

Our direct telephone number:  
**020 8539 5592**

### Internet

Directions and further information can be found at  
[www.whippsx.nhs.uk](http://www.whippsx.nhs.uk)

Or email us at: [margaretcentre@whippsx.nhs.uk](mailto:margaretcentre@whippsx.nhs.uk)

### Information is available in other languages and formats

Please let your key worker or counsellor know if you would like this leaflet in another language or format.

### Tell us what you think

We welcome feedback, comments and suggestions. Please complete the feedback questionnaire given to you by your key worker or counsellor, or you can leave a message for the Margaret Centre Matron on 020 8535 6604.



## Psychological Support Service Zig Zag Children's Service

*Bereavement Counselling for children aged 3 - 11 years*



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The Margaret Centre  
*Specialist Palliative Care Services*



## What is Zig Zag?

Established in 1991, Zig Zag is a service which helps children to work through, and make sense of, their experiences related to life-limiting illness and/or bereavement. Zig Zag is run by play therapists, and is based at the Margaret Centre.

## Who is Zig Zag for?

Zig Zag is for any child between 3 and 11 years of age who needs help and support through times of loss and change.



## How can Zig Zag help me?

**We aim to support children and their families by providing:**

- play therapy: using play and/or creative arts, children can express and communicate difficult thoughts and feelings in a safe and supportive environment;
- parenting support: support for parents/carers concerned with how their child is coping/dealing with issues of loss;
- support groups: from time to time, groups are run for children and families who have experienced bereavement in order to meet others in a similar situation.
- Outreach: schools and other agencies can be offered professional support and advice.

## Who can make a referral to Zig Zag?

Children can be referred to Zig Zag by health visitors, family doctors, schools and other professionals/agencies.

## What happens then?

When we get a referral, we contact the family to arrange a meeting. We can then discuss how Zig Zag may be able to help.

**If after reading this leaflet, you want to contact us, please call:**

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