Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں'۔

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Tweet us **@NHSBartsHealth**
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Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: www.bartshealth.nhs.uk/pals

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Patient information

ZIG ZAG PARENTS/CARERS

Information for parents and carers about ZIG ZAG Children's and Young People's Psychological Support Service

Who are we?

Our service helps children and young people through times of loss and change. Since 1991 we have provided flexible and effective support to hundreds of children, young people, and their families.

Zig Zag Children's and Young People's Service accepts referrals for children and young people with difficulties related to life-limiting conditions and bereavement. These include:

- Children/young people with family members who have life-limiting illness.
- Children/young people who themselves have a life-limiting illness.
- Children/young people who have been bereaved.

We aim to support children, young people, and their families by providing:

Play Therapy for Children

Play therapy provides an opportunity for children, usually aged 3-11 years, to share their difficulties with someone who is outside their day-to-day life and has the time, skills and training to help. Play therapy uses play and/or creative arts, to facilitate children's expression and communication of difficult thoughts and feelings in a safe and supportive environment. The aim of play therapy is to provide an opportunity for children to work through and make sense of their experience. Play Therapy sessions take place in Zig Zag's dedicated playroom at the Margaret Centre, Whipps Cross Hospital. Parents/carers may wait in the waiting-area provided. The child's progress will be regularly reviewed with the parent/carer.

Talking Therapy/Counselling for Young People

We provide a safe, supportive, and confidential space for young people to explore and work through whatever is troubling them. It is a space to be listened to with acceptance, empathy and without judgement. Creative art materials may be on offer to facilitate this process.

Parent/Carer Support/Consultations

We support parents/carers who are concerned with how their child is coping /dealing with a life-limiting illness in the family or with a bereavement.

Who Can Make the Referral?

- A family doctor
- Your hospital doctor
- Other health professionals
- Schools
- Social workers

How to Contact Us

Our direct line telephone number is: **020 8539 5522, ext. 24394**
Service email address: bartshealth.pss.counselling@nhs.net