



NEWSNEWS***NEWS***

Sport Relief shine a light on local charity Jeremiah's Journey

On Friday 21st March, local children's charity Jeremiah's Journey was featured on BBC Sport Relief. The charity offers support and information to children and their families who have experienced or are anticipating the death of someone special. To highlight this work Sport Relief made a moving film focusing on the Jones family.

The Jones bravely shared their story with the nation to highlight the importance of the charity that supported them after their daughter Cara died on 25th January 2011 aged just over 16 months old. Cara had spinal muscular atrophy (SMA) a genetic neuromuscular disease, which affects nerves responsible for muscle function.

Cara's sisters Sian and Lauren (now aged 12 & nine) attended the therapeutic group programme run by the charity; mum Sandra also attended the parents / carers group. Through the six week programme the girls made memory boxes and coping bags helping them to remember their sister and talk about her with other children who understood their pain. The girls made friends and proudly showed their memory boxes to the Sport Relief team.

Joanne Anning, CEO of Jeremiah's Journey said: "Many of the children, who we meet, say that they feel alone in their grief because they perceive that they are the only one in their class or school who have been bereaved. Attending one of the group programmes means that they meet other children who have been through something similar and understand best the impact a bereavement can have. Our sessions use creative activities to enable the children to: express their feelings of grief; share their memories and explore ways of coping."

On the big night of Sport Relief the family were treated as VIP's! They watched all events in the Velopark and met many famous faces including John Bishop, who took them into the green room where Olly Murs gave the girls a kiss on the cheek! It was wonderful for the

family to have such a wonderful experience having personally given so much to make the film.

The team at Jeremiah's Journey is so grateful to the family for sharing their story; they have been overwhelmed with messages of support following the film.

To watch the film please click here:

<http://www.youtube.com/watch?v=3dFOXEHpNOE>

To find out more about the charity please visit www.jeremiahsjourney.org.uk or call the team on 01752 424348.

Dates for Your Diary

Sun 11 th May	Our first ever Teddy Bear Toddle at Buckland Abbey Gardens, family fun!
Fri 6 th June	Jim Jam Journey – Starts at 8pm, six mile walk in your jim jam's!
Sat 21 st June	Skydive - do something amazing and Tandem Skydive for Jeremiah's Journey with Skydive UK!
Sun 6 th July	Parish Plod – join our annual 9 mile walk from pub to pub on Dartmoor – live music, BBQ, bring your friends & family for a fab day out!
Sat 11 th October	Moulin Rouge Ball – our annual black tie event at the Duke of Cornwall, Plymouth. It is a night not to be missed!

ENDS

29/04/2014

Notes for Editors:

- 1, Jeremiah's Journey was founded in 1996
- 2, Jeremiah's Journey supports over 220 bereaved children and their families in Plymouth and the immediate surrounding area each year.
- 3, The children who use our service have experienced the death of someone special, the majority of our children have lost a parent.
- 4, We support families who have been bereaved through a variety of circumstances including long term illness and sudden and often traumatic events e.g. road traffic accidents and suicide. The main part of the support that we offer is through a short term therapeutic group programme which we run in partnership with Plymouth College of Art. This means that we are able to offer a safe space for children to: express their feelings of grief; share their memories of their deceased loved one; and explore ways of coping.

5, With the support of Comic Relief, we have been able to develop a new project called Stepping Stones, which provides support to young people who have a parent with a terminal illness.

6, As a local self-funded charity we want to be able to continue to offer support to those children and their families that need it. This can only be achieved with the generous support of our local community.

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Registered charity no 1144431 Company Number 07517748

