

Resources for Bereavement

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I have collated these resources from a range of organisations, not necessarily Christian. My hope is that you can find the right approach for the situation you are faced with; whether its individuals or organisations such as schools. It is by no means exhaustive but I hope it is of help. We look forward to the promised time when

He will wipe away every tear from their eyes and eliminate death entirely. No one will mourn or weep any longer. The pain of wounds will no longer exist for the old order has ceased.

Revelation 21:4 The Passion Translation (TPT)

- **Funerals and Memorials**
- **Resources to use with children and young people**
- **School Communities**
- **Support for families**
- **Support for clergy**
- **Charities/Organisations**

Funerals and memorials

The ways in which we celebrate a person's life and remember them are challenged in these times of lockdown and social distancing. Here are some ways to help people to grieve and participate from a distance.

- Variety of ideas to support people when they can't attend a funeral:
<https://www.churchofengland.org/life-events/funerals/here-everyone/support-when-you-cant-attend-funeral>
- If you can't attend a funeral you can light a virtual candle in remembrance of the person who has died
Light a candle on:
Instagram <https://churchsupporthub.org/wp-content/uploads/2020/03/Light-a-Candle-Instagram.jpg>
Facebook <https://churchsupporthub.org/wp-content/uploads/2020/03/Light-a-CandleFacebook.jpg>
Twitter <https://churchsupporthub.org/wp-content/uploads/2020/03/Light-a-Candle-Twitter-1.jpg>
- Printed resources for church leaders to distribute, including service sheets for those at a distance, bereavement cards and bookmarks:
<https://www.churchprinthub.org/default.aspx?cat=480>
- Resources for a child or young person to share with their friends, parents and teachers suggesting ways that they would like to be supported through their grief journey <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do-for-young-people.aspx>
- Facebook
 - How to set up a Facebook memorial -some do's and don't's with clear instructions <https://decorative-urns.com/cremation-blog/managing-grief/facebook-memorial/>

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- Article from Facebook explaining how to maintain a legacy page for someone who has died (including the safeguards used strengthened by AI) <https://about.fb.com/news/2019/04/updates-to-memorialization/>
- Q&A from Facebook on setting up and maintaining legacy pages <https://www.facebook.com/help/1506822589577997/>
- Resources to support those unable to attend funerals during Covid restrictions <https://churchsupporthub.org/baptisms/occasions-for-follow-up/covid-19-response-funerals/>
- Resource for young people facing grief in Covid times. Including a service to do at home See p12+ <https://churcharmy.org/Publisher/File.aspx?ID=250716>
- How children and young people can be part of a funeral and say their goodbyes remotely <https://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/>

Resources to use with children/young people

Support for children and young people as they grieve and process loss (see also charities/organisations below).

Generic:

- Wide range of resources for different occasions curated by the National Children's Adviser http://www.going4growth.com/growth_in_skills_and_knowledge/pastoral-care/bereavement_resources
- A Pinterest board with a number of practical resources, books and articles curated by Debbie Hill, Development Officer for Children and Families, Ely Diocese: <https://www.pinterest.co.uk/debbieh1605/bereavement/>

Children (0-11 years)

- Website created by young people for children and young people to help a child cope with the loss of a sibling. Series of personal stories <http://www.siblingsupport.co.uk/>
- Article about using Disney/Pixar films to facilitate a conversation about loss/death with a child <https://amp.theguardian.com/lifeandstyle/shortcuts/2017/oct/23/grandma-is-dead-five-tips-for-talking-to-children-about-death>
- Excellent short film made from children's own observations about what they want others to do to help them process their loss <https://player.vimeo.com/video/167887527>
- Ways a child can remember someone <https://www.mariecurie.org.uk/help/support/bereaved-family-friends/supporting-grieving-child/helping-child-remember-someone>
- Ways a parent can help a child through bereavement with a useful guide on how different ages process the concept of death <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/>
- Practical ideas to help children process their feelings of grief, including practical ideas and video guides suitable for older children <https://www.counselling-directory.org.uk/childhood-bereavement.html#helpingyourchildprocesstheirfeelings>

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- Children- curated collection of books about death from St Albans Children's Adviser https://www.pinterest.co.uk/margaret_pritch/childrens-books-about-death/
- Two practical faith-based resources to help children and their parents from Together@Home
 - A worksheet for children to say goodbye
 - A worksheet for their parents/carers one giving practical ideas to help a child process death <https://www.tath.co.uk/saying-goodbye>
- Protecting the psychological health of children through effective communication about COVID-19-from The Lancet: [https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(20\)30097-3/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30097-3/fulltext)
- Talking to children about illness -from the British Psychological Association: <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf>
- How to tell a child that someone has died-from the Oxford University Hospitals: <https://www.psych.ox.ac.uk/files/research/how-to-tell-children-that-someone-has-died.pdf>

Young People (11-18 years)

- Website for youth (linked with Cruse) personal stories, advice and support for young people facing grief <https://www.hopeagain.org.uk/>
- Help2MakeSense (linked with Winston's Wish) Young people share what has helped them cope with bereavement <https://help2makesense.org/young-people-share-what-helped/>
- Blog with an idea to explore grief that can be done with a young people's group - specific focus on God is love <https://becausegodislove.wordpress.com/2016/11/09/its-not-the-end-of-the-world-praying-with-young-people-in-times-of-crisis/>
- Lots of resources to support a young person through the death of a sibling or parent <https://www.griefencounter.org.uk/young-people/>
- and an accompanying booklet <https://www.griefencounter.org.uk/wp-content/uploads/2015/09/12583-Teenagers-Guide.pdf>
- Supporting young people through loss of what was expected-exams, school proms, leaving school with an emphasis on Christian formation https://rowsofsharon.com/2020/04/24/ideas-resources-for-lament-and-thanksgiving/?fbclid=IwAR0JWndLPYAJnBMCB97K9eUP5qtkdL_bVFM4C9EdJ-0dXWY5bze99NUNmVM

School communities:

- A new suite of resources for School Leaders focused on Grief, Bereavement and Loss called 'Never the Same' was published in May. These resources are based on the 4 areas of the Church of England Vision for Education, and offer reflection, discussion questions and a wide range of practical activities to support school leaders for this current season and beyond.
- <https://www.churchofengland.org/faith-action/faith-home/i-am-school-leader>

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Here are a few additional resources which may be helpful to support your local schools.

- Elephant's tea party (for children)-a way of supporting a pupil who has lost a sibling in a class environment <https://www.childbereavementuk.org/elephants-tea-party-downloads>
- Cards to help conversations explore loss and grief with children and young people in the school community
<https://finkcards.com/collections/education/products/conversations-about-loss-and-change>(NB select KS1 /2 or 3)
- East Midlands Education Support service have a number of papers dealing with bereavement. Scroll down to PDFs-Suicide Prevention
<http://www.em-edsupport.org.uk/Page/7730>
- Toolkit for secondary school to help prevent suicide from Papyrus, a charity dedicated to preventing suicide in children and young people
<https://papyrus-uk.org/wp-content/uploads/2018/08/toolkitfinal.pdf>
- Paper to support schools with suicide prevention and dealing with suicides should they occur
<https://www.cumbria.gov.uk/eLibrary/Content/Internet/537/6381/42179103528.pdf>
- Paper from the Samaritans with support for a school community following a suicide
<https://media.samaritans.org/documents/samaritans-help-when-we-needed-it-most.pdf>
- Advice from Charity Winston's Wish on how to support children who are bereaved whilst at a distance with school buildings closed
<https://www.winstonswish.org/coronavirus-schools-support-children-young-people/>
- A guide for schools in how to support children and young people with bereavement following a death of someone close to them
<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=a35f83e5-e4ad-49e1-8b01-7e7d55ffa528>

Support for families where someone is in hospital on their own

It is easy to feel powerless when we can't visit or know what's going on. Here are a few ideas from a distance

- Ideas to help family and friends stay in touch with a loved one when they are in hospital <http://www.childhoodbereavementnetwork.org.uk/media/102504/Keeping-in-touch.pdf>

Support for clergy

Clergy have an increased workload including supporting a larger number of grieving families. Support for clergy (on a wide range of issues can be found here)

- <https://www.sheldonhub.org/>
(from how to host a Zoom meeting to how to gain support after experiencing a particularly difficult challenging situation)

Charities/Organisations:

CHILD BEREAVEMENT UK

<https://www.childbereavementuk.org/>

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- Wide range of resources, including short film clips and a list of age appropriate resources here: <https://www.childbereavementuk.org/resources-for-children-and-young-people>
- A support sheet for a child who has already lost a family member for who Coronavirus heightens their anxiety of further loss
<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=bc9f3d7d-7b43-421a-8ed4-4335f9c23b35>

CRUSE

- Specific guidance to help everyone deal with Coronavirus here
<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>
- Coronavirus for children and families experiencing loss
Help for parents: <https://www.cruse.org.uk/get-help/for-parents>
Help to support a child: <https://www.cruse.org.uk/get-help/for-parents/loss-from-a-childs-perspective>
Help to support a young person experiencing grief: <https://www.cruse.org.uk/get-help/for-parents/teenagers-understanding-of-death>
- Supporting a child with Autistic Spectrum Disorder(ASD) through bereavement
<https://www.childbereavementuk.org/supporting-a-bereaved-child-with-autism-spectrum-disorder>

GRIEF ENCOUNTER

- Support for young people facing death of a close relative and how to manage grief
<https://www.griefencounter.org.uk/young-people/>

CHUMS (Mental health and emotional well-being service)

- Support for children and young people with low to moderate mental Health difficulties
Several helpful downloads including ones on bereavement and ho to manage low mood during these times
<http://chums.uk.com/downloads/>

BRITISH MEDICAL BULLETIN

- Article by Al Aynsley-Greene on how children need support to grieve with a specific section on what children need from those supporting them
<https://academic.oup.com/bmb/article/123/1/5/4080202?questAccessKey=b16dbc84-237a-4d62-8ec2-ed5a0ccd761c>

MACMILLAN

MacMillan is a cancer charity but has produced support guidance for children and young people and how to prepare them for the death of a close relative

- <http://be.macmillan.org.uk/Downloads/CancerInformation/ChildrenAndYoungPeople/MAC15372childforlossE1lowrespdf20151223.pdf>

MARIE CURIE

- How grief affects children at different ages with a timeline. Changes in behaviour also including those with SEND. <https://www.mariecurie.org.uk/help/support/bereaved-family-friends/supporting-grieving-child/grief-affect-child>

WINSTON'S WISH

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- Support for children, young people and their families at a time of bereavement
<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

SUPPORT AROUND DEATH (NHS SCOTLAND)

- Explanation about how children and young people of different ages might experience and process grief and death <http://www.sad.scot.nhs.uk/bereavement/children-who-are-bereaved/>

SAYING GOODBYE

- Support for those suffering the loss of a baby whether during pregnancy, birth or infancy <https://www.sayinggoodbye.org/>

A prayer for adults and older young people (source unknown)

Our God,
We offer you the future.
It is changed because *MN* is no longer with us
and we still feel uncertain and diminished.
Yet you will not fail us. You still have gifts for us to receive,
work for us to do, discoveries of your unfailing grace for us to make.
And at the last you will reunite us with all those who have gone home before us,
in the new life of your everlasting kingdom. Amen.