

# Bereavement Support

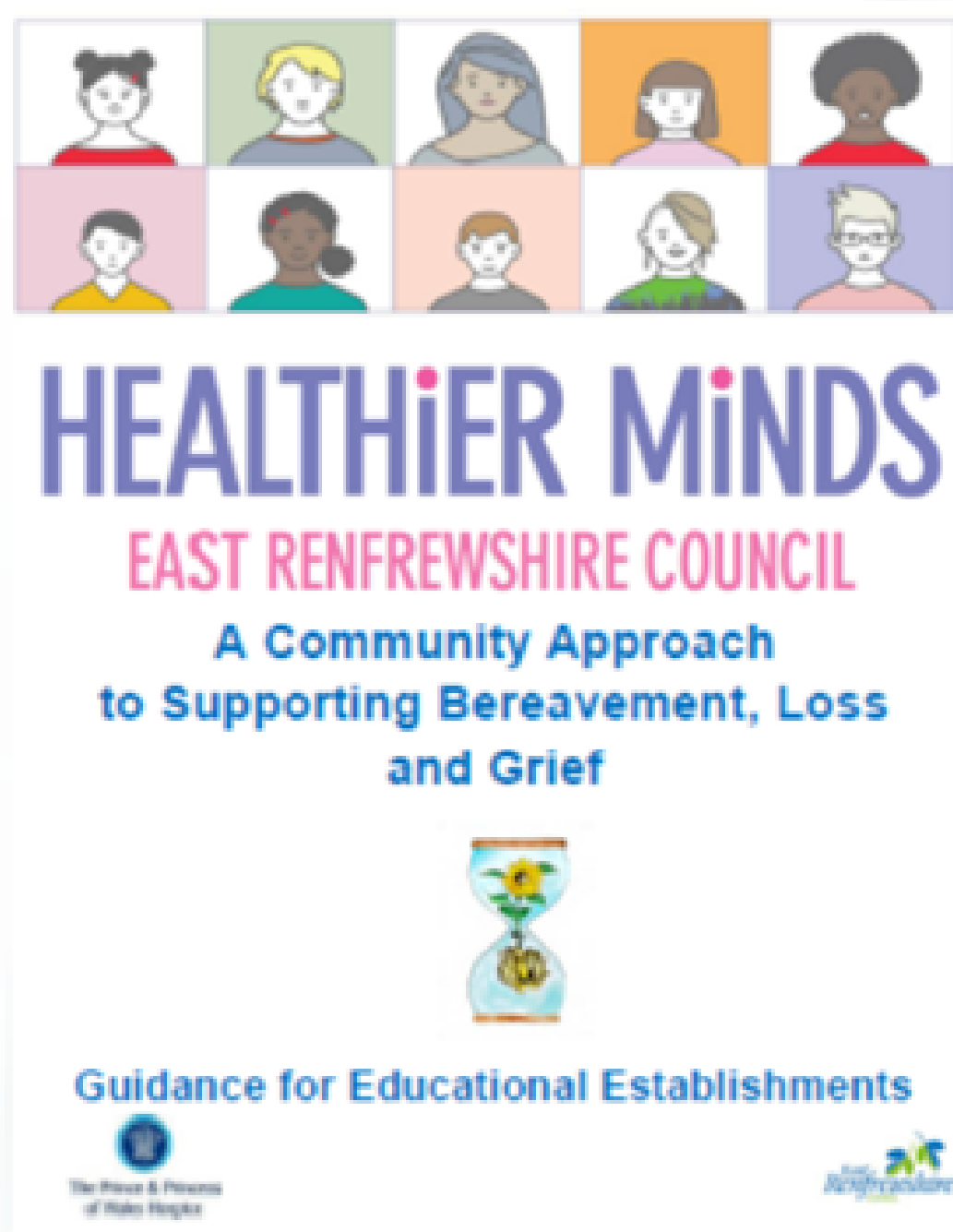
This document lists some key resources and organisations which offer support for coping with grief and bereavement.

Click the images below to access the links.



On this page you will find a comprehensive package of information, resources and guidance aimed to enhance the support you offer to children, young people, families and colleagues who have, or are experiencing, bereavement or loss.

You will also find a link to information, resources and guidance to support children and young people with additional support needs



This is a comprehensive package of information, resources and guidance.



This is a handy guide with links to a range of local and national support organisations.

# Supporting Staff Wellbeing

Click the images below to access the links.

Advice, counselling and support available to all East Renfrewshire Council employees for a range of circumstances.



CBT-based self-help guide for coping with bereavement and grief.

Supporting Workforce Wellbeing is a Scottish Government funded package of support for workforce wellbeing. These opportunities are open to schools, community learning and development (CLD) and Early Learning and Childcare (ELC) staff.



Cruse are an external organisation who provide bespoke bereavement support in schools.

There is also access to Cruse's National Bereavement Helpline.

# Supporting Staff Wellbeing

This link will take you to the area of the healthier minds website which aims to signpost teaching and education staff to resources, websites, and helpful tips on looking after their own mental health and wellbeing.



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### Looking after your own wellbeing

Research indicates that taking the following steps can be important in the promotion and maintenance of mental wellbeing:

1. Knowing personal limits and having the ability to say 'no' when necessary. This helps you to have more balance in life and will enable you to take better care of others.
2. Identifying supportive people that you have in your life. If you would like to increase your support networks then you might consider taking up new hobbies or activities. You can also speak to a professional for more support.
3. Talking. There are times when challenging situations affect us emotionally. If you have had a difficult day at school, try to speak to someone before you leave school as this can then help you to process how you are feeling, ask for support and separate your work and home life.
4. Being flexible around change. Even with the best plans, sometimes unexpected events or situations occur. Our ability to accept change and plan and adapt can help us to manage any potential feelings of stress and anxiety and cope better overall.
5. Self-compassion. If you take some time to stop and reflect on the thoughts in your head, are they more positive or critical? Once you have identified any negative thought, you can begin to introduce more positive thoughts and 'turn the volume down' on the critical voices.

**Case example: One Degree Academy**

One way in which we attempt to look after our staff is our termly Golden week. During Golden week, there are no meetings, either before or after school; staff are encouraged to leave school early. Each member of staff is assigned a wellbeing partner.

Partners are responsible for 'checking in' with and supporting each other during the week (and beyond). Partners can frequently be found making well-timed cups of tea for each other, exchanging small gifts, writing notes of thanks or praise, covering duties, and generally engaging in random acts of kindness. The knock-on effect of this is striking.

During Golden week, other activities are put on for staff as a mark of thanks and a recognition of the stressful nature of the work we do. For example, we book a masseuse who provides massages for teachers throughout the day while SLT members are covering their classes.

We also have a staff social or sporting event one evening during the week. Staff psychotherapeutic supervision is offered to all staff on a bi-weekly basis but this also coincides with Golden week. Feedback is gathered through the termly staff survey which is used to assess staff wellbeing and morale and make necessary improvements.

Within this booklet from the Anna Freud National Centre for Children and Families there is also access to further online resources to support staff wellbeing in schools.

## Where can I find advice and guidance?

- [Schools in Mind](#)
- [www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)
- [www.mindfulteachers.org](http://www.mindfulteachers.org)
- [www.educationsupportpartnership.org.uk](http://www.educationsupportpartnership.org.uk)
- [NHS – Five steps to mental wellbeing](#)

**Anna Freud National Centre for Children and Families**

Look out for our other Schools in Mind resources.



Download them free from [www.annafreud.org](http://www.annafreud.org)

All East Renfrewshire employees can access confidential counselling 24 hours per day 7 day per week by phoning the free help line on telephone number **0800 882 4102** or by email: [counsellingteam@pamassist.co.uk](mailto:counsellingteam@pamassist.co.uk).

# Supporting Children and Young People



## A Community Approach Supporting Bereavement, Loss and Grief

Books, films and resources to help you talk to children with additional support needs about death, change and loss

websites, Books and Resources for Educational



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The Healthier Minds Community Approach to Supporting Bereavement, Loss and Grief provides advice, support and resources for education staff, professionals and parents.

Here you will find age appropriate fiction books, workbooks, guides for parents and professionals regarding supporting bereaved children and young people and whole class lesson planning resources.

<a href="http://pamis.org.uk/resources/bereavement-and-loss/">http://pamis.org.uk/resources/bereavement-and-loss/</a>	PAMIS Bereavement and Loss Learning Resource Pack for those supporting bereaved people with profound and multiple Learning disabilities and their parents and carers.
<i>How People with Autism Grieve and How to Help: An Insider Handbook</i>  Deborah Lipsky  Amazon ISBN 978-1849059541	The book is an honest, first-hand account of how people with autism deal with the loss of someone in their life. The book explores how people with autism process and come to terms with their feelings of grief, and offers practical and detailed advice.
<i>Supporting children and young people with autism spectrum disorder through bereavement</i>  Katie Koehler  Journal Article Bereavement Care Volume 35 (3) Winter 2016 pp94-101	Children with Autism Spectrum Disorder (ASD) may react to a bereavement in different ways to neurotypical children. This article explores some of the underlying perceptual and processing difficulties observed in children with ASD that may affect their understanding of death and their reaction to a bereavement. But children with ASD, like any others, need their grief both recognised and understood, and will need opportunities to express how they feel. The article gives some suggestions which may help children with ASD, and includes a list of helpful resources.

Books for Use with Bereaved Children and Young People	
<i>Supporting People with Disabilities Coping with Grief and Loss</i>  Hrepsime Guberokogu  Scope Ltd	Information leaflet which illustrates the use of pictures to explain death and bereavement to a person with additional support needs. A further section provides information and advice for people who support people with additional support needs. Free to download  <a href="http://www.easyhealth.org.uk/sites/default/files/SUPPORTING%20PEOPLE%20WITH%20DISABILITIES%20COPING%20WITH%20GRIEF%20AND%20LOSS.pdf">http://www.easyhealth.org.uk/sites/default/files/SUPPORTING%20PEOPLE%20WITH%20DISABILITIES%20COPING%20WITH%20GRIEF%20AND%20LOSS.pdf</a>
<i>When Mum Died</i> <i>When Dad Died</i> <i>When Somebody Dies</i>  Holins, Dowling and Blackman	Simple pictures are used for a more direct approach to death which may be more suitable for children and young people with additional support needs. Guidance is given on how to answer any questions plus information on other resources available.  London: Books Beyond Words <a href="https://booksbeyondwords.co.uk/bookshop/">https://booksbeyondwords.co.uk/bookshop/</a>
<i>Understanding Death and Illness and what they Tell us About Life: An Interactive Guide for Individuals with Autism and Asperger's and their Loved Ones</i>  Catherine Flaherty	Comprehensive treatment of death focusing on things most likely to concern those with ASD presented in the clear, straightforward, and concrete manner that is most likely to help those on the spectrum, as well as the professionals, family members, or friends that are concerned about them. Readers of this book will learn a lot about death, themselves, and how to help people with ASD to better understand and cope with it.

Websites, Books and Resources for Educational Professionals and Parents/Carers	
<a href="http://www.theonlinebookcompany.com/na-book">www.theonlinebookcompany.com/na-book</a>	National Autistic Society website developed for the purposes of creating a page to remember loved ones who have died.
<a href="http://www.breakingbadnews.org/">http://www.breakingbadnews.org/</a>	A website (with accompanying book) with guidelines, case studies, and practical tips, for social care and health staff, families and carers, on breaking bad news to people with learning disabilities and/or autism.

The booklet below has been created for professionals supporting a child or young person with additional support needs through a bereavement or loss.

It provides you with language or ways to communicate thoughts, feelings and concerns

It also provides avenues and activities to encourage expression.

**See Saw**

## HAND-IN-HAND

Supporting children and young people who have a learning difficulty through the experience of bereavement

**A RESOURCE PACK FOR PROFESSIONALS**

PRODUCED BY SEESAW  
GRIEF SUPPORT FOR THE YOUNG IN OXFORDSHIRE



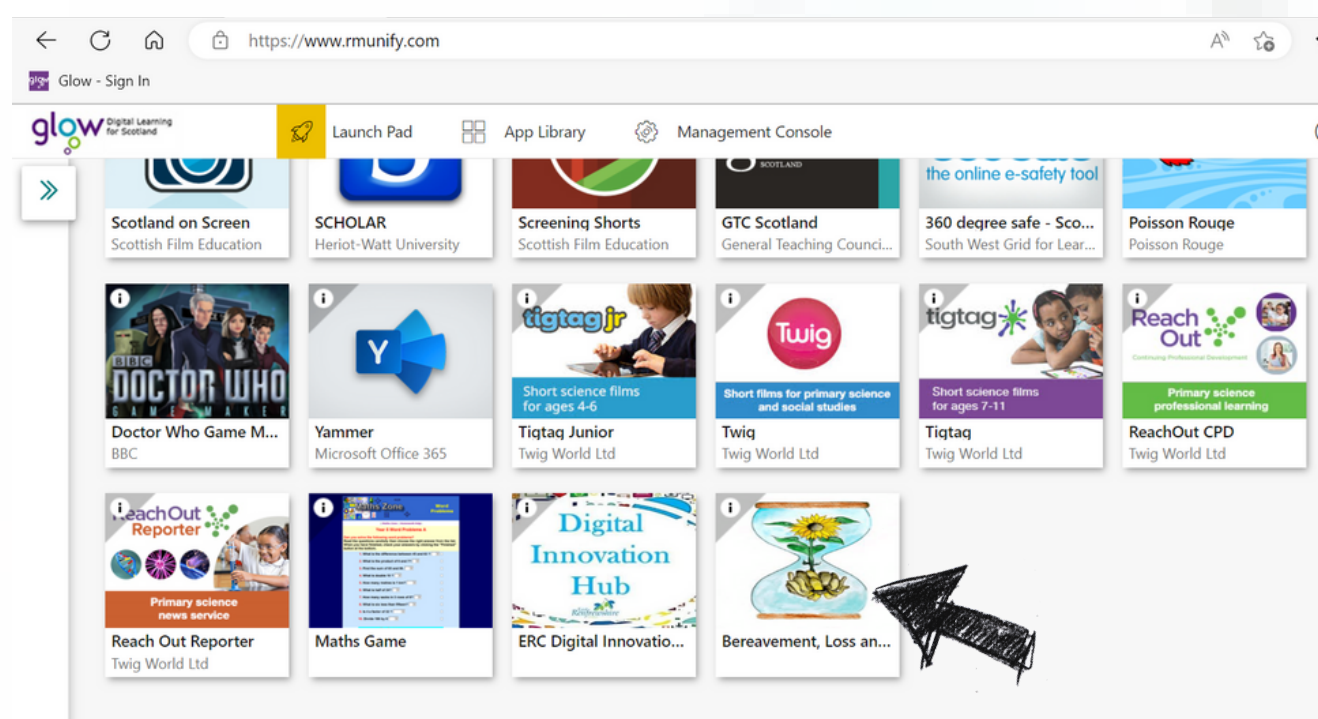
# Supporting Children and Young People

Healthier Minds has launched a new curricular resource for pupils from 1st level to senior phase. 3 lessons for each year group have been designed by our team to help pupils explore the themes of bereavement, loss and grief in an age appropriate and interactive way with the use of film clips, books, creative arts and group activities.

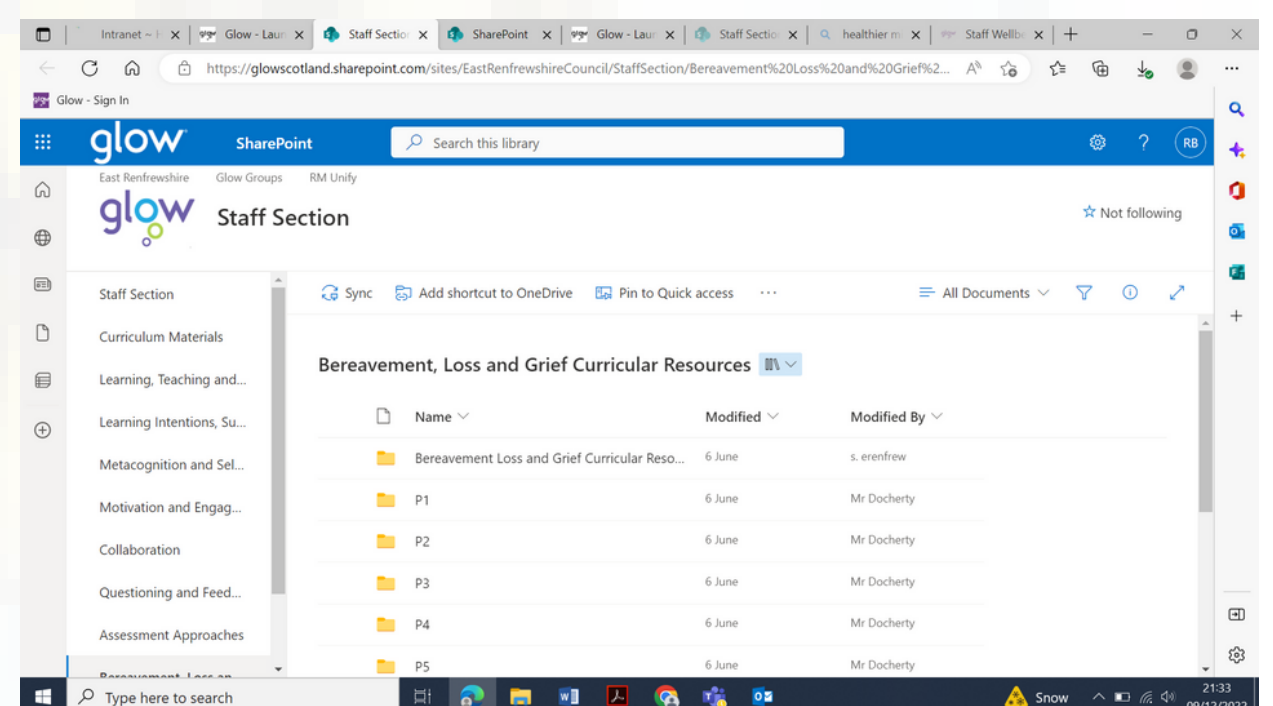


You will find all the materials you need to deliver the lessons in the Glow App Library.

Look for Bereavement, Loss and Grief Curricular Resource and our icon:



You can then access the folder of resources most suited to the age and stage of your young people.



# Supporting Children and Young People



**SUPPORTING PEOPLE WITH DISABILITIES COPING WITH GRIEF AND LOSS**  
 An easy-to-read booklet  
 HIREPSIME GULBENKOGLU  
 2007



This booklet offers information for supporting young people with additional support needs through a bereavement.

The first section of this booklet contains visuals and stories to help children and young people understand death, these visuals can also be used to create individualised social stories for your young people (see a sample below).

LOOK  
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## What is grief?



Grief is what we may feel after a major loss.



Some people get very old and die.



Some people die after an accident.



Some people die because they are very sick.



But not all people who get sick die. Most people get well.

## What helps?

Always remember there are people who can help you.

Here are some ideas that can help many people.



Share your feelings with someone you are comfortable with.



Spend time with others who have experienced a similar loss.



Give yourself time.

When someone dies you may have many different feelings. You may feel:



Sad



Like you did something wrong



Angry



Upset



Lonely



Confused

It's OK to:



Have lots of different feelings



Cry



Talk about it if you want



Not talk about it if you don't want

# Supporting Children and Young People



This booklet was developed by Down's Syndrome Scotland to support young people and adults with additional support needs who have experienced a bereavement.

This booklet contains social stories to support a young person with additional support needs understand and cope with loss and bereavement (see sample below). It also contains some practical activities to help young people remember a person who has died.

LOOK  
↓  
INSIDE

## WHY do people die?

Nobody lives forever.

There is always a reason why someone dies.

People die in different ways.

Sometimes people who die are young, and sometimes they are old.

Some people die quickly, maybe after an accident.

Other people die after an illness.

Some people die of old age.

Nothing you said or did makes anyone die.

Nothing you said or did made \_\_\_\_\_ die.

## WHAT HAPPENS

Now that \_\_\_\_\_ has died they cannot hear or see anything.

\_\_\_\_\_ cannot speak to you.

Their body does not move anymore.

If you want to you may be able to go and see them after they have died, before the funeral.

\_\_\_\_\_ will look a bit different.

Their skin will feel cold.

A friend, family member or support worker should go with you.

You can talk to \_\_\_\_\_ but they cannot answer you or see you.

They will be lying in a box called a coffin with the lid open.

They are quite safe.

## How do YOU feel?

It is important to talk about \_\_\_\_\_ when you want to.

Talking about \_\_\_\_\_ helps you remember them and the time you spent with them.

You may feel sad and shocked.

You may feel like crying. This is OK.

It may take a while to remember that \_\_\_\_\_ is not coming back.

# Supporting Children and Young People

These booklets can be used by children to help them understand death and personalise their own experience. Children should be supported by a trusted adult to complete the booklet or aspects of the booklet and could be provided to parents to work on at home.



For children under 7

## When someone special dies



A leaflet prepared with the help of bereaved families



For children 7 - 11

## When someone special dies



A leaflet prepared with the help of bereaved families



LOOK  
INSIDE



### What does it mean when someone dies?

Their body doesn't work anymore.  
It can't be mended.  
It's not like being asleep.  
They don't feel anything.  
But you will always remember t

This leaflet has been given to you because someone important has died.  
You could draw a picture here and write their name. You could ask a grown-up to help you.



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My name is  
.....  
I am ..... years and ..... months old

My special person's name is  
.....

The name of the hospital that looked after my special person is  
.....

The special person has died because  
.....

### How are you feeling?

When someone dies, we may feel lots of different emotions, or sometimes nothing at all. And when someone dies suddenly, when we weren't expecting it, our feelings can be even more jumbled. If you have felt any of the feelings here, maybe you'd like to colour them in...



Maybe you have some feelings that aren't written here - you could write these in the blank shapes.



## Websites/Online Resources to Support Children and Young People

Click the images below to access the links.

An app which helps support children and young people in their grief. It provides an interactive tool to record memories, send gifts and write thoughts, feelings and emotions.



Website providing support for teachers and school professionals who are supporting a bereaved pupil.

This includes information and practical resources to help support bereaved children and young people, access to lesson plans around death and access to training on bereavement.

Free online training course available through Winston's Wish. There are two introductory courses to help teachers and school staff to understand how grief affects a child or young person and how you can help them cope with their grief.



Cruse Scotland have a comprehensive list of resources to help facilitate discussions about grief, with children of various ages.



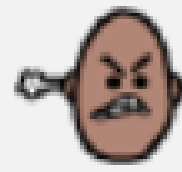
## Social Stories to help Children and Young People with Additional Support Needs

The following four social stories provide you with templates that you can use and adapt according to the needs of the child or young person you are supporting.

You can add pictures that will help the child or young person to process the information. You may wish to simplify the language or shorten the social story.

You can also use the social stories separately or combine them.

This visual can help younger children to understand what has happened

	Coping with Death
	When someone close to us dies, we experience grief.
	Grief is like the shadow of love.
	Grief is what is left when someone we love is no longer here.
	We still love the person,
	but we also experience other emotions when someone dies.
	We may feel
	shock
	numb
	denial
	pain
	guilt
	sad
	anger
	depression
	acceptance
	hope
	sentimental
	something else
	It is okay to feel these emotions.
	This is called the grief process.

## Social Stories to help Children and Young People with Additional Support Needs

The first part of this social story explains what happens and what people feel when someone they love dies. The second parts allow you to work with the child and focus on the person they have lost.

### When People Die

People and plants grow and change.

Flowers change from little buds to bright flowers

People change from babies to children and then to adults.

When a person or a plant comes to an end they die.

Flowers and plants die.

People die too.

When a person dies their body stops working:

- their heart stops working,
- they can't eat or drink
- they can't sleep or move

People die because of different reasons

- They are very old
- They are ill and their body stops working
- Or they have an accident that makes their body stop working
- Or something else makes their body stop working

# Social Stories to help Children and Young People with Additional Support Needs

## Understanding Grief

When someone we love or care about dies, it is a very difficult change.

This means we will not see them again.

It is a big loss.

We feel a lot of feelings like sadness, and anger and shock and stress.

We feel frightened too

These feelings are called grief.

The feelings are like a rollercoaster ride. They go up and down. They come and go.

We can feel these feelings in our body too.

- Some people get a sore tummy.
- Some people get a sore head or sore legs and arms
- Some people get tight shoulders.
- Some people feel ok.

Everyone feels these feelings when someone they love dies. It is ok to feel all of these feelings or only some of them.

It is ok to feel happy some of the time too

When people feel grief, some things help them to feel better again.,

Sometimes doing something they enjoy can help, like

- watching tv
- doing some sport
- going for a walk
- being in class with friends
- going to the cinema

Sometimes people feel better when they talk to someone they know well. Like: -

- a parent or
- a teacher
- or someone in their family
- or a friend

Sometimes it can help to do something to remember the person who died. Like: -

- looking at their photo
- or smelling their perfume
- or drawing a picture for them.
- Or planting a tree or some flowers in the garden

It is good to do things that make us feel better,

Difficult change takes a lot of time

Grief takes lots of time.

But people are ok again and feel happy again

They always remember the person who died.

# Social Stories to help Children and Young People with Additional Support Needs

## When Someone I know/I love has Died...

Someone I love /I know has died

They are called.....

They died because .....

It is a difficult loss.

I feel lots of feelings.

They come and go.

I feel.....

I feel it in my body too.

I feel it in.....

It is ok to feel all of these feelings.

When I feel these feelings, some things make me feel better,

These things make me feel better .....

It is good to do things that makes me feel better.

People can make me feel better.

I like being with....

It is good to be with people who make us feel better.

Sometimes it is good to do things to remember the person who died.

I like to...

Difficult change takes a lot of time

Grief takes a lot of time

I will be ok

I will feel happy sometimes

I will always remember .....

## If You Need Support ...

The following organisations may be contacted if you feel you need further support for yourself, your colleagues or your children and young people who are experiencing a loss or bereavement.

### **Child Bereavement UK**

[www.childbereavementuk.org](http://www.childbereavementuk.org)  
[support@childbereavementuk.org](mailto:support@childbereavementuk.org)  
0800 028 8840

- Counselling and Bereavement Support
- Web discussion for families and for professionals
- Message boards and forums
- Resources, information and training courses
- Child Bereavement App – Grief Support for Young People

### **Richmond's Hope**

[www.richmondshope.org.uk](http://www.richmondshope.org.uk)  
[glasgow@richmondshope.org.uk](mailto:glasgow@richmondshope.org.uk)  
0141 230 6123

- Individual and group support for bereaved children & young people from 4-18 years and their families
- Telephone Support & Advice
- Information, training and resources

### **Hope Again (Youth website of Cruse Bereavement Care)**

<http://hopeagain.org.uk>  
[helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)  
0808 808 1677  
[hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

- Free telephone and email support for bereaved young people available Monday to Friday 9.30am – 5.00pm
- Individual and group support
- Resources, information and training courses

### **Cruse Bereavement Care Scotland**

[http://www.crusescotland.org.uk/](http://www.crusescotland.org.uk)  
[support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)  
0845 600 2227

- Telephone helpline, webchat and face to face support
- Support Groups including Step by Step Group in Fife
- Support for children and young people - for online help we suggest The Little Website
- Resources, information and training courses

### **Samaritans**

[www.samaritans.org](http://www.samaritans.org)  
[jo@samaritans.org](mailto:jo@samaritans.org)  
116 123

- Free, confidential telephone helpline and email support for those in crisis or need to talk
- available 24 hours

### **Crisis Counselling**

[http://www.crisiscounselling.co.uk/](http://www.crisiscounselling.co.uk)  
[info@crisiscounselling.co.uk](mailto:info@crisiscounselling.co.uk)  
0141 812 8474

- Self-refer for confidential counselling sessions (small fee for self referrals)

# If You Need Support ...

## Healthier Minds Blogs - Bereavement and Loss

<https://blogs.glowscotland.org.uk/er/healthierminds/additional-support-needs/bereavement-and-loss/>

- A comprehensive package of information, resources and guidance aimed to enhance the support you offer to children, young people, families and colleagues who have, or are experiencing, bereavement or loss.

<https://blogs.glowscotland.org.uk/er/healthierminds/additional-support-needs/bereavement-and-loss/>

- Tailored information, guidance and resources for supporting children and young people with additional support needs who have or are experiencing bereavement or loss.

## Much Loved

<https://www.muchloved.com/>

- Create an online tribute to remember and celebrate someone special and option to fundraise in their memory
- Chat online to a specially trained bereavement counsellor

## Winston's Wish

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

[ask@winstonswish.org](mailto:ask@winstonswish.org)

08088 020 021

- Telephone helpline, email and online support or anyone supporting a grieving child
- Information, training and resource
- Offers individuals the opportunity to dedicate a star in memory of a loved one on their online Wish upon a Star display.

