



ANTS

'A Nice Time on Saturdays'

Helping children in Sheffield cope with bereavement

[Who are ANTS?](#)

ANTS is a student-led group committed to helping children who have suffered bereavement. We are based at The University of Sheffield Students Union, and we run activity days for children aged between eight and eleven.

[Activity Days](#)

The activity days provide children with an opportunity to meet others of their own age experiencing similar emotions. The days are designed to allow the children to express themselves, build confidence and make friends.



The children are given the opportunity to take part in a variety of expressive craft activities, sports, and games. Most sessions take place in the Students Union building. Sometimes the children are taken out on a trip, previous destinations have included Ninja Warrior, Bowling and the Videogame museum. The days are free of charge and lunch is provided. The days run from 10:30am-3:30pm.

[Our volunteers](#)

All the students taking part in the project have received extensive training. The training covers behaviour management and safeguarding issues; in addition all volunteers have undertaken DBS checks. There is a minimum of one-to-two ratio of volunteers to children on all the trips.

[How to contact us](#)

If you would like any more information, please contact us:

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