

Resources to support Children and Young People, Families and Settings following a Bereavement or Critical Incident

Local Resources	
<p>Mind BLMK Mind BLMK <i>self-referrals or third party referrals made at the clients request.</i></p>	<p>Can provide bereavement counselling as part of the general counselling- it is not currently funded.</p> <p><i>*This resource has been checked by Public Health England</i></p>
<p>Child Bereavement UK https://www.childbereavementuk.org/ 63 North Seventh Street Milton Keynes Buckinghamshire MK9 2DP United Kingdom Tel: 01908 550895</p>	<p>Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. The following support is offered at our Milton Keynes office: Children and Young people - one-to-one support; Children and Young people - group support (YPAG & Family Support Groups); Support for bereaved families; Support for bereaved parents; Parenting support to a parent whose child might be grieving.</p> <p><i>*This resource has been checked by Public Health England</i></p>
<p>MK Bereavement Service MK Bereavement Service http://www.bereavementservicemk.org.uk/ <i>(Not commissioned, free)</i></p>	<p>One-to-one support either in your own home or at West Bletchley Wellbeing Counselling Service, with a Telephone Helpline and a Drop-in service three times a week. They have a comprehensive website, signposting to other local and national organisations which may be able to offer further support specific to the individual's needs.</p> <p><i>*This resource has been checked by Public Health England</i></p>
<p>YiS Youth Counselling Service YiS Youth Counselling Service Youth organisation Margaret Powell House, 401-407 Midsummer Bouelvard Tel: 01908 604700 https://www.mkyis.org.uk/ Chat via Messenger at: m.me/YiSMentalHealth</p>	<p>This is a charity that provides free and confidential counselling for young people aged 11-21 who live, learn or work in Milton Keynes and the surrounding areas.</p> <p>Coronavirus Update: mkyis counselling service is continuing by telephone but they are unable to accept new referrals. However, young people or adults that support them can contact mkyis on Messenger to get informal support and advice from one of their trained professionals.</p> <p><i>*This resource has been checked by Public Health England</i></p>
<p>Harry's Rainbow www.harrysrainbow.co.uk</p>	<p>Harry's Rainbow started as a local charity in the name of a 5 year old who died in 2009. The charity provides excellent support, including activities and holidays for families as well as telephone support and monthly meetings.</p>

National Resources	
<p>Winston's Wish www.winstonswish.org.uk Freephone Helpline: 08088 020 021 (Mon - Fri 09:00 – 17:00)</p>	<p>This organisation offers practical support and guidance to bereaved children, their families and professionals.</p> <p>Email their ASK email service for free advice and support following a bereavement: askmailbox@winstonswish.org.uk</p> <p><i>*This resource has been checked by Public Health England</i></p>
<p>Cruse Bereavement Care www.cruse.org.uk</p>	<p>Cruse supports people after the death of someone close. Their trained volunteers offer confidential face-to-face, telephone, email and website support, with both national and local services. They also have services specifically for children and young people.</p> <p><i>*This resource has been checked by Public Health England</i></p>
<p>The Compassionate Friends www.tcf.org.uk</p>	<p>The Compassionate friends support people when a child of any age dies through any cause.</p> <p><i>*This resource has been checked by Public Health England</i></p>
<p>Bereavement Advice Centre https://www.bereavementadvice.org/</p>	<p>Bereavement Advice Centre supports and advises people on what they need to do after a death. They also provide support and resources for professionals.</p> <p><i>*This resource has been checked by Public Health England</i></p>
<p>Grief Encounter www.griefencounter.org.uk</p>	<p>This organisation offers a range of support and advice for bereaved children, young people and their families.</p>
Additional Support Services	
<p>Milton Keynes Council</p>	<p>Initially Head Teachers will usually want to inform the Local Authority about the incident and receive immediate advice and support. The following officers within the People Directorate can be contacted, and may well point the way to further sources of assistance:</p> <p style="padding-left: 40px;">Head of Setting and School Effectiveness (Tel. 01908 254419) or, if unavailable: Head of Delivery: SEN and Disability (Tel. 01908 253138)</p>
<p>Specialist Teachers, Inclusion and Intervention Team</p>	<p>These colleagues offer support for school staff and have access to resources which could be useful for those working with children following bereavement or critical incidents.</p> <p>The teams are based at: Civic Offices (Tel. 01908 657825)</p>
<p>The community of schools within Milton Keynes</p>	<p>Staff in other schools may have had similar experiences and be able to offer advice and support.</p>

Resources for adults when supporting bereaved Children and Young People	
Giving Sorrow Words	By Steven Killick and Stuart Lindeman (Lucky Duck Publishing Ltd, 1999). A video and manual training package aiming to help children and schools deal with loss and bereavement.
A pocket full of posies	(Kent County Council, Dover, Kent, UK: Kent Educational Television/Smallwood Publishing, 2002) A CD-ROM that aims to raise awareness of the needs of children dealing with grief and loss, looks at issues around staff support in crisis situations, and addresses the development of a school policy.
<u>Supporting Children Through Grief</u>	Cruse Bereavement Care website page for adults helping bereaved children.
Wise Before the Event – Coping with Crises in Schools	by William Yule and Anne Gold. The book describes some of the ways that crises can affect schools, providing suggestions on how schools can develop a plan to deal with the crisis to lessen the physical and emotional effects of disasters.
Helping Children Cope with Grief	By Rosemary Wells (Sheldon Press, 1988) a book for adults helping bereaved children.
Talking with Children and Young People about Death and Dying: A Resource	By Mary Turner and Bob Thomas (Jessica Kingsley, 2006) A workbook designed to help children recognize and express feelings of grief and encourage open communication.
Child Bereavement UK Resources	https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people
As Big as it Gets: Supporting a Child When a Parent is Seriously Ill	By Diana Crossley and Di Stubbs (Winston’s Wish, 2007). A booklet designed to offer guidance to parents, carers and professionals to support a bereaved child or young person.
Resources for supporting Children and Young People with additional needs	
Child Bereavement UK	This organisation has two guides to supporting individuals with ASD and additional needs through bereavement.
Hand in Hand	Published by Seesaw. A resource pack to support children and young people who have a learning difficulty with practical ideas including a section on using symbols to explain deaths and funerals.
<u>Bereavement and Learning Disability: A Guide for Carers</u>	This guidance has been provided by Cheshire and Wirral Partnership NHS and has useful information on supporting individuals with learning disabilities through grief and bereavement.

Books to read with Children and Young People about Grief and Bereavement	
Finding a Way Through when Someone Close has Died	By Pat Mood and Lesley Whittaker (Jessica Kingsley, 2001) A workbook by young people, for young people.
Badger's Parting Gifts	By Susan Varley (Collins, 1985) A picture book which helps children deal with death. The badger dies but leaves good memories which helps his friends grieve.
Muddles, Puddles and Sunshine	By Diana Crossley and Kate Sheppard (Hawthorn Press Ltd, 2000). It is a workbook that offers practical and sensitive support for bereaved children.
Fred	By Posy Simmonds (Puffin, 1989) Fred the cat dies – a positive focus on how Fred will be remembered.
Grandpa	By John Burningham (Puffin, 1989) An account of the relationship between a little girl and grandpa through his ageing, illness and death.
When someone special dies	By Child Bereavement UK
Michael Rosen's Sad Book	By Michael Rosen and Quentin Blake (Walker Books, 2004). A book about Michael's grief at the death of his son, acknowledging sadness is not always avoidable or reasonable.
Mum's Jumper	A simple, heartfelt and uplifting book for coping with loss, by Jayde Perkin
If All The World Were	A lyrical picture book about a young girl's love for her granddad and how she copes when he dies by Joseph Coelho and Allison Colpoys
Aavry Ardvark Finds Hope	By Donna O'Toole. Aavry lost his family and is filled with despair and hopelessness until a true friend helps him learn about the strength within himself – a book exploring grief.