

Take part in our ECHO Community Day

The death of a child is often one of the most difficult things to talk about so it can be enormously comforting to meet with others who've experienced a similar loss.

At our community day you'll have a chance to reminisce, to laugh and cry, to share photographs and memories and, if you need it, to lean on each other for comfort and support.

Everyone in your family is welcome to join us, so grandparents, brothers and sisters, aunts and uncles, cousins, can all come along.

The day is very relaxed and you can join in with as much or as little as you want, whatever feels right.

There will be a quiet space for anyone who wants it. ECHO members will also be on hand to offer support.

Details of the next Community Day will be released soon.