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## Overall Conclusions

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Through events run by the FCT, the children, young people and families who the charity works with, gain valuable support. Grief is unique with every person experiencing different outcomes. This is a factor which the charity considers and is able to tailor the experience of the support it gives to each young person.

It is clear from attending the residential weeks and Christmas parties that the young people form strong friendships and connections, a factor which is immensely important after parental bereavement.

Through the events ran by the FCT, the young people are able to create bonds, share memories, develop coping strategies and build resilience.

This charity helps those in need, to connect with others in similar situations gives them the opportunity to clear their minds, distract themselves from their grief and enjoy themselves.

Overall, observations from two residential weeks and Christmas parties, it is clear that the support and physical activity offered when attending FCT events is beneficial for those who have experienced the death of a parent.

Distraction

Support

Friendship

Resilience



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## Previous Research

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Brewer, J. D. and Sparkes, A. C. (2011) 'Young people living with parental bereavement: Insights from an ethnographic study of a UK childhood bereavement service'. doi: 10.1016/j.socscimed.2010.10.032.

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McClatchey, I. S., Vonk, M. E. and Palardy, G. (2009) 'Efficacy of a Camp-Based Intervention for Childhood Traumatic Grief', *Research on Social Work Practice*, 19(1), pp. 19–30. doi: 10.1177/1049731508314276.

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