



### **Rosabel's *Room-to-Talk* Fund**

The **Rosabel's *Room-To-Talk*** Fund is a sister fund to *Room-to-Heal* and is made up of donations to the Rosabel's Rooms initiative. It has been set up to provide access to counselling or psychotherapy for families who have experienced the death of a son or daughter. The scheme provides funding for 6 counselling/psychotherapy sessions per family at a maximum rate of €60 per session (if a therapist or service charges less than €60, then this lower rate is the one which will be used). Additional sessions (up to a maximum of 6) may be approved pending therapist's review at 6 weeks (see relevant section below).

Payment is made on completion of sessions to the accredited counsellor or psychotherapist (or to the counselling service who provided the sessions). NB: the applicant needs to sign the Payment Form to confirm that they attended the total number of sessions. Where the Payment Form is not signed by the applicant, the therapist needs to provide proof of completion of sessions (e.g. a confirmation email from the applicant). Funding comes from Rosabel's Rooms which is made up of voluntary donations and support for the Rosabel's Rooms project.

## What are the criteria for this application?

- Applications are open to parents (or primary carers) resident in the Republic of Ireland, whose son or daughter has died since Jan 2016 (Rosabel's birthday) and who was aged up to 21 inclusive at the time of their death.
- The sessions are for immediate family only - parent or primary carer, sibling or for family or couples' therapy. However, all sessions must be conducted by the same accredited and insured counsellor or psychotherapist (or by the same counselling service). Any exceptions to this must be agreed with Irish Hospice Foundation (contact below).
- The current focus is immediate family only and we cannot accept applications from other family members or associates of the child.
- Applications must be accompanied by a letter of verification of the death of the child/young person from a doctor, social worker or medical professional.
- Where this is a specialist service for particular losses, we may encourage parents (or primary carers) to contact that organisation first. For example, A Little Lifetime (<https://alittlelifetime.ie>) specialize in dealing with the loss of a child through stillbirth or a neonatal death. They offer supports including the option of therapy sessions. See the table below for other specialist bereavement services.
- Unfortunately, we cannot support families coming to terms with loss due to miscarriage. For information on supports that may be available, please see [miscarriage.ie](https://miscarriage.ie).
- Due to our limited resources, we may have to reduce or decline financial support to parents in receipt of significant funding through crowd-funding sites, where funds have been raised for the same reasons listed on an application to us.

## **How do I apply?**

Please download, print and complete the Rosabel's *Room-To-Talk* application form. If you have difficulty in printing the application form, please contact us and we will arrange to have a copy posted to you. Fill out all sections of the application form, and include a signed letter of verification from your doctor, social worker or other medical professional (see details below).

The application form is accessible from the IHF website.

Post completed forms (accompanied by the signed letter of verification) to Room-To-Talk, Irish Hospice Foundation, Morrison Chambers (Floor 4), 32 Nassau Street, Dublin 2. Please contact Catherine Tierney on (01) 6793188 or [bereavementsupport@hospicefoundation.ie](mailto:bereavementsupport@hospicefoundation.ie) if you have any questions or need assistance with completing your application.

## **How does my Psychotherapist/Counsellor get approval for additional sessions?**

Additional sessions (up to a maximum of 6) may be requested following the therapist's review of sessions at 6 weeks. A 6-week review is standard practice among counsellors and psychotherapists and counselling services. If additional sessions are deemed appropriate by the therapist, then they send an email to [bereavementsupport@hospicefoundation.ie](mailto:bereavementsupport@hospicefoundation.ie) stating how many additional sessions are sought (up to a maximum of 6) and giving a brief outline as to why these are needed.

Please include the keyword *Room-To-Talk* in the subject field and please identify the family for whom these additional sessions are requested (i.e. to link the email to the original Room-To-Talk application). We will endeavour to respond to this extension request as soon as possible. Contact Catherine Tierney on (01) 6793188 if you have not received a reply within 2 weeks.

### **Can I apply more than once?**

Currently, the scheme allows for only one application per family child bereavement.

### **How can I find an accredited Counsellor/Psychotherapist in my area?**

As part of the management of this fund, Irish Hospice Foundation have created a panel of accredited counsellors and psychotherapists, whom families can access if their application is successful. These counsellors and psychotherapists have extensive experience of working with families who have experienced child loss and it is hoped that creation of this panel will ease waiting times for families trying to access services. All are accredited members of professional counselling or psychotherapy bodies and as such are insured, receive monthly supervision, and are required to engage annually in continuing professional development (CPD). If you are successful in your application but have not identified an accredited counsellor or psychotherapist, we consult this *Room-To-Talk* panel and will contact you with details of accredited therapists in your area.

### **What if my Counsellor/Psychotherapist session fee is more than the fee covered by the fund?**

If the therapist's session fee exceeds the set fee covered by this fund, this difference will need to be negotiated by the family and the counsellor or psychotherapist. Many therapists offered a sliding-scale to clients, depending on the client's financial means.

### **Is my personal information provided to anyone else?**

Each application form will be carefully assessed by only those Irish Hospice Foundation personnel managing the fund and by the founder of Rosabel's Rooms. If funding is approved, we will also need to contact the accredited counsellor or psychotherapist directly to arrange invoicing

on completion of sessions, however no information about the content of your counselling sessions will be shared with us. Our privacy policy is detailed on: <https://hospicefoundation.ie/privacy-policy/>.

### **What is the likelihood of my application being funded?**

We will consider every application carefully, however funding is limited and application does not guarantee funding. We will endeavour to respond to every application within 4 weeks.

### **What happens if I am successful in my application/what happens next?**

If successful, we will contact you directly to notify you. If you have already identified an accredited counsellor or psychotherapist (or a Counselling service), you will need to contact them directly to schedule sessions. You can direct them to this webpage for information or ask them to contact at [bereavementsupport@hospicefoundation.ie](mailto:bereavementsupport@hospicefoundation.ie). Payment is made on completion of signed-off sessions.

### **Who pays the Counsellor/Psychotherapist?**

The accredited counsellor or psychotherapist will be paid a maximum of €60 per session (for 6 sessions or up to 12 sessions if additional sessions are approved) on completion of all of the counselling sessions. If a therapist or service charges less than €60, then this lower rate is the one which will be used. They will need to print and complete the Rosabel's *Room-To-Talk* payment form and have it signed by the applicant to confirm that these sessions were completed. Then scan it to Catherine Tierney at [bereavementsupport@hospicefoundation.ie](mailto:bereavementsupport@hospicefoundation.ie) or post it to: Room-To-Talk, Irish Hospice Foundation, Morrison Chambers (Floor 4), 32 Nassau Street, Dublin 2 **NB:** The parent (or primary carer) who made the application will be required to sign the payment form to confirm the dates and number of sessions completed. The payment form is accessible from the IHF website.

## If unsuccessful, can I appeal the decision?

There is currently no formal appeals process, but please feel free to send an email with any questions or concerns to [bereavementsupport@hospicefoundation.ie](mailto:bereavementsupport@hospicefoundation.ie). IHF also has a [complaints and feedback procedure](#).

## Feedback on the scheme

Our application form includes a check box asking you to confirm that you would be happy for us to contact you on the conclusion of the scheme for feedback purposes. We would not contact you for any other purposes unless you opt-in for further communication.

## Are there other Family Bereavement Supports?

Below are organisations which offer support to families and to siblings, including an opportunity to meet with others whose child has died.

Some offer volunteer support and others are staffed by professional therapists. See the table below:

<b>A Little Lifetime</b> <a href="https://alittlelifetime.ie">https://alittlelifetime.ie</a>	Bereaved parents (Families bereaved through prior to birth, Stillbirth, Neonatal Death). A Little Lifetime holds group meetings for parents who have lost a child prior to birth, through stillbirth or a neonatal death. The organisation also provides an online Forum where you can meet with other parents and there are annual services of remembrance. Any parent/parents who would like extra support can avail of one-to-one sessions offered by a psychotherapist.	01 8829030
<b>Anam Cara</b> <a href="http://www.anamcara.ie">www.anamcara.ie</a>	Bereaved parents & siblings (deceased child of all ages, includes death of adult child). Anam Cara hosts monthly meetings around the country where parents who have lost a child of any age can meet each other. The provide information on bereavement through their website	01 4045378 / 085 2888 888

	and bereavement talks. Anam Cara will try to help you find the relevant bereavement support services that are available.	
<b>Brain Tumour Ireland</b> <a href="https://braintumoureireland.com/">https://braintumoureireland.com/</a>	Offers support to people with brain tumours, their carers/family/friends.	085 77 09 966
<b>FirstLight</b> <a href="https://firstlight.ie/">https://firstlight.ie/</a>	Offers free one-to-one and couple counselling to all parents and family members grieving the sudden loss of a child; bereaved siblings are offered play and one to one therapy, provided by fully qualified therapists accredited in play therapy.	1850 391 391
<b>Jacinta's Smile</b> <a href="https://jacintassmile.ie">https://jacintassmile.ie</a>	Jacinta's Smile runs events throughout the year for bereaved siblings including adventure days and facilitated online groups for different ages. The organisation also provides financial assistance towards counselling for bereaved children and has a list of qualified counsellors to provide tailored counselling to bereaved siblings across Ireland	090 6625898 087 4220000
<b>Children's Grief Centre</b> <a href="https://www.childrengriefcentre.ie/services/">https://www.childrengriefcentre.ie/services/</a>	Bereavement one-to-one support for children and young people aged 4 to 18 years, who are affected by loss through death, separation or divorce.	061 224 627
<b>Cardiac Risk in the Young (CRY)</b> <a href="https://cry.ie/">https://cry.ie/</a>	Offers free counselling service and support for families and friends affected by sudden death or cardiac conditions.	1800 714 080
<b>HUGG (Healing Untold Grief Groups)</b> <a href="https://www.hugg.ie/">https://www.hugg.ie/</a>	HUGG is a peer support organisation for anyone bereaved through suicide. Facilitated groups are held across the country where people bereaved through suicide can meet each other.	01 5134048
<b>Pieta House</b> <a href="https://www.pieta.ie/">https://www.pieta.ie/</a>	Offers free counselling service and support for families and friends affected by a death by suicide	1800 247 247