



**Saint Michael's** [www.saintmichaelsospice.org](http://www.saintmichaelsospice.org)

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## **Katie's Story**

When Katie Lee's beloved grandma Sue died two years ago, Katie was devastated. "She was my best friend," she explained.

Katie's mum Emma looked around for some support and staff at Katie's school put her in touch with Saint Michael's specialist bereavement support services, Just 'B'.



A specially trained worker was able to come to the Grammar School to offer Katie weekly one-to-one sessions; a chance to talk, to help her express and manage her grief.

"It did help, having someone to talk to who was there for me. I remember Sarah played 'feelings Jenga' with me, which was good for starting conversations" said Katie, now 17. Although Katie got on with her support worker, having to leave classes at school to attend sometimes made things awkward for her.

So when she started study leave for her GCSEs, Katie was offered the option of attending sessions at Just 'B's bespoke Children and Young People's Centre, Burton House.

"Coming to Burton House and seeing Megan was massively helpful. She has all the knowledge and skills, but she always made me feel like I was in control and could choose what to do.

"I didn't really notice the changes in me until the end. When I started, I filled in a form together saying how I was feeling and at the end I realized how different I felt. It's a gradual process but I feel able to cope with things better now.

"Megan is amazing and I want to thank her and Just 'B' so much."

Katie said: "You see things on the TV and you think it's going to be lying on a couch and being hypnotised or whatever and of course, it's not like that at all. It's a safe place, where you can talk about anything that's on your mind, and can do activities and find things to help.

Katie's mum Emma said: "I have seen the difference the support has made, there was a lot of emotional stuff going on and she's like a different person now. She's really level-headed and thinks things through.

"Just 'B' were also brilliant at signposting us to other forms of support. It was a very emotional time for all of us, and sometimes Katie didn't want to talk to us about how she was feeling, as we were all dealing with our own feelings. Katie came back from her sessions and was actually able to help the rest of us, showing us some of the tools and things she had learned.

"We have all benefited. It is an amazing service and we all shout about Just 'B' from the rooftops," said Emma.

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