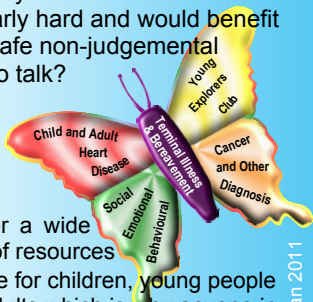


## Feeling hazy after a diagnosis, loss or bereavement?

Perhaps you found Christmas particularly hard and would benefit from a safe non-judgemental 'space' to talk?



We offer a wide range of resources suitable for children, young people and adults which is why anyone in need of information or support is welcome to visit our Drop-Ins at Crawley or Horsham.

Resources include;

- art and play therapy
- books and leaflets
- a supportive peer or professional with a listening ear

For more information please visit our website, call or text 07832 245014 or email [admin@understandingdifferences.org.uk](mailto:admin@understandingdifferences.org.uk)

## **Do you have a creative side or are you a hoarder?**

**Why not put that to some good use...**

Enter our competition  
**Design a keepsake or memory box .**

Memory boxes can be for a range of special and sensitive occasions and we could use your finished boxes to raise funds or offer to bereaved families where appropriate.

### **Competition Rules:**

#### **1. Enter one or more category:**

- \* Birth, Wedding or Anniversary
- \* Death of a sibling, son or daughter (baby , child or adult)
- \* Other bereavement

**2. Most products used should be re-cycled odds and bobs** shoe boxes, wallpaper, left over paint!

**3. Pay entry fee** (£1 per entry)

**4. Enter as many boxes as you like** (there will be 2 small prizes for each category)

Winning designs will be judged at our AGM

**Our website has more up-to-date information or you can contact us on the details overleaf**