

# Appendix 1: Bereavement and Loss Information Sheet

Many children and young people will have experienced loss or bereavement during the COVID-19 pandemic. Losses during this time include: illness, loss of familiar routines, loss of education, missing rites of passage and loss of connections with friends and family. Adults similarly will have experienced bereavement and loss. Being cut off from family, friends and communities is difficult for everyone, but especially for children, young people and families who are grieving for a loved one.

Experiencing intense feelings is a common, normal reaction to bereavement and loss and part of the healing process. Sometimes we learn to live with the loss, but for some people the difficulties associated with it are prolonged and persistent and can result in mental health difficulties. Many of the actions detailed in this resource will support children and young people through bereavement and loss, however more specific support may be helpful too:



**Winston's Wish** supports children and young people after the death of a parent or a sibling. 'This is one of the most devastating losses a child will ever face.'

The website provides resources and guidance from the experienced team supporting children and young people through coronavirus, including information on topics such as telling a child someone is seriously ill or has died from coronavirus, how schools can support bereaved students and how to say goodbye if you can't attend a funeral. <https://www.winstonswish.org/coronavirus/>



**Seasons for Growth:** Children and young people and adults can also be offered to join a Seasons for Growth group in their establishment or community. This is an 8-week education programme that aims to support children and young people cope with grief and loss. It is based upon J. William Worden's 'Tasks of Grief' and the metaphor of the seasons helps children and young people to understand that grief is cyclical; there is no end point, and while some days will be summery and light others will feel cold, dark and wintry. Members of the Home Link Service deliver this Resource.

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



**Childhood Bereavement Network** have specific information, guidance and resources about bereavement during the COVID-19 pandemic, including 'how to stay connected when you can't be with someone who is so ill they might die' and cards that bereaved young people can use during the lockdown to reach out for support from their parent or carer, friend and school.

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>



**Cruse Bereavement Care** offer support, advice and information to children, young people and adults when someone dies. The website provides COVID-19 specific guidance around a number of topics, including talking to children and young people about death related to COVID-19 and advice for employers/colleagues when an employee/colleague is bereaved or dies.

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>



**Hope Again** is the youth website of Cruse Bereavement Care, providing support for children and young people coping with loss.

<https://www.hopeagain.org.uk/>

