



**SCOTTY'S LITTLE SOLDIERS**

Unit 21 Bergen Way  
King's Lynn  
Norfolk  
PE30 2JG

22<sup>nd</sup> September 2022

Dear Lesley,

I am writing to thank you for the workshops Liz delivered for our Parent and Carers. Our Workshop programme enables us to support our Members by resourcing and equipping their parents and carers.

Parenting is challenging anyway but when you have experienced the death of your partner and your children, the death of their parent, then parenthood becomes even more of a challenge. You are not only juggling the normal expectations of growing up but also the additional stressors of grief and bereavement.

Liz was always empathetic and understanding of the needs of our families. The workshops offered practical ideas and advice and easy to digest information in addition to lots of reassurance.

Parental feedback praised the use of simple analogies, the sharing of Liz's own personal experience, and the explanations of what is going on in the brain during the different ages and stages of growing up.

I share some of the specific comments below:

*"Easy to listen to, and with practical advice on how to apply to our family"*

*"Highly recommended, Insightful, Powerful, Reassuring, A must! A brilliant hour, loads of useful content presented in a relevant way."*

*"Examples of real life! Delivered in an up beat honest way."*

Prior to and post the workshops we asked our families to give themselves a score in their confidence around the particular topic being presented. Ratings increased post the workshop with some parents reporting huge gains in confidence.

Thankyou Liz and Making Me and we look forward to working with you again in the future.

Best wishes,  
Charlie Houlder Moat  
Parent and Carer Support  
Scotty's Little Soldiers