

BAGS OF SUNSHINE

with love from



**IMAGINE
THIS**

We are so sorry you are receiving one of these bags. This has been gifted to you from the charities – Freddie's Sunshine & Imagine This.

The aim of these bags is to offer a small comfort following the bereavement of a child

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Losing a child is one of the most heartbreaking things any parent can go through. In the moments after that loss, it can feel like the world stops.

The founders of Freddie's Sunshine have experienced the loss of their son Freddie and the founders of Imagine This experienced the loss of their daughter Ella-Jayne.

Together we have created these bags for future parents experiencing sudden loss.

In your Bag of Sunshine you will find:

- A weighted soft toy to help ease the emptiness many parents feel in their arms.
- A cooling face mask and lip balm to soothe tired, tearful faces.
- A candle to light in memory of your precious child.
- A notebook and pen for writing down thoughts or perhaps letters to your child, something many parents find helpful.
- Wildflower seeds to plant in memory of your child.
- Fidget toy & ring to help with anxiety and restlessness.
- A poem by Sunday Times Bestselling poet Donna Ashworth, Patron of Imagine This, created especially for these bags.
- 'Brew bags' – a cuppa and a biscuit to give you a moment of calm.

The items were chosen with great care, based on input from bereaved parents and experienced bereavement nurses. Each one serves a purpose, to bring a moment of peace, comfort, or connection during a time that can feel impossibly heavy.

We hope the items offer you some small comfort in these incredibly difficult days.

If/when you feel comfortable, we would be very grateful to receive any feedback you would be willing to offer on the bags, either directly to us via email (info@freddiessunshine.org) or via your bereavement support contact.

Freddie's Sunshine

Freddie's Sunshine exists with the aim to provide emotional and practical support to parents and families who have lost a child, offering them comfort and an understanding ear from people who have experienced such tragedy themselves.

Founded in 2023, Freddie's Sunshine has been dedicated to raising funds with the mission to create a facility with the vision of supporting grieving families.

The charity was created following the devastating death of Freddie, an absolute sunshine of a human whose death left his parents Aimee & Mark completely lost and devastated, not knowing who they could turn to for support.

Freddie passed away very suddenly, just 3 weeks after his 1st birthday. After having a high temperature at nursery and what was suspected by doctors to be bronchiolitis a couple of days earlier, he went into cardiac arrest at home, and passed away in hospital after his mummy and paramedics tried desperately to give him CPR. Freddie's death was a huge shock to his parents, Aimee & Mark, and brought their whole worlds crashing down around them.

Although supported by the NHS bereavement team in Salford Hospital on the days following Freddie passing, Aimee and Mark felt completely lost having to leave the hospital without their precious little boy, and having to accept a new life without him living. They struggled to return to the house without Freddie, and so bounced around parents houses and log cabins to avoid returning home.

This made it evident that there needed to be something or somewhere for families to go to experience their grief with other people who understand. This is where the idea of Freddie's Sunshine came to life.

Our first initiative; 'Bags of Sunshine' has been created to be able to offer an immediate comfort for parents when leaving hospital after the loss of their child. The bags intend to offer a small comfort to parents following their child's death to take home and treasure.

We have put a lot of thought and love into creating the bags, in the hope they offer you a little hand hold, and a reminder that you are not alone in this.

We are so sorry for the loss of your precious child, and send you all our love.

Be kind to yourself.

Aimee & Mark – Freddie's Mummy & Daddy

Freddie's Sunshine

www.freddiessunshine.org

Registered Charity Number: 1204629

Imagine This

Imagine This is the only UK charity solely dedicated to the mental wellbeing of seriously ill children and their families across the UK.

The charity was founded in 2014 by actors Sarah Parish MBE and Jim Murray MBE in memory of their daughter Ella-Jayne. Born with a rare genetic condition, Rubinstein-Taybi syndrome, Ella-Jayne spent much of her short life in paediatric intensive care at Southampton Hospital and had open heart surgery at just three days old. She died, at home, just eight months old.

Their personal experience of unimaginable loss became a powerful force, inspiring Sarah and Jim to create the charity. We spent our first decade delivering transformational projects for children in Southampton Children's Hospital, but in 2025 we evolved our mission to tackle the hidden mental health crisis in seriously ill children, and their families, across the whole of the UK.

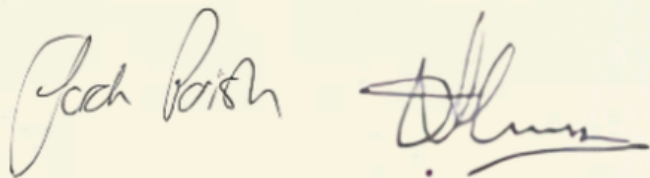
Over 1 million children in the UK face serious illness. Their childhoods are overshadowed by coming to terms with diagnosis, hospital stays, treatment, feeling different from friends or managing how their illness affects daily life. They are far more likely to experience anxiety, low mood, trauma, and isolation. The strong focus is on medical treatment and their mental wellbeing is often left behind.

The impact on the mental health of the wider family is also clear, with parents and siblings often receiving no support. Many parents need to give up work to care for their child – adding to the emotional strain. Siblings play an active part in the care of their brother or sister.

Some families face the unimaginable, though bereavement. Our projects are delivered in children's hospitals, hospices, and community settings across the UK. The projects are creative and diverse, helping different groups of children and families navigate their journey with connection, resilience, and hope.

We are so very proud that one of our projects is this incredibly special collaboration with Freddie's Sunshine, to bring you this Bag of Sunshine.

We are so sorry for your loss and send you all our love.

Two handwritten signatures in black ink. The first signature is 'Sarah' and the second is 'Jim'.

Sarah and Jim Co-Founders

www.imaginethis.org.uk

Email: hello@imaginethis.org.uk

Registered Charity no 1155623

Grief Support

We know how lonely it can feel in the days following the death of a child. Please do reach for support should you need it; friends, family or professional.

We have included some details of national organisations who you may want to contact for support and advice;

Child Bereavement UK – Help children, young people, parents, and families to rebuild their lives when a child grieves or when a child dies.

www.childbereavementuk.org

0800 02 888 40

helpline@childbereavementuk.org

Cruse Bereavement Support – Help people through one of the most painful times in life – with bereavement support, information and campaigning.

www.cruse.org.uk

0808 808 1677

The Lullaby Trust – Offer a supportive and confidential space for anyone affected by the sudden or unexpected death of a baby or young child.

www.lullabytrust.org.uk/bereavement-support

0808 802 6868

support@lullabytrust.org.uk

Sands – The Sands National Helpline provides a safe, confidential place for anyone who has been affected by the death of a baby. Whether your baby died long ago or recently, we are here for you.

www.sands.org.uk/about-sands/our-work/supporting-families

0808 164 3332

helpline@sands.org.uk

Care for the Family – Bereaved Parent Support – Peer support for any parent whose son or daughter has died at any age, in any circumstance and at any stage of grieving.

www.cff.org.uk/bps

029 2081 0800

bps@cff.org.uk

Daddys with Angels – Daddys with Angels is dedicated to supporting every family member grappling with the loss of a child.

www.daddyswithangels.org

www.daddyswithangels.org/contact-us

Child Death Helpline – A freephone service for all those affected by the death of a child

www.childdeathhelpline.org.uk

0800 282 986

Reuben's Retreat – A place to relax, recharge, remember and rebuild. Supporting families who have suffered the loss of a child or have a child living with medical complexities

www.reubensretreat.org

01457 680 023

The Compassionate Friends – Providing peer support to bereaved parents, adult siblings and grandparents who have experienced the death of a child, sibling or grandchild.

www.tcf.org.uk

0345 123 2304

helpline@tcf.org.uk

Crisis Helplines

Losing a child is not the assumed natural order of things, and so it can be an incredibly difficult thing to try to navigate. Please try to remember that you are not alone, and there is always someone available to talk.

NHS 111 Mental Health

Simply dial 111

If you need urgent mental health support, for example if you feel mentally unsafe or severely distressed, you can quickly and easily access support by calling NHS 111 and selecting mental health option 2.

It's available 24/7, free of charge and you can call for yourself or someone else.

Samaritans

For anyone, at any time, for any reason

116 123 (UK)

Childline

Support for 18 years & under & their relatives

0800 111

Silverline

Support for the over 50s

0800 470 8090

Sudden Bereavement Helpline

Offering regular support, guidance and signposting during crisis – for any family where death may have felt sudden or too soon.

0800 2600 400

www.sudden.org

The process when a child dies

A topic you rarely know anything about until you have to.

Below we have detailed the steps you may experience. You may have already been through some of these, and we're so sorry if that's the case. Please remember throughout this process that they are your child, and you are entitled to ask as many questions as you need and in most circumstances, you can cuddle, kiss and take pictures of your little one.

Soon after your child dies

- Decisions will be made about whether any further investigations are needed.
- If the death was unexpected or unexplained, the police and coroner may become involved, and a post-mortem may be needed.

Further Investigations

- More investigations may be necessary along with a post mortem, including a coroners investigation and NHS review.
- If your child's death has been referred to the coroner, then you are not able to choose whether a post-mortem examination takes place or not. You can, however, make a representation about your wishes which the coroner can then consider.
- If a coroner is not involved, then a post-mortem examination can only take place with your consent. You should have a discussion with healthcare staff to decide if a post-mortem is the right decision for you and your family.

Conclusion/Inquest hearing

- If the cause of death remains unclear, a formal inquest may be held. This can be months (or longer) after the death. The family can attend, ask questions, and receive legal support if needed.
- If an inquest is being held, you will be issued with an interim death certificate so you can arrange the funeral.

Funeral

Arranging a funeral for your child is something no parent should ever have to endure.

In England, the Children's Funeral Fund for England covers burial or cremation fees for a child under 18 or a baby stillborn after 24 weeks of pregnancy. You can start to plan the funeral at any time, but you can only hold it once you have the death certificate or appropriate form from the coroner. If you have any religious or other requirements that may affect the timing of your child's funeral, you may discuss these with hospital staff or your key worker. They will alert the coroner if a coroner is involved. Although it may not be possible, the coroner will try to accommodate your wishes.

Speak to your funeral director for more information on the Children's Funeral Fund, they will be able to make the claim on your behalf so you don't need to manage the process.

The fund doesn't usually cover the cost of extras such as flowers etc, so you will need to cover the cost of these yourself if you intend to have them.

We hope these details have been helpful, and we're sending you so much love x

