

Pathway for children and young people in Leeds who have been bereaved

*“Children and young people often report feeling alone and different following the death of someone important in their lives”*

*(BMJ Supportive and Palliative Care* 2012;2:2-4)

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This pathway has been produced by Charlotte Hanson, Office of the Director of Public Health, with contributions from members of the Leeds Children and Young People Bereavement Steering Group.

1. **Introduction**

**Aims**

This pathway aims to:

* Set out a citywide approach to addressing the needs of children and young people who have experienced bereavement.
* Describe the integrated pathway in Leeds for a child / young person who has been bereaved.
* Provide staff with clear guidelines about how to support a child/young person who has been bereaved.

The intended outcomes for Leeds are:

* A more open attitude to discussing death and bereavement.
* Grief responses normalised.
* Practitioners feel more confident to support children/young people and refer appropriately.
* Children/young people who have experienced bereavement feel less alone and different.

**Scope**

The pathway is aimed at practitioners within universal settings such as schools, Children’s Centres, voluntary sector agencies or GP practices. The pathway focusses predominantly on supporting children who have lost a key family member or friend, as opposed to focussing on supporting a parent when a child dies.

Staff within Early Start Teams (working with 0-5 year olds) should also refer to the EST Bereavement Pathway specific to this service.

School staff are also encouraged to access training provided by the Health and Wellbeing Service (see Appendix 1) and refer to their school bereavement policy.

**Prevalence**

There is no formal system for recording of how many children are bereaved, so data tends to come from self-reported surveys.

In the Leeds ‘My Health My School Survey’ participants were asked about bereavement they had experienced within the last year. In the 2014/15 survey of 2482 secondary school students (in years 7, 9 & 11) 2.9% (72) stated that they had lost someone who lived in their house such as a parent or sibling, 31.55% (783) had lost someone in their family but who does not live in the same house as them and 6.81% (169) had lost a friend.

Very similar percentages/numbers were recorded in the Leeds ‘My Health My School’ survey of 3361 primary school children (in years 5 & 6) in 2014/15.

Child Bereavement Network also estimates numbers of bereaved children in each local authority using using mortality statistics, census data and other sources. See box below.

**Leeds**

We estimate that each year, around **260** parents die in this area, leaving around **450** dependent children (aged 0 to 17).

We estimate that the current school-age population of children and young people (aged 5 to 16) in this area who have been bereaved of a parent or sibling at some point in their childhood is around **3140**

Source: http://www.childhoodbereavementnetwork.org.uk/research/local-statistics.aspx

**Key Principles**

* Greif is a normal process that is difficult, but should not be pathologised. It is important not to assume that all bereavement results in ongoing mental health issues for children and young people.
* Bereavement is not an issue to be dealt with once as it will continue to impact on the child / young person over time, especially as the child moves through different developmental stages.
* Ideally children will access support from within their own family unit, so supporting the parents and the family as a whole is important.
* Local services delivered close to where children/young people and their families live (e.g. schools and Children’s Centres) are best placed to support children/young people throughout the grieving process, rather than specialist services.
* This document has been designed to support people working with children/ young people who have been bereaved but many of the questions and processes can apply in other areas of loss such as separation and divorce.

The pathway diagram is displayed on the following page.

To view it in A3 format (this is required for printing), double click on the image of the pathway and it will open as a separate PDF.

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**1.0 Build community capacity**

**1.1 Reduce stigma and promote resilience**

* ***Normalise conversations about loss and death.***

Practitioners can support children / young people to build an age appropriate understanding of loss, separation and death by including it as a topic within everyday conversations. This helps to create a culture where death is not seen as a taboo topic. Sharing books about death and loss as part of normal story telling is important even when there hasn’t been a death so that the child learns to talk about the range of feelings we all experience.

* ***Promote children/young people’s emotional literacy in order to understand, express and manage feelings and emotions***

Universal settings have a role in promoting emotional literacy so that children/young people are able to recognise, express and manage their feelings. This should build resilience for children/young people to draw on when they do experience bereavement or other losses.

This sort of intervention can be from general discussions about loss and change or in more formal curriculum interventions focussing on building emotional literacy.

**1.2 Build service capacity to support bereaved children/young people**

* ***Develop a bereavement policy***

Services should ensure they have discussed their response to supporting a bereaved children/young people and families and if appropriate, create a bereavement policy.

Schools have access to a prototypical bereavement policy that can be adapted to meet the needs of each school. This is provided as part of bereavement training for schools (see Appendix 1).

* ***Ensure staff are confident to discuss death and grief***

Services should review practitioners’ confidence to talk about loss and death and address any personal taboos people feel about the subject.

**Free online training** is available via MindEd which addresses parental loss, grief in children and how to work with grieving children. It also covers loss of others by death or separation/divorce and the range of bereavement or mourning reactions.

This is available through the “I work with Young people” section on the Mindmate website [www.mindmate.org.uk](http://www.mindmate.org.uk)

The Public Health Resource Centre (see Appendix 2) has many useful publications for loan which support practitioners to talk about death and bereavement. These include guides to supporting teenagers with grief, supporting children who have been bereaved by suicide and picture books explaining loss for younger children.

The Health and Wellbeing Service offer grief and bereavement training to all school staff, in partnership with Child Bereavement UK and Elliot’s Footprint. This aims to support staff in supporting pupils and families who have been bereaved. More information can be found at [www.schoolwellbeing.co.uk](http://www.schoolwellbeing.co.uk). Staff who attend this training also receive whole school access to the Child Bereavement UK eLearning package, which enables all staff in school to have training on supporting grief and bereavement.

* ***Develop practitioners’ knowledge of how CYP experience grief***

Loss and responding to death is something that affects everyone. The response is an individual process and is affected by a variety of factors. For children and young people, the impact on them can be profound and can run through a life course. Long term, there can be effects on their socialisation, some children report being bullied as a direct result of being bereaved, and it can also impact negatively on concentration and educational attainment.

Bereavement affects children and young people in different ways dependent on a variety of factors:

* How sudden the death was.
* The age of the child/young person.
* The support mechanisms and resilience of the child/young person.
* How it is handled – both by the family and by the others around the child/young person.
* The closeness of the person who has died to the child/young person.
* The nature of the death.
* Previous experiences of bereavement and the number of bereavements experienced.

It is normal for children and young people who are bereaved to react with physical responses, emotional responses and behaviour responses. Examples include:

* Being anxious.
* Open distress.
* Refusal to cooperate.
* Panic.
* Having vivid memories.
* Trouble sleeping.
* Feeling sadness.
* Feelings of anger against people and things.
* Feelings of guilt.
* Regressing to behaving like a younger child.
* Changing personality.
* School problems e.g. lack of concentration.
* Psychosomatic illness.
* Bed wetting.
* School refusal.
* More susceptible to being bullied.
* Any other signs of stress/change of mood – these may be expressed in unexpected ways e.g. nervous giggling, stoical bravery, untypical aggression, clowning around, or even total denial. These signs may show at the time or sometime after the death has occurred.

Not everyone has these feelings and, although they may be very strong and confusing, they are normal feelings which are associated with many bereaved people. Hopefully they will subside over time, and with reassurance from adults.

* ***Develop practitioners’ knowledge of developmental understanding of death***

Children and young people process the experience of losing someone differently to adults due to the development process and development of the brain.

‘*For adults, it feels like having to wade through rivers of grief, and they may get stuck in the middle of a wide sea of grieving.  For children, their grieving can seem more like leaping in and out of puddles. First reactions may range from great distress to seeming not to be interested.  One minute, they may be sobbing, the next they are asking: “What’s for tea?”  It does not mean they care any the less about what has happened.’ -* Winston’s Wish

As children mature, their understanding of death also develops:

Birth to 6 months

Babies do not understand death but they can feel a sense of abandonment, demonstrated by anxious behaviour, inconsolable crying or disrupted feeding. This is particularly difficult if the baby’s primary caregiver has died.

6 months to 2 years

Babies at this stage can now picture the primary caregiver internally even when they are not present so, if they die, the baby is aware of their absence and may become withdrawn and loose interest in playing or interacting. Young toddlers may also try to seek out the person.

2 years to 5 years old

Young children cannot understand abstract concepts and therefore struggle to understand that death is permanent and may expect the person to return. They may see death as a kind of sleep and worry about practical issues such as how the dead person will eat.

Children of primary school age

As a child moves through primary school, their understanding of death matures and they begin to realise that death is irreversible and inevitable (usually around age 7). Children may be anxious about their own death or death of a loved one. Children may imagine that their thoughts or actions caused the death. They may revert to acting like a younger child and struggle emotionally.

Children of secondary school age

Adolescents are already experiencing a period of change and struggles relating to puberty such as creating their own identity away from their parents/carers. Experiencing bereavement can compound these difficulties. Adolescents may inhibit their grief and become withdrawn and apathetic. They may take part in risk-taking behaviours to cope with feelings of anxiety and awareness of their own mortality.

* ***Develop practitioners’ knowledge of the impact of traumatic death***

1. Suicide

In addition to the normal emotions associated with bereavement, death by suicide can result in emotions such as guilt, shame or self-blame. Families must cope with the aftermath of such a traumatic event whilst being under public scrutiny. Some people feel isolated by the stigma attached to suicide and struggle to talk about their feelings.

Encourage families to be open about the cause of death with children or young people, as hiding the truth can result in lack of trust and problems later on. Simple language such as ‘daddy felt so sad that he made himself die’ could be used.

Children/young people are likely to worry that it was their fault or that others will take their own lives so support and reassurance is vital.

1. Death by violence

Death by violence is also extremely traumatic and can result in fear, anger, vengeance, blame, guilt and confusion. For children/young people there can be the realisation that the world is not a safe place leading to concerns about their own and others’ safety. Families also have to deal with the police and media which can be extremely intrusive.

When talking about the death it is important to be honest but avoid emotive language such as ‘stabbed’ or ‘murdered’ as simpler words such as killed have less focus on the violent circumstances.

If a child/young person witnesses the crime they are more likely to need professional support in the immediate aftermath and can be at risk of developing post-traumatic stress disorder. Contact the GP or Single Point of Access (see section 4.6).

* ***Create an individual plan if a death is expected***

For those where the death is expected, such as after a period of illness, preparative work can be very helpful in ensuring that the grief process is well supported after the death.

In these situations the child/young person may be accessing support from an organisation supporting the person who is dying (such as a hospice) so find out what (if any) support they are getting to ensure work is linked up. Improved communication between health and education sectors can support the child/young person throughout this time.

**2.0 Support following death**

Children and young people who are part of the **Child Bereavement Network** have said that the following things can help:

* having the death acknowledged
* being given age-appropriate information about what has happened and what is going to happen
* having the chance to express their feelings and thoughts about the death
* being helped to remember
* taking part in opportunities to say goodbye and commemorate the person who has died
* knowing they are not to blame for what has happened
* meeting other children and young people who have been bereaved.
  1. **Support child/young person**
* ***Greif is a normal process that is difficult, but should not be pathologised. Do not assume that all bereavement results in ongoing mental health issues.***
* ***Non-specialist universal services (e.g. GPs, schools, Children’s Centres) are ideally placed to offer support rather than seeking specialist help immediately after a death.***

It is possible for grief to be pathologised (i.e. treated as psychologically abnormal and indicating a mental health problem); this can lead to a fear of working with the child/young person and an instinct to refer immediately for specialist support. In fact, universal settings, such as schools, Children’s Centres or voluntary sector agencies are usually best placed to support the child/young person following the death as they will already have a trusted relationship. It is not usually appropriate to seek specialist help immediately after a death as it is normal for the child/young person to demonstrate many upsetting emotions and behaviours.

* ***Encourage open and honest communication and avoid euphemisms***

Children learn how to talk about and react to death from adults. It can feel uncomfortable and be hard to know what to say, but talking openly and raising the subject can reassure them that it is ok for them to talk about it.

Use honest words such as death and dying but also recognise the terminology that the child uses for death. Phrases such as ‘gone to sleep’ or ‘passed away’ or words such as ‘lost’ may feel kinder but are misleading and will lead to confusion and complication, especially for younger children. If death has been referred to as ‘falling asleep’ it is logical for children to become fearful of sleeping or of going to bed or if it is referred to as ‘losing someone’, this implies that something is lost and could be found again.

When children ask difficult questions, there is no automatic need to give a long explanation. It is often best to start by asking: ‘What do you think?’, and then build on their answer. Give concrete information, for example, if they ask about the body it can be helpful to explain that when someone dies they don’t breathe, don’t need to eat, can’t feel again and won’t wake up again. If they ask about what happens when someone dies, then acknowledge that people have different beliefs and discuss what their family belief is.

* ***Support child/young person to cope with emotions***

The child/young person may feel overwhelmed by emotions but reassure them that this feeling is normal and will pass. Sometimes the child/young person feels pressure to respond in a certain way so it is helpful to reassure them that everyone reacts differently and it is ok to cry or not to cry.

Suggest alternative ways for child/young person to express emotion such as via sport, punching cushions, drawing or keeping a journal.

A normal routine can help children and young people to feel more secure and provide a sense of normality. Encourage the bereaved child/young person to be themselves without feeling guilty (being with friends, time to play in a safe space outside of the home environment).

Some children may feel that the death was their fault (for example, if they misbehaved) so reassure them that something else caused the death and it’s not their fault.

* ***Provide handout to young people***

There is a handout in Appendix 3 in a format to provide to young people. It is also available to download:

<https://www.mindmate.org.uk/im-a-professional/professional-resources/>

The Public Health Resource Centre provides copies of [A pocket full of plasters](http://129.11.128.71/uhtbin/cgisirsi.exe/?ps=OqnA9Xg3pP/LGI/97470007/123) which is a credit card sized leaflet produced by Winston’s Wish that unfolds with 10 ‘plasters’ with advice that children/young people can try when they are hurting.

There are many other useful resources available to buy online. One recommended resource is the Child Bereavement Network postcards that bereaved children and young people can use to alert their parent or carer, friend or teacher how they can help through this difficult time, and to remind themselves of coping strategies. Each card lists various ways to help, suggested by other young people who have been through similar experiences. The child can indicate which ideas they prefer or are particularly relevant. These cards cost £9 for a pack of 100 cards (25 sets of four designs: to my parents/carers, to my teacher, to my friend and to myself). <http://shop.ncb.org.uk/product_p/cbn-4100-050.htm> or search ‘child bereavement network shop’.

**2.2 Consider complexity of bereavement and vulnerability of CYP**

Although the key message of this pathway is that universal services are best placed to support bereaved children/young people in the initial few months following a death by taking a ‘watch and wait approach’, there may be circumstances where more specialist support is required at an earlier stage.

Consider if the child/young person has existing mental health difficulties or other complex issues that may impact on their resilience to manage their grief. Children/young people who experience a parent dying from suicide have an increased risk of depression[[1]](#footnote-1). The impact on the child/young person of such a traumatic method of death may require earlier input from specialist services.

* 1. **Support family**
* ***Ideally CYP will access support from their own family unit.***
* ***Provide contacts of adult bereavement services***

Professionals should consider how they can support the whole family. Ask the parents/carers what support they are getting and what their needs are. Often families require practical help as well as emotional in order to navigate the processes following a death in the family.

Appendix 4 has information about support services for adults in Leeds plus websites and helplines including those targeting specific groups. It may be helpful to go through these options with the adult or just provide some of the most relevant contacts, as the whole list may be overwhelming at this time.

An online directory is available on Leeds Bereavement Forum website [www.lbforum.org.uk/module\_directory/](http://www.lbforum.org.uk/module_directory/)

* ***Encourage adults to be open and honest as this is important in helping CYP manage their grief.***

The response of those around them, particularly within their family, is important in helping the child/young person through the grief. If the family is not coping well with the loss then this means that the child/young person may also struggle. Reassure the parents/carers that it is ok for child/young person to see them cry as it gives the child/young person permission to show their feelings.

Families who have been bereaved usually want people to talk about the person who has gone. It is ok to tell them you are sorry and even that you don’t know what to say. You can’t make it better for them and they would rather you said something than nothing.

* ***Signpost to local Children’s Centre if family has child under 5 years old so they can help families to support the bereaved child.***

Children’s Centres (as part of Early Start Teams with Health Visitors) have a key role in supporting all families who have children under 5 (not just those who have a child attending the Children’s Centre).

When a younger child is bereaved the most beneficial thing is to ensure that parents/carers are receiving the support and encouragement to manage their own grief and support their child.

All practitioners can refer children under 5 to **Early Start teams** by contacting the local Health Visitor Team or Children’s Centre.

* 1. **Crisis support for schools**
* ***Crisis Line offers support to schools following a death in the school community.***

Schools can contact a crisis line to ring and gain support from a Senior Educational Psychologist following a bereavement in the school community.This is usually if a child attending the school or staff member has died, or there has been an incident that has a significant impact on the school.

Tel: **0113 378 3645**.

* ***Step by Step Samaritans service – support with repercussions of suicide or attempted suicide***

Step by Step is a Samaritans service that provides advice and practical guidance to help schools prepare for, and deal with, the repercussions of suicide or attempted suicide in ways which avoid inadvertently promoting suicidal feelings.

The service is offered by specialist volunteers, called Postvention Advisors, who offer practical support, guidance and information on addressing the impact of suicide on the school community.

Email: [stepbystep@samaritans.org](mailto:stepbystep@samaritans.org)

Tel: **0808 168 2528**

**3.0 Watchful waiting**

**3.1 Offer ongoing support**

***Universal services have a key role as “watchers and waiters” as regular contact offers a chance to assess how the CYP is coping on an ongoing basis.*** It may take months or years for the child/young person to reach the stage of acceptance in which they feel able to enjoy their usual activities and not be overwhelmed by distressing emotions.

* ***CYP may react to the death sometime after the event, particularly if official procedures such as inquests are involved.***

Traumatic deaths, such as murder, manslaughter, suicide or substance misuse, often result in police investigations, a post mortem, trials and court attendance. The processes surrounding these types of death can be complex and lengthy and may cause the child/young person to re-visit the circumstances and their grief time and time again, thus prolonging the grieving process.

**3.2 Identify if CYP needs additional support.**

* ***With support from family and the settings around them, most CYP will cope with their grief effectively, especially if they are encouraged to talk about how they feel and about the person who has died.***

Professionals often feel that they should refer a child/young person for ‘specialist’ bereavement support immediately following a death; however research shows that it is best if someone close to the child/young person provides immediate help.

With support from family and the settings around them, most children/young people will cope with their grief effectively.

* ***For some CYP problems may persist or become more severe, requiring additional support to deal with the bereavement or resulting mental health problems.***

Not all children/young people have strong family units offering support, or there may be complex circumstances relating to the death, existing mental health problems within the family or other complexities that impact on the child/young person’s vulnerability and capacity to manage their grief.

The following list offers some indication of warning signs that the child/young person may require extra support:

* Avoidance of friends and family.
* Always tired and ill.
* School problems/difficulties.
* Self-destructive behaviour, desire to die.
* Persistent feelings of worthlessness and guilt.
* Continual denial of the reality of the death/loss.
* Experiencing prolonged depression/anxiety.
* Aggressive behaviour.
* Reliance on alcohol/drugs or eating disturbances.

(Source: Northumberland Children’s Loss and Bereavement Protocol and Care Pathway)

* ***Consider if the grief process is stopping them living a normal life even after time has passed. Some services suggest waiting 4-6 months following a death prior to referral.***

The most important indicator is the judgement of a person who knows the child well who feels that the grief process is stopping them living a normal life even after time has passed.

**4.0 Additional support**

It is important not to pathologise grief as it is normal for people of all ages to struggle and feel low, however if you feel that child/young person needs additional support this section sets out services that are available. The pathway diagram sets out these services visually based on the age of the child.

**4.1 Early Start Teams**

Talking therapy services are only available for children from school age upwards because of the developmental understanding of grief needed for one to one work.

When a younger child is bereaved the most beneficial thing is to ensure that parents/carers are receiving the support and encouragement to manage their own grief and support their child.

All practitioners can refer children under 5 to **Early Start Teams** by contacting the local Health Visitor Team or Children’s Centre. Children’s Centres are able to help families to support a bereaved child. This support is available at any stage of the bereavement process.

**4.2 Schools**

Primary and Secondary schools are grouped together in geographical areas known as clusters. Each cluster commission’s services based on the need in their area, so the services available may vary, but all clusters offer support for children/young people who have emotional health difficulties as a result of bereavement. This can include:

* MindMate Wellbeing Support
* SAD Events
* Seasons for Growth

***MindMate Wellbeing Support*** or ***Cluster Mental Health Support*** (previously known as Targeted Mental Health in Schools or TaMHS) provides therapeutic support for children/young people within a school setting. This therapeutic support can be in the form of staff consultations, group work, individual support or family consultations.

How to refer varies depending on the professional group:

* School professionals should refer via the internal cluster procedures.
* Other professional (including GPs) can access this support via the Single Point of Access (see below).
* Parents/carers should approach the school's pastoral lead/learning mentor to discuss concerns and options.

***SAD Events*** professionals can provide three sessions of counselling to children/young people (aged 4 to 16) within a school setting from 4-6 months after the death, if parents/school staff are concerned that the child/young person needs additional support or they are ‘stuck’ in their bereavement cycle. These sessions are based on solution focused approaches.

SAD Events is coordinated by Educational Psychology Team. The SAD events team also offer consultation for those helping them such as teachers and parents. If you would like help from the Sad Events Team or to receive a referral form please contact **0113 3951042**.

***Seasons for Growth*** isan 8 week group programme where small groups of young people (aged 6-18) get together to find new ways of coping with change, loss and grief and gain peer support. It is an education programme and does not provide counselling. Some clusters have professionals trained to facilitate Seasons for Growth programmes.

Schools staff can train to deliver the programme. This training is run by the Educational Psychology Team. Book via Leeds for Learning Website <http://www.leedsforlearning.co.uk> or contact **0113 3951039**

**4.3 The Market Place Bereavement Counselling**

Young people aged 11-19 can self-refer to The Market Place bereavement counselling**.**

The Market Place offers 6 sessions with a counsellor, who is trained and experienced in supporting young people who have experienced a bereavement or death of any kind.

Young people can use their sessions to talk about what has happened, their feelings and how this is affecting them, and/or do activities with the counsellor. These include things like memory jars, memory boxes, memory books and using drawing and painting to share your feelings.

Contact **0113 2461659** to make a Bereavement Intro Session appointment. This is a one off appointment to come and find out more (11 or 12 year olds will need consent from an adult).

**4.4 St Gemma’s Hospice Young People’s Service**

St Gemma’s Hospice Young People’s Service offers support to children and young people (0-18 years old) and their families who have been bereaved as a result of a long term condition (not a sudden death). Workers offer one-to-one sessions with children as well as other support events throughout the year. Support can be given on site, at school or in the home. Please note there is limited capacity for this service.

For more information, please contact the team on **0113 218 5500** or email [socialworkers@st-gemma.co.uk](mailto:socialworkers@st-gemma.co.uk)

St. Gemma’s will also take referrals from school staff or health professionals for any child up to the age of 18.

**4.5 Martin House Children’s Hospice**

Children/young people who have lost a sibling due to a life limiting condition (ranging from babies diagnosed antenatally to young adults up to the age of 25) can access support via Marin House. This includes those who have not previously accessed Martin House.

Tel: **01937 845045**

Children/young people who have lost a sibling as a result of a life limiting or life threatening condition such as cancer may also be receiving support from specialist NHS teams or services.

**4.6 Single Point of Access (SPA)**

Professional referrals (expect those made by school staff) for emotional wellbeing and mental health services are now all to be made via Leeds Mindmate Single Point of Access (SPA) for children/young people up to age of 18 who have a Leeds GP. The MindMate SPA provides access to the full range of services available in Leeds, dependant on the needs of the child/young person.

SPA Contact details: **0113 376 0324** (9am – 5pm)

The services that the SPA worker may refer a child/young person to include:

* The Market Place Bereavement Support service for young people aged 11-19 year who provide 6 sessions with a counsellor.
* MindMate Wellbeing Support (previously known as Targeted Mental Health in Schools or TaMHS) which is provided through school clusters.
* The Therapeutic Social Work team work with children/young people who have an allocated social worker already, and are displaying some form of difficulties in relation to the bereavement which are outside the realm of normality.

* Child and Adolescent Mental Health Services (CAMHS) provides family support for all ages up to 17, but only if the young person had significant mental health needs, which would rarely be arising from the bereavement alone.

1. **Review and ongoing support**
   1. ***Support CYP to remember person who has died***

Many children/young people worry that they will forget the person who has died.

The information sheet (from the charity Winston’s Wish) suggests activities to do with the child, such as creating a memory box. This could include cards from the person, photographs, perfume or aftershave, jewellery or any other item that reminds the child/ young person of the person who has died.

http://www.winstonswish.org.uk/wp-content/uploads/2013/10/Activities-to-do-with-a-child-that-has-been-bereaved.pdf

The Public Health Resource Centre (details Appendix 2) stock some interactive resources from Winston’s Wish that provide more detailed information about activities to help the child/young person remember the person.

As children/young people move through the different developmental stages they may re-experience grief as they understand that the person will never be returning.

* 1. ***Provide ongoing assessment***

Provide ongoing assessment, including recognition of potentially difficult dates relating to person who died (for example birthdays, inquest dates), and challenging transition times for the child/young person. Be aware of activities that may be upsetting such as making a ‘Mother’s Day’ or ‘Father’s Day’ card. Talk to the child/young person rather than automatically excluding them to find out what they would like to do. Ideas at [www.winstonswish.org.uk/remembering-special-occasions/](http://www.winstonswish.org.uk/remembering-special-occasions/)

Appendices

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2. **Resources for professionals**
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4. **Contact details for adult family members: *‘Support for bereaved adults in Leeds’***

**Appendix 1: Training**

* **Grief and bereavement in schools – everybody’s business (Full day)**

Exclusively offered to Leeds Local Authority schools. This course is delivered in partnership with Child Bereavement UK and Leeds' based charity, Elliot's Footprint.

The course aims to develop the skills, knowledge, understanding and confidence of staff to support pupils who are experiencing loss and grief. It is suitable for staff working in a primary or secondary school setting, and is ideal for Headteachers and members of the Senior Leadership Team.

Each attending school will also gain whole school access to the Child Bereavement UK eLearning package, 'Supporting Bereaved Pupils,' which will take no more than 2 hours for staff to complete.

ELearning has been heavily subsidised by Elliott’s Footprint and Child bereavement UK, as this alone has a value of £250. Each school attending will also receive a model bereavement policy to be adapted to fit the needs of the school.

<http://www.schoolwellbeing.co.uk/training_courses>

* **MindEd - Loss and Grief – free 25 minute e-learning**

This session addresses parental loss, grief in children and how to work with grieving children. It also covers loss of others by death or separation/divorce and the range of bereavement or mourning reactions.

[www.minded.org.uk/course/view.php?id=90](https://www.minded.org.uk/course/view.php?id=90)

* **Leeds Bereavement Forum | Basic Bereavement Skills for those working with Children (Half Day)**

This half day training course is aimed at those working with bereaved children. The session introduces some of the basic theories about the grieving process and develops skills and awareness in a small group through exercises and discussion. At the end of the session participants should:

* Have a greater awareness and understanding of the grieving process.
* Feel more confident in addressing bereavement issues with the children they work with.
* Feel more confident in recognising what is part of the ‘normal’ grieving process and recognising when people need more specialised support.

Prices for half day courses start at £250. Our courses can be adapted for specific groups of people as necessary to ensure our training is as relevant to your organisation as possible.

[www.lbforum.org.uk/page19-Training.htm](http://www.lbforum.org.uk/page19-Training.htm)

**Appendix 2: Resources for professionals**

The Public Health Resource Centre (PHRC) offers support to anyone in Leeds with a responsibility or professional interest in public health or promoting health and wellbeing.

They stock a wide range of resources to support professionals who are working with children who have been bereaved, including guides to supporting teenagers with grief, supporting children who have been bereaved by suicide and picture books explaining loss for younger children.

The centre also currently stock ‘A Pocket full of Plasters’ which is a leaflet for children who have been bereaved.

Technorth, 9 Harrogate Road, Chapel Allerton, Leeds, LS7 3NB

[www.leeds.gov.uk/phrc](http://www.leeds.gov.uk/phrc)

**Useful websites**

<http://www.childbereavementuk.org/>

[www.winstonswish.org](http://www.winstonswish.org)

[www.childhoodbereavementnetwork.org.uk/](http://www.childhoodbereavementnetwork.org.uk/)

[www.achildofmine.org/](http://www.achildofmine.org/)

[www.griefencounter.org.uk/](http://www.griefencounter.org.uk/)

[www.cruse.org.uk/](http://www.cruse.org.uk/)

[www.samaritans.org/your-community/supporting-schools](http://www.samaritans.org/your-community/supporting-schools)

[www.samaritans.org/your-community/supporting-schools/step-step/step-step-resources](http://www.samaritans.org/your-community/supporting-schools/step-step/step-step-resources)

[www.supportline.org.uk/problems/bereavement.php](http://www.supportline.org.uk/problems/bereavement.php)

[www.careforthefamily.org.uk/family-life/bereavement-support/bereaved-parent-support](http://www.careforthefamily.org.uk/family-life/bereavement-support/bereaved-parent-support)

This website has an information including information on how to help bereaved parents Download the free resource sheet ["How you can help bereaved parents"](http://www.careforthefamily.org.uk/wp-content/uploads/2013/10/How-You-Can-Help-Bereaved-Parents-NEW-2013.pdf), for anyone supporting a bereaved parent, it is based on real-life experiences and contains some practical tips on helpful things you can say and do - and those things best avoided.

**Appendix 3:**

**The links below are for a hand-out to give to young people (appropriate for those over 11) who have been bereaved. It includes information about services and useful websites and telephone helplines.**

**If you would like to print this hand-out, it is embedded here as an A4 document and in an A5 leaflet format:**

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**Appendix 4: Services that offer support for bereaved adults**

**Face-to-face support in Leeds:**

## Cruse Bereavement Care

Offers support to bereaved people aged 18 and over to help them understand their grief and cope with their losses including:

* One to one and group support from trained bereavement support volunteers.
* Drop-in is open on first and third Wednesdays of the month at the Robert Ogden McMillan Cancer Information Building at St. James’s Hospital, Beckett Street, Leeds LS9 7TF. No appointment is needed; simply arrive between 4.30pm and 6.30pm.
* Telephone support is available: **0113 234 4150**

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk/)

## Leeds Suicide Bereavement Service | Compassionate support for people bereaved by suicide

Offers one-to-one support and group support for adults who have been bereaved by suicide. Can offer support to parents to guide them in supporting bereaved child/young person.

* For more information on individual support contact Leeds Survivor Led Crisis Service on: **0113 260 9328**.
* For more information on group work support or to find out when our next drop in is please contact Leeds Mind on **0113 305 5800** [bereavedbysuicide@leedsmind.or.uk](mailto:bereavedbysuicide@leedsmind.or.uk?subject=enquiry%20generated%20by%20lbforum.org.uk%20website)

## Martin House Children's Hospice

Offers a community bereavement service for families who have lost a baby or child through a life limiting condition (ranging from babies diagnosed antenatally to young adults up to the age of 25) including those who have not previously accessed Martin House. It is usually for the parents of a baby or child who has died; support for other family members can also be arranged. The aim is to provide an opportunity to talk through feelings and find ways of coping within a supportive and confidential professional relationship. Referrals can usually be made up to 2 years after a baby or child’s death, and each one will be considered on an individual basis.  
**01937 845045**

<http://www.martinhouse.org.uk/>

## Charlie’s Angels Centre

Charlie’s Angel Centre supports bereaved parents and families who have lost a baby or young child.

* Telephone and email support.
* A community support group.
* Information and support in your local area.
* One-One free bereavement counselling.

[www.Charlies-Angel-Centre.org.uk](http://www.charlies-angel-centre.org.uk/)

* **St Gemma’s Hospice Bereavement Service**

The hospice continues to care for the patients’ family and carers after death. Qualified bereavement counsellors and bereavement workers offer one to one sessions on site as well as regular bereavement support groups which incorporates a facilitated peer support approach. Home visits can be accommodated in exceptional circumstances. Referrals can be made by professionals or self-referral: the service is only available to those who are connected to someone cared for by the Hospice.

[www.st-gemma.co.uk](http://www.st-gemma.co.uk/)

**0113 218 5500**

## SANDS (Stillbirth and Neonatal Death), Leeds

Leeds Sands are a group of bereaved parents who provide support for other parents and families who have suffered the death of a baby before, during, or shortly after birth. The support they provide is free of charge and is open to all bereaved parents, their families and friends, no matter how long ago the loss occurred.

[www.leeds-sands.org.uk](http://www.leeds-sands.org.uk/)

General enquiries **07518 917 594**

Helpline: **020 7436 5881**

**Helplines and Websites**

#### Child Bereavement UK Support and information helpline

Provides confidential support, information and guidance to families and professionals. The professionally trained bereavement support workers are available to take calls 9am - 5pm Monday-Friday.    
**0800 02 888 40.**

* **Cruse Bereavement Care**

Provides support services for people who have been bereaved. Helpline offering listening support and practical advice related to bereavement. The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when they are open until 8pm.

**Helpline 0844 477 9400**

[helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

[www.cruse.org.uk](http://www.cruse.org.uk/)

* **Bereavement Trust Helpline:** Support for anyone who has been bereaved.

**0800 435 455** 6pm-10pm every evening  
[www.bereavement-trust.org.uk](http://www.bereavement-trust.org.uk/)

* **Winston’s Wish**

The Winston’s Wish Helpline is a UK-wide national helpline offering support, information and guidance to all those caring for a child or young person who has been bereaved. It is staffed by people with extensive experience, who have up-to-date knowledge of supporting bereaved children and their families.

The line is open from Monday to Friday between 9am and 5pm. [www.winstonswish.org.uk/](http://www.winstonswish.org.uk/)

**08452 030405**

* **Leeds Bereavement Forum**

Provides a Directory of Bereavement Services in Leeds both online and as a booklet. The Directory includes several specific search categories including children and young people, traumatic death and death of a child. [www.lbforum.org.uk/module\_directory/](http://www.lbforum.org.uk/module_directory/)

[info@lbforum.org.uk](mailto:info@lbforum.org.uk) for a hard copy of the booklet.

**Websites/Helplines for specific groups:**

**If a child has died:**

* **Child Death Helpline:** - Helpline for anyone affected by the death of a child of any age. Advice, information, listening, befriending, referrals and face to face service by arrangement.

**0800 282 986**,

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk/)

* **Child Bereavement Charity:** Support for bereaved families, online discussion forums, information**.**

**0800 02 888 40**  
[www.childbereavement.org.uk](http://www.childbereavement.org.uk/)

* **The Compassionate Friends**: Helpline and support services run by bereaved parents. Support to parents and their immediate families after the death of a child/children of any age and from any cause.

**0345 123 2304**  
[www.tcf.org.uk](http://www.tcf.org.uk/)

* **Elliot’s Footprint**: **A Leeds based charity that helps families through child bereavement. Offers help and guidance drawing on personal experience, whilst campaigning and fundraising for improved bereavement services.**

[www.elliotsfootprint.org/](http://www.elliotsfootprint.org/)

* **The Lullaby Trust:** Offer confidential support to anyone affected by the sudden and unexpected death of a baby or young toddler. This is available immediately or at any later time in your lives. This support is for families, friends, carers and professionals.

**0808 802 6868**[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk/)

**Violent death or suicide:**

* **SAMM (Support After Murder and Manslaughter): Telephone** support line for families and friends of homicide victims. **0121 451 1618 / 0845 872 3440**  
  [www.samm.org.uk](http://www.samm.org.uk/)
* **Survivors of Bereavement by Suicide:**   
  National Helpline and other support services run by a self-help group for people bereaved by suicide. Helpline provides listening support and will put people in touch with their nearest local group. Monthly group meetings in various locations. Bereavement pack and literature for survivors. Conferences and support days.

**0300 111 5065**  
[www.uk-sobs.org.uk](http://www.uk-sobs.org.uk/)

(Also see local face-to-face suicide bereavement service – details above)

**Road traffic accidents:**

* **BrakeCare:**Helpline for people bereaved or injured in a road crash, listening ear and information on practical matters, and local counselling and trauma therapy services.

**0808 8000 401**   
[www.brake.org.uk](http://www.brake.org.uk/)

* **RoadPeace:** - Helpline providing practical and emotional support for people who have suffered bereavement or injury in a road crash.

**0845 450 0355**,

[www.roadpeace.org](http://www.roadpeace.org/)

* **SCARD (Support and Care After Road Death & Injury):**To alleviate distress to people who have been bereaved, injured or affected by road death or injury. Set up by a family who lost their 27 year old son in a car accident. Provide emotional and practical support, helpline, support groups, meetings and personal support.

**Helpline: 0845 1235542**[www.scard.org.uk](http://www.scard.org.uk/)

1. Pitman et al, (2014) Effects of suicide bereavement on mental health and suicide risk. The Lancet Psychiatry, 1 (1) 86-94 [↑](#footnote-ref-1)