# **Noah's Ark** Help for families

making every precious moment count...

Family days

Our family activities programme is designed to help you all have fun, make friends, and stay connected to a caring community. Families have the chance to meet others who share their circumstances, and to create precious memories together.

These activities are held on weekends or in school holidays, just for Noah's Ark families.

They are all wheelchair accessible and inclusive to all physical and cognitive abilities. The events are free and transport can be provided for the family if needed.

#### For the near future

Our Building the Ark Appeal is raising funds to construct North London's only children's hospice building. Complementing our hospice at home and community-based services, a hospice building will allow us to offer a complete hospice service to children and young people, families and the community.

#### Who do we help?

We follow the national Children's Hospice criteria. Any child or young person under 19 living in our catchment area and affected by a lifethreatening or life-limiting condition is eligible for our services. We help families from Camden and Islington in Central London, through Haringey, Enfield and Barnet in North London, and into Hertsmere.

#### I LIKE NOAH'S ARK BECAUSE

I can be myself and it's a break from hard things. I can just be a normal child and have fun. I can also make friends who the understand me & what I'm going through.

#### Contact us

3 Beauchamp Court 10 Victors Way Barnet EN5 5TZ

020 8449 8877

#### www.noahsarkhospice.org.uk

Noah's Ark Children's Hospice is a registered charity in England No. 1081156



"Noah's Ark makes a difference to our lives. I can't imagine life without you guys. I felt alone and thought why me? With Noah's Ark I no longer feel alone."

020 8449 8877 or visit our Care pages at www.noahsarkhospice.org.uk

#### About us

Noah's Ark Children's Hospice supports children and young people with life-limiting and life-threatening conditions and their families in Barnet, Enfield, Haringey, Camden, Islington & Hertsmere.

We build on family strengths and promote resilience by providing clinical, emotional and practical support. Our bespoke support packages can include the following services.

## Family link

Our Family Link Workers are the primary link between your family and the hospice, and will maintain contact as the child/young person and family's needs change. They review your needs at least once a year to allow support to be adjusted appropriately.

The Family Link Worker offers practical and emotional support, continuing after bereavement if required.

#### Home Support Volunteers

Trained volunteers offer support to families in and around the home. This could involve playing games with children and young people, helping with homework or carrying out practical tasks such as gardening or shopping. They can also be an extra pair of hands, helping the whole family enjoy a day out together.

#### **Specialist Carers**

Specialist Carers are trained by a Paediatric Nurse to care for the individual needs of your child or young person enabling families to have a short break.

#### Drama and Movement Therapy, Music Therapy and Specialist Play

Specialist workers provide support through drama and movement therapy, music therapy and play for children, young people and their siblings. This can also be offered after bereavement.

#### Noah's Ark Children's groups

For children and young people referred to Noah's Ark, time away from home without their family helps to build confidence, develop a sense of independence and provide an opportunity to form friendships with peers. Our programme includes immersive theatre, dance workshops, cookery and sport.

#### Parents' groups

Regular meetings are held for parents to share ideas and support each other in facilitated groups over coffee. Crèche facilities and transport can be provided.

# Sibling groups

Brothers and sisters are very important to Noah's Ark – the Family Activities Team organises fun events and days out just for them. The two age groups, 6-10 and 11-18, meet regularly.

### Bereaved parents' groups

Our Bereavement Support service provides a continuing link with families for up to three years after a child's death. During this time, families can attend a regular Bereaved Parent/Carers' Group or receive individual support if they prefer.

This service is also available for bereaved parents not previously known to Noah's Ark Children's Hospice.

"Without the amazing work you do so many families would be struggling to cope with the very tough journeys they have. We are a family that will always be grateful."

#### noahsarkhospice.org.uk

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"The Sibling Weekend has given my daughter the opportunity to meet children who are in the same situation and made her realise she is not alone."