



Cheshire East
Council

Coronavirus and Bereavement

Activities, Resources and Sources of

Support
April 2020

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Image by Niamh
All Hallows Catholic School

Working for a brighter future together



1. Introduction

In the other documents in this series, we have covered planning for bereavement and bereavement support for parents and carers.

This booklet looks at activities which could be carried out with children in the event of a bereavement (some of which could also be carried out by adults), useful websites for further information and books to use with children following bereavement.

The Critical Incidents team would welcome feedback from you on these resources and sources of support to inform the advice we give to others. We would also welcome any further suggestions of activities and things you have used/done which you feel have been beneficial so that we can include those.

Please remember the Mental Health helpline which is also there to help adults and children at this challenging time:

Mental Health Helpline - 0300 303 3972 for residents of Cheshire East: It is open 24 hours a day, seven-days a week for people of all ages including children and young people who need urgent mental health support.

For non-urgent help and general wellbeing advice, the CWP website contains information and links to resources to support people with anxiety, low mood, and worries relating to the current Covid-19 pandemic www.cwp.nhs.uk

For children and young people there is also a dedicated website MyMind.org.uk



2. Practical activities to do with children following bereavement

<p>Memory box</p> 	<p>A memory box holds special objects to help the child/children remember someone; reminding them of happy times they spent together. It could include something that they wore e.g. a watch, a hat, their glasses, a photo etc. anything which reminds them of that person. The box can be any container e.g. a shoe box with a lid. The child could decorate it. It may be helpful to put in a note to say why each object is special.</p>
<p>Memory Pictures</p> 	<p>The child/children could draw or paint a picture or make a collage featuring things that the person who died loved, for example their favourite flower, colour, foods, or places.</p>
<p>Bubble Messages</p> 	<p>The child/children can blow bubbles and, as they float away they can watch them silently and think of the person who has died, or they can imagine they can take a happy message to the person who has died and can think of what they want to say. It could be saying something they liked about the person or something they did with them.</p>
<p>Memory Jar</p> 	<p>People write happy memories of someone who has died on small slips of paper. These are then placed in a specially decorated jar. The memories can be of funny things the person did/said of things they liked about the person or things they did with them etc. The children might want to have the message read out at some point or they could read them out loud as they put them in the jar; alternatively they may not want to share what has been written.</p>

<p>Write something</p> 	<p>Write the person who has died a letter, a card, a poem or a song. You could give the child/children a sentence start e.g. 'If you came back for just 5 minutes, I'd tell you...' Ask other people to write down their memories of the person; keep these in a special book.</p>
<p>Candles</p> 	<p>Light a candle in memory of the person and, as it burns, let everyone think of their happy memories of the person/think of positive things they would like to say to the person. These can be said silently or out loud.</p>
<p>Sand Jar</p> 	<p>Use different colours of sand (or salt with pastels/chalk rubbed into it) and layer it into a jar. Each colour represents something about the person who has died; it could be about their personality or a shared memory/experience. It may be helpful to attach a note or sticker to the jar to say what each colour symbolises.</p>
<p>Photographic memories</p> 	<p>Print the child/children's favourite photos of the person. The child could place them in a clip frame to display them or make a photobook. Or put them into a wooden frame and write/paint messages onto the frame.</p>
<p>Memory Rocks</p> 	<p>3 rocks: 1 jagged, 1 smooth, 1 special- Each rock is for memories of the person who has died. The jagged rock is hard to hold- it represents the difficult/painful memories. The smooth pebble represents normal every day events e.g. watching t.v. going to school.. The gemstone represents special memories e.g. a holiday, something they used to say. Keep them together- when touching them, recall the different memories.</p>

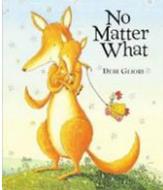
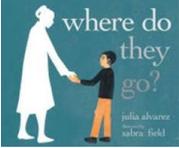
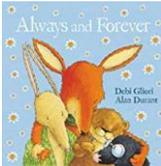
3. Bereavement Support Services for individuals, children and families

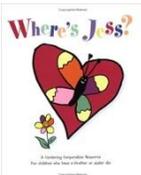
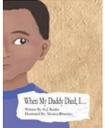
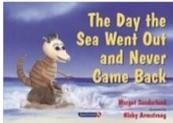
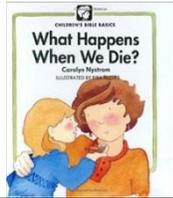
<p>CHILDLINE</p> 	<p>www.childline.org.uk Tel: on 0800 11 11 at any time</p>	<p>Childline is the free 24-hour helpline for children and young people in the UK. Children and young people can call about any problem, at any time. The website has advice and sources of further support</p>
<p>CHILDHOOD BEREAVEMENT NETWORK</p>  <p>Childhood Bereavement Network</p>	<p>www.childhoodbereavementnetwork.org.uk Tel: 020 7843 6309 Email: cbn@ncb.org.uk</p>	<p>A national, multi-professional federation of organisations and individuals working with bereaved children and young people.</p>
<p>CHILD BEREAVEMENT SERVICE</p>  <p>Marie Curie</p>	<p>www.mariecurie.org.uk Tel: 0800 090 2309 8 am – p.m. Monday to Friday 11 am – p.m. Saturday</p>	<p>For people who have been diagnosed with a terminal illness, or are supporting someone who has. They have a Freephone Support Line, web chat free publications and resources.</p>
<p>CHILD BEREAVEMENT UK</p> 	<p>www.childbereavementuk.org Tel: 0800 02 888 40 Mon-Fri 9am-5pm Email: support@childbereavementuk.org</p>	<p>A support and information service. They have an app for 11-25-year-olds who have been bereaved and their friends, teachers, and parents, who want to know how to support them. It covers: grief, bereavement, feelings and how others can help</p>
<p>CHILD DEATH HELPLINE</p> 	<p>childdeathhelpline.org.uk/ Volunteer Child Death Helpline Freephone from landlines: 0800 282 986 Freephone from mobiles: 0808 800 6019</p>	<p>The Volunteer Child Death Helpline runs in conjunction with The Alder Centre Alder Hey and Great Ormond Street Hospital for all those affected by the death of a child of any age. The helpline is open every day throughout the year</p>
<p>COMPASSIONATE FRIENDS</p> 	<p>www.tcf.org.uk Tel: 0845 123 2304 daily 10 am -4 pm and 7-10 pm</p>	<p>Support for bereaved parents, siblings and grandparents who have suffered the death of a child of any age and from any cause. There is a helpline and practical advice.</p>

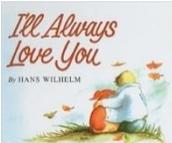
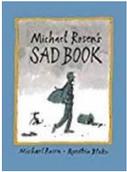
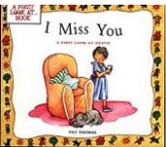
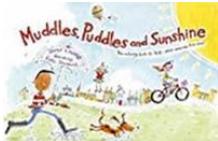
 <p>CRUSE Cruse Bereavement Care</p>	<p>www.cruse.org.uk Tel: Helpline 0808 808 1677 Daily 9.30am-5pm Tues, Wed, Thurs 8pm</p>	<p>Support, advice and information for children, young people and adults when someone dies. Hope Again: a website for young people which has videos and personal stories as well as offering direct support.</p>
<p>ELSIE EVER AFTER</p> 	<p>www.elsieeverafter.org.uk/ Tel: 07394 070 403 Email: elsieeverafter@hotmail.com Facebook: facebook.com/ElsieEverAfter</p>	<p>Support for bereaved families in and around Cheshire. They have packs for children (primary and secondary age) that contain a bereavement workbook and a story book about grief. They also offer schools and professionals advice and materials on how to support bereaved young people.</p>
<p>NATIONAL AUTISTIC SOCIETY</p> 	<p>www.autism.org.uk/about/family-life/bereavement.aspx 0808 800 4104</p>	<p>They have general information about autism. There is also a section specifically on illness and bereavement, how to explain this to someone with autism and how to support them</p>
<p>PAPYRUS</p> 	<p>www.papyrus-uk.org Tel: Hopeline UK 0800 00684141 Mon-Fri 10.00-5.00 7.00-10.00 Weekends 2.00-5.00</p>	<p>Prevention of young suicide. Resources and support for both those dealing with suicide, depression or emotional distress and those supporting them.</p>
<p>SAMARITANS</p> 	<p>www.samaritans.org Tel: 116 123 24 hours mailto:jo@samaritans.org Step by Step team: Tel: 0808 168 2528</p>	<p>Listening Support for people who don't feel ok/have something troubling them; and for people who are concerned about the wellbeing of someone else. Facing the Future: Support groups for people over 18 bereaved by suicide Step by Step service: support education settings so that they can respond effectively following the suspected or attempted suicide of someone from within their community; taking practical steps to reduce the risk of further deaths.</p>

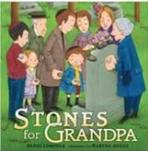
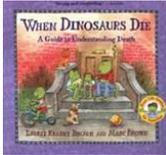
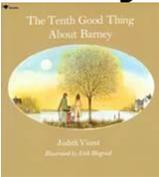
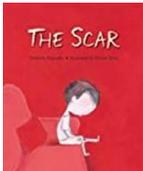
<p>TOGETHER FOR SHORT LIVES</p> 	<p>www.togetherforshortlives.org.uk Helpline 0808 8088 100 Telephone 0117 989 7820 Daily 10am-4pm</p>	<p>They offer confidential emotional support and information on a range of issues and provide easily digestible information about available support for families facing the death of a child. They connect families with support services.</p>
<p>VISON</p> 	<p>www.visyon.org.uk Tel: 0800 652 6293 Email: enquiries@visyon.org.uk</p>	<p>Support Services for children and their families including: One-to-one therapy, Therapeutic group work, Family support work, Therapeutic play, Mentoring, Cognitive behavioural therapy, Solution-focused brief therapy, Parent support groups They also support school based work.</p>
<p>WINSTONS WISH</p> 	<p>www.winstonswish.org/ Tel: 08088 020 021 Monday – Friday, 9am – 5pm email ask@winstonswish.org</p>	<p>Support for children following the death of a parent or sibling. They have school specific resources and offer support, not only to bereaved children but also to practitioners so they can best support the child.</p>
<p>YOUNG MINDS</p> 	<p>youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/ Tel: Parents Helpline 0808 802 5544</p>	<p>The organisation support the mental wellbeing of young people and to those who are supporting them including parents and schools. They have a specific section on their website focusing on bereavement.</p>

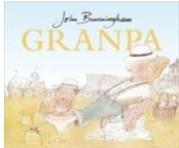
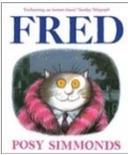
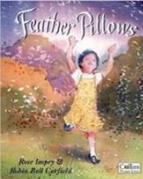
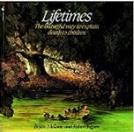
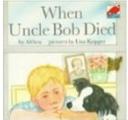
4. Books on bereavement for children

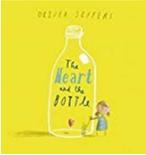
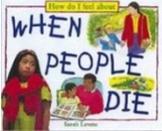
<p>Badger's Parting Gifts</p> 	<p>Susan Varley Age 3+</p>	<p>This moving story sees the process of the animals' grief after their friend, Badger, dies.</p>
<p>No Matter What</p> 	<p>Debi Giliori Age 3+</p>	<p>When children feel anxiety about losing a parent, often their fears focus on their worry that their parent no longer loves them. The characters in this book ask and answer these questions and prove that a parent has an endless capacity for love, even after death, and that their child is always loved, no matter what.</p>
<p>Where do they go?</p> 	<p>Julia Alvarez Age 3+</p>	<p>"When somebody dies, where do they go? / Do they go where the wind goes when it blows? ... Do they wink back at me when I wish on a star? Do they whisper, 'You're perfect, just as you are?'"</p>
<p>Grandad's Island</p> 	<p>Benji Davies Age 3+</p>	<p>Syd and his grandad go on an adventure in his grandad's attic. The next time Syd goes there his grandad is no longer there. A book that shows how those who are dear to us remain near to us – however far away they may seem</p>
<p>Always and Forever</p> 	<p>Alan Durant Age 3+</p>	<p>When Fox dies, everyone is upset. His friends don't know how they'll go on without him. Months later Squirrel reminds them all of how funny Fox used to be. They realise that Fox will never truly be gone as he is still there in their hearts and memories. This book shows that, though loved ones may die, we can always remember the happy times we had with them</p>

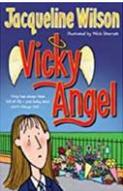
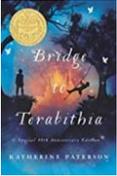
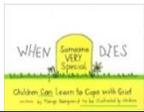
<p>Where's Jess?</p> 	<p>Marvin Johnson Age 3+</p>	<p>A young child experiences a variety of feelings after the death of a sibling</p>
<p>When my daddy died</p> 	<p>K.J. Reider Age 4+</p>	<p>This book was written by a man who lost his best friend- his father, when he was just a young boy. In it, he talks about the memories he will always cherish about the time he had with his father.</p>
<p>The Day the Sea Went Out and Never Came Back</p> 	<p>Margot Sunderland Age 4+</p>	<p>Eric is a sand dragon who loves the sea. One day, the sea goes out and doesn't come back. He feels as if he has lost everything. After many days, Eric sees a little wild flower. It is dying. He finds water. More and more flowers appear and makes a rock pool garden. He finds the courage to feel the full pain of his loss, instead of closing his heart.</p>
<p>The Memory Box</p> 	<p>Joanna Rowland Age 4+</p>	<p>In The Memory Box, a little girl worries she might forget someone in her life that recently died. She puts together a "memory box" with special relics and memories to remind her of "everywhere we've been, everywhere you've been, everywhere we wanted to go."</p>
<p>What Happens when we Die?</p> 	<p>Carolyn Nystrom Age 4+</p>	<p>The thought of dying can make any child sad and scared. Will it hurt? Does God want me to die? Where is heaven? Will Mom and Dad be there? How do I get there if I'm buried in the ground? In this simple yet profound book, your children will see for themselves the reasons people die...and what God has in store for them in heaven.</p>

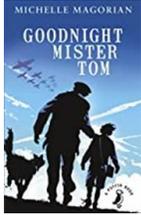
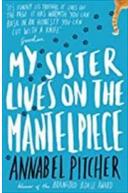
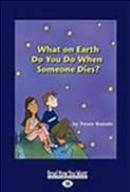
<p>I'll always love you</p> 	<p>Hans Wilhelm Ages 4+</p>	<p>"In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her. The watercolour illustrations, tender and warm in colour and mood, suit the simple text perfectly."</p>
<p>Goodbye Mog</p> 	<p>Judith Kerr Age 5+</p>	<p>Say goodbye to Mog in this incredibly moving story from Judith Kerr,</p>
<p>Michael Rosen's Sad Book</p> 	<p>Michael Rosen Age 5+</p>	<p>Michael Rosen reflects on the sadness he experienced when his 18-year-old son Eddie died. He offers uplifting insights to help young readers deal with complicated and difficult emotions, and shows children that it's okay to be sad.</p>
<p>I Miss You: A First Look at Death</p> 	<p>Pat Thomas Age 5+</p>	<p>This picture book explores the issue of death in a simple way, explaining the feelings children will experience and answering the questions they may have about this sensitive subject.</p>
<p>Muddles, Puddles and Sunshine</p> 	<p>Winston's Wish Age 5+</p>	<p>It shows children how they can find a balance between remembering their loved one and having fun.</p>

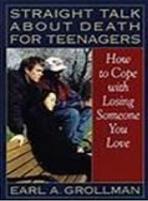
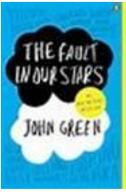
<p>You Are the Best Medicine</p> 	<p>By Julie Aigner Clark, Age 5+</p>	<p>A story about a mother with breast cancer and how her child makes her smile? "A cuddle, a story, a kiss—and thoughts of you. Because you are the best medicine."</p>
<p>Stones for Grandpa</p> 	<p>By Renee Londner Age 5+</p>	<p>A little boy and his family gather at the cemetery for the unveiling of his grandpa's gravestone, bringing stones to place on the grave, as is the Jewish tradition. They tell stories that help the boy deal with his loss, reminding him of the wonderful memories he has of his grandpa.</p>
<p>When Dinosaurs Die</p> 	<p>By Laura Krasny Brown Age 5+</p>	<p>The author explains in simple language the feelings people may have regarding the death of a loved one and the ways to honour the memory of someone who has died.</p>
<p>The Tenth Good Thing About Barney</p> 	<p>By Judith Viorst, Age 5+</p>	<p>"My cat Barney died this Friday. I was very sad. My mother said we could have a funeral for him, and I should think of ten good things about Barney so I could tell them"... But the small boy who loved Barney can only think of nine. Later, while talking with his father, he discovers the tenth — and begins to understand.</p>
<p>The Scar</p> 	<p>Charlotte Moundlic Age 5+</p>	<p>A little boy wakes up to find that his mother has died, he is overwhelmed with sadness, anger and fear that he will forget her. With the help of his Grandma he finds a way to hold on to his mother's love.</p>

<p>Granpa</p> 	<p>John Burningham</p> <p>Age 5+</p>	<p>Granpa nurses his granddaughter's dolls, mistakes her strawberry-flavoured pretend ice-cream for chocolate, takes her tobogganing in the snow, and falls in with her imaginary plans to captain a ship to Africa, like all good Granpa's should. It is a friendship that children who read this book will long remember.</p>
<p>Fred</p> 	<p>Posy Simmonds</p> <p>Age 5+</p>	<p>Fred's owners, Sophie and Nick, think he is the laziest cat in the world, but who knows what goes on after dark? It's only after their beloved pet dies, that they discover he has been leading an exciting double life...</p>
<p>Feather Pillows</p> 	<p>Rose Impey and Corfield</p> <p>Age 5+</p>	<p>Grandma Dora has recently died. Sarah can't stop thinking about Grandma Dora. Sarah feels so sad but at the same time all her memories are happy ones. Sarah finds a feather and she remembers one wonderful day when she, her Mum and her Grandma stuff pillows with feathers from an old mattress. She finds herself laughing and crying and begins to understand that you can feel happy and sad at the same time.</p>
<p>Lifetimes</p> 	<p>Bryan Mellonie</p> <p>Age 5+</p>	<p>A pet . . . a friend . . . or a relative dies, and it must be explained to a child. This book is a useful tool in explaining to children that death is a part of life and that, eventually, all living things reach the end of their own special lifetimes</p>
<p>Remember the secret</p> 	<p>Elisabeth Kubler-Ross</p> <p>Age 5+</p>	<p>After seeing a vision of the afterlife with her guardian angel, Suzy is able to accept and understand the death of a friend</p>
<p>When uncle Bob died</p> 	<p>Althea</p> <p>Age 5+</p>	<p>When someone special dies a child may need to talk about them and share their feelings of confusion and sadness. When Uncle Bob Died offers a starting point for discussing death and their own thoughts about it.</p>

<p>The Heart and the Bottle</p> 	<p>Oliver Jeffers</p> <p>Age 6+</p>	<p>A little girl shuts her heart away in a bottle for safety after the loss of someone close. But after that it seemed that the world was emptier than before.</p>
<p>When people die</p> 	<p>Sarah LeVete</p> <p>Age 6+</p>	<p>This book encourages children to explore their feelings about personal issues that may affect them</p>
<p>Saying Goodbye</p> 	<p>Ifeoma Onyefulu</p> <p>Age 6+</p>	<p>Seen through the eyes of a small boy named Ikenna, this is an account of how a small Igbo community in Nigeria traditionally honours the dead.</p>
<p>Charlotte's Web</p> 	<p>E.B.White</p> <p>Age 7+</p>	<p>The tale of how a little girl named Fern, with the help of a friendly spider, saved her pig Wilbur from the usual fate of nice fat little pigs.</p>
<p>Tear Soup: A Recipe for Healing After Loss</p> 	<p>By Pat Schwiebert and Chuck DeKlyen,</p> <p>Age 8 +</p>	<p>An old wise woman, Grandy, has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of Tear Soup. To season her soup Grandy adds memories like the good times and the bad times, the silly and the sad times. She does not want to forget even one precious memory of her loss.</p>
<p>The Great Blue Yonder</p> 	<p>Alex Shearer</p> <p>Age 8+</p>	<p>'You'll be sorry when I'm dead.'</p> <p>That's what Harry said to his sister, before the incident with the lorry. And now he is just that - dead.</p> <p>And he wishes more than anything that he hadn't said it. He wishes he could say sorry. And say goodbye to everyone he left behind</p>

<p>Vicky Angel</p> 	<p>Jacqueline Wilson Age 9+</p>	<p>Jade has a quirky, boisterous and confident best buddy in Vicky - but suddenly, this bubbly best friend is killed in a car accident. This story provides a sensitive introduction to the concept of death for children</p>
<p>Bridge to Terabithia</p> 	<p>Katherine Paterson Age 9+</p>	<p>Jesse and Leslie are two young misfits who don't get along at first, but soon develop a close bond. When Jesse is away one day, tragedy strikes: Leslie drowns in the river after the rope breaks. This book explores how Jesse copes with this tragic and sudden bereavement</p>
<p>When someone very special dies</p> 	<p>Marge Heegaard Age 9+</p>	<p>A practical format for allowing children to understand the concept of death and develop coping skills for life, this book is designed for young readers to illustrate.</p>
<p>Beat the Turtle Drum</p> 	<p>Constance C. Greene Age 9+</p>	<p>Thirteen-year-old Kate is thrilled for her sister, Joss, when Joss finds out she gets to keep a horse for a week as a birthday present. Then in one tragic moment, all of the happiness is gone, and numbness and grief overwhelm the family. Kate cannot imagine how she'll survive but knows somehow she must come to terms with her loss. Kate strives to find a place where joyful memories and painful loss can coexist.</p>
<p>The lost boys appreciation society</p> 	<p>Alan Gibbons Age 9+</p>	<p>Gary, John and Dad, are lost without Mum. Gary is only 14 and goes seriously off the rails, getting involved with local thugs and teetering on the brink of being on the wrong side of the law. John is wrestling with GCSEs and his first romance. They're all living with the memories of someone they can never replace.</p>

<p>Goodnight Mister Tom</p> 	<p>Michelle Magorian</p> <p>Age 10+</p>	<p>Willie Beech is a deprived child who lives in London with his abusive mother. When war breaks out he is evacuated into the home of Tom Oakley, an old man who turns out to be kind and loving. This book features a series of bereavements: the death of Willie's baby sister, his mother's suicide and the death of his friend, Zach. However, it ends with Willie's realisation that Zach will always be alive in his mind and memories.</p>
<p>My Sister Lives on the Mantelpiece</p> 	<p>Annabel Pitcher</p> <p>Age 10+</p>	<p>Five years ago, 10-year-old Jamie's older sister, Rose, was killed in a terrorist attack. The family is falling apart, and Jamie's mother walked out a few months ago. When he sees a TV advert for a talent show, he's certain this could change everything and maybe even bring the family back together again. This story explores the pain and grief a family can suffer following bereavement.</p>
<p>Two Weeks with the Queen</p> 	<p>Morris Gleitzman</p> <p>Age 10+</p>	<p>Colin is on a quest. His brother Luke has cancer and the doctors in Australia don't seem to be able to cure him. Sent to London to stay with relatives, Colin is desperate to do something to help Luke. He wants to find the best the doctor in the world. Where better to start than by going to the top? Colin is determined to ask the Queen for her advice. This very moving story illuminates deeply serious issues about illness and loss with bright moments of humour.</p>
<p>What on Earth Do You Do When Someone Dies?</p> 	<p>Trevor Romain,</p> <p>Age 11+</p>	<p>A factual guide, answering questions such as 'why do people have to die?', 'is it okay to cry?' and 'what is a funeral/memorial service?' It is written in a straightforward way, with practical tips, advice and information about different faiths and beliefs. It describes the strong, confusing feelings you might have and suggests ways to feel better.</p>

<p>A Monster Calls</p> 	<p>Patrick Ness Age 12+</p>	<p>A monster visits 13-year-old Conor O'Malley each night at 12.07am. The monster offers to tell Conor three stories - if Conor will tell his own story afterwards. We learn that Conor's mother is dying of cancer, Conor is bullied at school, and that he has strained relationships with his father and grandmother. After all this agony, it transpires that the monster has come to heal him.</p>
<p>Straight Talk about Death for Teenagers:</p> 	<p>Earl A. Grollman, Age 13+</p>	<p>This book was written after the author spoke to thousands of teenagers and found they often felt forgotten after someone has died. Written in short, clear sentences that are easy to read, it covers feelings, different types of death and the future. It gives the reader options of what can happen, how s/he may feel, giving advice and reassuring readers grief is normal.</p>
<p>The Fault in our stars</p> 	<p>By John Green, Age 14+</p>	<p>A moving and funny book about a young teenage girl, Hazel, who has been diagnosed with lung cancer and attends a cancer support group where she meets Augustus. The couple embarks on a rollercoaster of emotions while searching for the author of their favourite book.</p>
<p>Tiger Eyes</p> 	<p>Judy Blume Age 15+</p>	<p>Davey's father has been murdered – and the aftermath is causing her family to fall apart. Her heartbroken mum takes them to stay in Los Alamos. She meets a mysterious older boy called Wolf: intense, brooding and also about to lose someone close to him. But falling for someone won't make her dad come back</p>