

## Bereavement resources/Organisations

### Child Bereavement UK <https://www.childbereavementuk.org>

- Child Bereavement UK offer a schools' information pack which is detailed and structured.  
<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=a35f83e5-e4ad-49e1-8b01-7e7d55ffa528>
- It walks through many scenarios and includes scripts for what to say in assemblies, etc.
- It outlines what children's understanding of death is likely to be at different ages.
- There is an example policy for primary and secondary schools which can be adapted with the coronavirus pandemic in mind.
- There are also example letters to send out which could be adapted for e mail during the lockdown.
- They offer guidance on supporting children during the coronavirus pandemic.  
<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=bc9f3d7d-7b43-421a-8ed4-4335f9c23b35>

### Winston's wish <https://www.winstonswish.org/coronavirus/>

Winston's wish is a charity which has many resources to help us specifically through this challenging time. Winston's Wish supports bereaved children, young people, their families, and the professionals who support them. Resources include:

- How to say goodbye when a funeral isn't possible
- How schools can support children;
- Talking to children about coronavirus;
- Telling a child someone is seriously ill;
- Telling a child someone has died from coronavirus
- Ways to manage your anxiety about coronavirus;
- Death through serious illness

### At a Loss <https://www.ataloss.org>

A Christian based organisation. Does not focus specifically on children.

Has a helpful short film to support others who are bereaved  
<https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic>

### Cruse Bereavement Care <https://www.cruse.org.uk/>

Informative website with a lot of resources.

- It has specific section for schools and resources, for young people, for parents, for those supporting the bereaved and for understanding bereavement.
- It has a helpful 'page' on what to say
- <https://www.cruse.org.uk/get-help/coronavirus/coronavirus-what-say-when-someone-grieving>

**Hope Again** <https://www.hopeagain.org.uk/>

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

Here you will find information about their services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one.

It has personal stories/films and comments in a 'youth helpful' way

## Support

- **Winstons Wish** have a freephone National Helpline on 08088 020 021 for therapeutic advice on supporting a grieving child or young person after the death of a loved one.
- **Education Support** offer a free, confidential helpline for staff :08000 562 561
- **Child bereavement UK** offer a national helpline 0800 02 888 40 (Freephone Monday Friday, 9am 5pm) Email for bereavement support: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)  
Live Chat (Monday Friday, 9am 5pm)
- **Cruse bereavement care** offer support and a helpline. helpline is open - call 0808 808 1677. They also have a dedicated set of resources for schools. Their sister company **hope again** supports children and young people who have lost a parent.