complex Grief in Children
and Young People
22nd May 2017

Early Years – Supporting
Bereaved Pre-school Children
19th June 2017

Teenagers – Supporting Young Adults
10th July 2017

Introduction to Childhood Bereavement
27th September 2017

We hope you enjoy receiving our newsletter. However, if you wish to be removed from our mailing list, please email: info@mosaicfamilysupport.org.

Mosaic, 3 Barnes Croft, Coles Lane, Milborne St Andrew, Blandford, Dorset, DT11 0LG.
Tel: 01258 837071. Email: info@mosaicfamilysupport.org. Registered Charity No. 1158138.

Printed by Lotus Press, 62-64 Nuffield Road, Nuffield Industrial Estate, Poole, Dorset.

