

LEADING ON BEREAVEMENT

Additional resources to support bereavement in schools

Websites (most of these include a helpline or online chat option which can be accessed via the website)

Winston's Wish | www.winstonswish.org

Support for children after the death of a parent or sibling. Includes materials for professionals and schools. Policy and strategy templates including particular focus areas such as SEND, Armed Forces, Suicide, Homicide. Also offers a range of training options.

National Helpline offering guidance, information and support to anyone caring for a bereaved child, including professionals and family members

Childhood Bereavement Network | www.childhoodbereavementnetwork.org.uk

A network of child bereavement service including some training resources

Not Too Young to Grieve is a film created with Childhood Bereavement Network and explores how very young people respond to loss
www.leedsanimation.org.uk

Cruse UK | www.cruse.org.uk

A National network of support for those bereaved and helpline. Also has a wide range of resources for schools and a helpline for professionals and loved ones.

Hopeagain | www.hopeagain.org.uk

For Young People by Young People offering hope in grief and loss (part of CruseUK)

Childbereavement UK | www.childbereavementuk.org

Helpline for families and professionals for those who have lost a child. Also has a helpline and live chat via the website. There are some excellent reading list suggestions at www.childbereavementuk.org/resources-for-adults-supporting-bereaved-children-and-young-people

The Compassionate Friends | www.tcf.org.uk

Support for families who have lost a child – parents, grandparents and siblings. Helpline, support groups and online resources. Good examples of what to say/not to say if supporting someone

Specific advice for parents grieving the loss of a child from the Covid19 pandemic can be found www.tcf.org.uk/content/loss-during-covid-19--pandemic

Griefencounter | www.griefencounter.org.uk

Online and helpline support for those bereaved

The Good Grief Trust | www.thegoodgrieftrust.org

A hub with resources for those who are bereaved or those who want to help a friend but are not sure how to do it. Pop-up Grief Cafes are being supported online during the current lockdown. NEW HELPLINE during Covid19 crisis 8am – 8pm 0800 2600 400 manned by specialist bereavement nurses

Sands | www.sands.org.uk

Information and support for anyone affected by the death of a baby 0808 164 3332

Survivors of Bereavement by Suicide (SOBS) | www.uk-sobs.org.uk

Emotional and practical support and local groups for anyone bereaved or affected by suicide loss 0300 111 5065



Support for Single Parents

Gingerbread | www.gingerbread.org.uk

Specialist support for single parents including advice on bereavements, what to expect from your workplace and accessing benefits

Widowed and Young (WAY) | www.widowedandyoung.org.uk

support for those bereaved of a spouse at a young age

Practicalities

ACAS | www.acas.org.uk

Advice for employers on supporting bereaved employees

Staff leave entitlements (will vary by employer) | www.acas.org.uk/time-off-for-bereavement/parental-bereavement-leave-pay

Finance/Support for family | www.citizensadvice.org.uk

Links to advice on how to access government support and the practicalities of administration around a death

Specialist support for families going through the inquest process | www.careforthefamily.org.uk | coronerscourtsupportservice.org.uk

Mental Health and Wellbeing

Education Support | www.educationsupport.org.uk

Free counselling and practical support (including financial) service for those working in education sector

NHS | www.nhs.uk/conditions/coronavirus-covid-19

Anna Freud Centre | www.annafreud.org/what-we-do/schools-in-mind

Wide range of materials to support professionals working with young people

Heads Together | www.headstogether.org.uk/programmes/mentally-healthy-schools

Good range of resources for schools to use from well-known charities

Place2Be | www.place2be.org.uk

Good resources for supporting children who might be especially vulnerable during Covid19

Mind | www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement

Starfish Mental Wellbeing Education | www.starfishing.co.uk

You can contact Pat Sowa on psowa.starfish@gmail.com 07741 268728

Mental Health First Aid Training | mhfaengland.org

Pat Sowa is qualified to deliver youth and adult mental health first aid and the half day courses for both are now available as webinar training

Samaritans | www.samaritans.org

Phone 116 123

Email jo@samaritans.org

24-hour emotional support for anyone who needs to talk.

Papyrus Prevention of Young Suicide | www.papyrus-uk.org

HOPELINEUK 0800 068 4141

pat@papyrusuk.org

Support for anyone having thoughts of suicide or for professionals, friends and family who want advice about someone they are worried about



Local Resources (to source individually)

MIRT (Major Incident Response Team)
Local safeguarding board
Social Services
Public Health England
Local Hospice
Local bereavement counselling

Further Reading

Little Book of Bereavement for School Ian Gilbert
Grief in Children A Handbook for adults Atle Dyregov
Grief Works Julia Samuel
Grief is a journey Dr Kenneth J. Doka
Beyond the Rough Rock – A book to support talking to children who have lost someone to suicide

Additional Training for Bereavement

Dealing with Bereavement and Loss | www.educare.co.uk

Cruse Bereavement Care | www.cruse.org.uk
training@cruse.org.uk

Zero Suicide Alliance | www.zerosuicidealliance.com
Online free training to raise skills and understanding in how to prevent suicide

StayingSafe.net | www.stayingsafe.net/about
Online resources to support individuals having suicidal thoughts or those helping them

National Children's Bureau | www.ncb.org.uk
'I can/You can' cards to support recognising feelings and what might help to improve resilience over time

NGA Advice sheet for Governors | www.nga.org.ukf

Websites with positive thoughts / ideas for action/direction

Daily Stoic | dailystoic.com/stoic-response-grief

Action for Happiness | www.actionforhappiness.org

Greater Good Magazine | greatergood.berkeley.edu



www.ascl.org.uk/leadingon

ACTION PLANNING FRAMEWORK

HEADLINE AREA	Key Elements	Action Steps	By who? By when?	Resources needed
Leadership Role	<ol style="list-style-type: none"> 1. What kind of role works best for you? Play to your strengths 2. What experience can you bring to the community to lead and keep a sense of safety and support? 3. What additional expertise do you need to deliver support well? 			
Steering Group	<ol style="list-style-type: none"> 1. How well-prepared are we? 2. Do we need a steering group to accelerate preparations? 3. Who needs to be on it? 			
Staff Training/Current Resources	<ol style="list-style-type: none"> 1. How many trained staff do we have? 2. What additional experts can we draw on? 3. Do we need further training? 			
Policy Review & update in Covid context	<ol style="list-style-type: none"> 1. Which policies do we need to review in light of Covid context? – see list below 2. Do we have a specific Bereavement Policy and protocol to support a family who lose a child or parent? 3. Do we have a specific policy and protocol for supporting a member of staff and their family? <p>Student policies: Critical Incident, Pupil safeguarding, pastoral care, pupil wellbeing, behaviour & relationships</p> <p>Staff Policies: Sickness, Bereavement, Compassionate Leave, Staff Wellbeing</p>			

HEADLINE AREA	Key Elements	Action Steps	By who? By when?	Resources needed
Communications	<ol style="list-style-type: none"> 1. Do we have a clear communications plan for staff or pupil death? 2. Do we have an out of hours and emergency plan? 3. Do our plans take into account social distancing, lockdown and unique circumstances of Covid crisis for deaths student, family and staff member or their family) 			
Recording Information	<ol style="list-style-type: none"> 1. Do we have a way of recording information so that it gets passed on? (including statutory reporting if relevant) 2. Do we have a way of having a consistent way of raising concerns? 3. Do we have a way of making sure key dates/ anniversaries are remembered/recognised? 			
Managing transitions (including return after lockdown)	<ol style="list-style-type: none"> 1. Have we got a plan for finding out who is bereaved during lockdown? 2. Have we included a sensitive question in change of setting information? 3. Have we got a process for handing it on when students move on? 			
Governors	<ol style="list-style-type: none"> 1. Do Governors need bereavement training? 2. How can Governors support SLT – do we have any Governors with relevant expertise? 3. Do we have a protocol for the death of a Governor and supporting their family/them as a group? 			
Additional Support	<ol style="list-style-type: none"> 1. What additional expert counselling/mental health support do we have access to? 2. Do we have an up to date list of sources e.g. websites/ local support groups 3. Do we have self-run support groups for pupils/staff? 			
Looking after yourself	<ol style="list-style-type: none"> 1. Where will your own support come from? 2. What will you find most challenging around bereavement? 3. What will help you most? 			



LEADING ON BEREAVEMENT

Answers to questions from Leading on Bereavement | Part 1

Does the word “bereavement” only refer to loss of someone or can it also refer to possessions?

The word can also be used to describe the loss of an object or time of life/home even the loss of abstract concepts like certainty. ‘Disenfranchised grief’ is the phrase used to acknowledge that some of these episodes of bereavement can go unrecognized/ misunderstood or unsupported by others

How are people proposing to ask parents/students for information regarding bereavement during lockdown?

(I will ask for comments on this during session 2). It could be added to transition forms for pupils moving schools or to a parent/ student questionnaire on return to setting

Could you explain the bargaining stage in the Kubler Ross stages of grief. Maybe putting it in context a little?

During the period before someone dies or when death is feared Kubler Ross identified a phase of bargaining where an individual or someone who loves them might make promises to the universe, to their God/higher being or to society or themselves in the hope that the outcome will be changed.

The most common form of this might be ‘Take me not them’ or ‘I will do anything you ask if. . .’

After death bargaining is more focused around ‘What if’ and ‘If only’ - a way of entreating a higher power to reverse the decision (and it is linked to the difficulty in accepting the finality of death). It can be especially difficult in traumatic death and may lead to the bereaved developing a disproportionate sense of guilt/responsibility that they could or should have done more. (if this happens expert bereavement support may be needed) (source webMD and Grief is a Journey Dr Kenneth J Doka)

How much should you persevere where a family have declined an offer of ongoing help and support?

Mental Health First Aid Training recommends that if we are concerned and feel able to continue to approach, we gently persist and try a different angle (perhaps another person or in writing/in person or at another time).

If you are concerned about the physical or social safety of a family or individual then usual safeguarding/wellbeing policies should be followed.

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