



Additional support from AIG

Practical support for bereaved children from Winston's Wish



At AIG Life, our role is not only to provide financial support when someone is injured, falls ill or dies.

We know that the death of a parent or sibling can be one of the most fundamental losses a child will ever face. We are therefore proud to work with Winston's Wish to ensure that bereaved children receive the specialist support they need to help them face their future with confidence and hope and to lead full and flourishing lives.

Who is Winston's Wish?

Winston's Wish supports children, young people and families after the death of a mum, dad, brother or sister. This is the most devastating and traumatic situation a child can face. Winston's Wish listens when a child is grieving, acts when they need their help and knows what to say when it is time to talk. With a wide range of services available, they are able to share the journey of bereavement with children and families.

Winston's Wish provides a number of services such as a Freephone National Helpline, face-to-face support and group work, a range of specialist publications, training for professionals, online resources and a website for young people: www.help2makesense.org



Giving hope to grieving children

Winston's Wish is a registered charity,
England & Wales (1061359) Scotland (SC041140)



JACK'S STORY

“Winston’s Wish gave me people to talk to. I could talk to anyone I met through Winston’s Wish and just get it out, instead of just sitting at home and thinking in my head. I can now talk about what happened to my dad and not get upset as I used to. When I first started talking about it, I used to cry, but now I don’t. Winston’s Wish helps, go talk to people, that’s what I did and it helps so much. //”

After the sudden death of his dad, Jack felt isolated and found that he had nobody to talk about his feelings and emotions. He received support from Winston’s Wish, including attending a residential weekend in which he got to meet others who were going through something similar to him.

Why the need for specialist support?

Grief, if left unsupported, can result in significant negative outcomes, affecting children both physically and mentally. For example, bereaved children are 1.5 times more likely to have mental health problems including depression and anxiety; and bereaved children are 60% more likely to be excluded from school or have increased learning difficulties.* By supporting bereaved children we can minimise these negative outcomes, and dealing with emotions can be easier.



**Every day more
than 100 children
are bereaved of a
parent in the UK.***

*Source: Winston's Wish

“ I remember my mum had a heart attack. In the morning I came downstairs and my dad sat me down and he just said ‘last night your mum died.’ The first thing that went through my head was that everything was going to change.

Winston’s Wish has completely changed the way I look at how my mum passed away. Instead of looking at it in a sad way, I can now look at it in a happy way, but still be quite upset that she’s gone. //



LIVVIE'S STORY

After the death of her mum, Livvie and her dad were supported by Winston’s Wish. Livvie received face-to-face support in individual and group sessions, which helped her come to terms with the loss of her mum.

When can I contact Winston's Wish?

Winston's Wish runs a number of bereavement programmes specialising in deaths through accident, illness, suicide, manslaughter, murder and for families within the military.

Through our partnership with Winston's Wish - if one of our policyholders dies or is diagnosed with a terminal illness, AIG will fund the family to receive support from Winston's Wish, wherever they are in the UK. Anyone making a life or terminal illness claim can use this service – it doesn't matter when the policy was taken out.*

How do I contact Winston's Wish?

All you need to do is call the Winston's Wish Freephone National Helpline on 08088 020 021, inform them that you are associated with AIG and give them your policy details. They will take care of the rest.

Their Helpline is open Monday – Friday, 9am – 5.30pm (excluding bank holidays).

You can visit the Winston's Wish website for more information
www.winstonswish.org.

* Winston's Wish is not available with our Whole of Life Insurance or Business Protection products.

// She came home so happy. I haven't seen her smile and giggle the way she does now in two years. Winston's Wish gave me my daughter back. //
Cheryl (parent)

// I will have more ways to remember my dad and more ways to deal with my tough emotions. //
Rafi (15)

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