



Childhood  
Bereavement  
Network

## Frequently asked questions

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## Finding support for bereaved children and young people

### *Where can I find bereavement support for my children?*

- Our [directory](#) has details of local 'open access' services for bereaved children, young people and those caring for them. These work with bereaved children and young people whatever the cause of death, and you can refer your family to them directly.
- Your local branch of Cruse Bereavement Care may have a children's worker. Services are free to bereaved people. The charity provides support and offers information, advice, education and training services. 0844 477 9400 <http://www.cruse.org.uk/>
- Winston's Wish, the childhood bereavement charity runs a national helpline offering support, information and guidance to all those caring for a child or young person who has been bereaved. 08452 03 04 05.
- Your GP or school may be able to help you find a counselling or support facility for your children.
- If the bereavement was through cancer or other life limiting illness, you may be able to access bereavement support through your local hospice or palliative care team. You can find your local service at the Hospice information service run by Help the Hospices and St Christopher's Hospice <http://www.helpthehospices.org.uk/about-hospice-care/find-a-hospice/uk-hospice-and-palliative-care-services/>
- RD4U is a website designed for young people by young people. Its aim is to support young people after the death of someone close. <http://www.rd4u.org.uk/>

### *Is there anything to help in preparing children for a death in the family?*

- Winston's Wish, the childhood bereavement charity has a section on their website about supporting young people when someone in the family has a serious illness <http://www.winstonswish.org.uk/mainsection.asp?section=000100010010&pagetitle=Serious+Illness>

[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

- Your local hospice or palliative care service may be able to provide you with advice. You can find your local service at the Hospice information service run by Help the Hospices and St Christopher's Hospice <http://www.helpthehospices.org.uk/about-hospice-care/find-a-hospice/uk-hospice-and-palliative-care-services/>
- RipRap is a web site that can help young people cope when a parent has cancer. You'll find stories from other young people going through similar situations and information <http://www.riprap.org.uk/>
- Macmillan exist to help improve the lives of people living with cancer and their families and carers. <http://www.macmillan.org.uk/>
- Marie Curie care for people with cancer and other life limiting illnesses along with support for their families. <http://www.mariecurie.org.uk/>

***My daughter has learning difficulties. What could help us talk about her bereavement?***

- Seesaw Grief Support for the Young in Oxfordshire have published a free resource pack for professionals *Hand in Hand: Supporting children and young people who have a learning difficulty through the experience of bereavement* [http://www.seesaw.org.uk/files/SeeSaw\\_handinhand.pdf](http://www.seesaw.org.uk/files/SeeSaw_handinhand.pdf)
- The Child Bereavement Charity provide specialised support, information and training to all those affected both when a child dies, and when a child is bereaved of someone important in their lives. Their website has a section dedicated to special educational needs and bereavement. [http://www.childbereavement.org.uk/for\\_schools/sen\\_and\\_bereavement](http://www.childbereavement.org.uk/for_schools/sen_and_bereavement)

***I am 15 and my friend died last month. Where can I find someone to talk to?***

- Our [on-line directory](#) has details of local services for bereaved children and young people.
- Cruse Bereavement Care provides support and offers information, advice, education and training services. Their Young People's Helpline number is 0808 808 1677.
- Cruse also have a website called RD4U which is designed for young people by young people. Its aim is to people after the death of someone close. Their website address is <http://www.rd4u.org.uk/>
- You can talk to ChildLine about anything - no problem is too big or too small. If you are feeling scared or out of control or just want to talk to someone you can call ChildLine 0800 1111.

## Support for adults

***Where can I get legal help and information after a death?***

- The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers. You can search for your local Citizens Advice Bureau by using the following link <http://www.citizensadvice.org.uk/index/getadvice.htm#searchbox>
- Directgov gives users easy access to the public services they use and the information you need, delivered by the UK government. This site has a section entitled Death and bereavement [http://www.direct.gov.uk/en/index.htm?cids=Google\\_PPC&cre=Store\\_Front](http://www.direct.gov.uk/en/index.htm?cids=Google_PPC&cre=Store_Front)

***Can I do anything to stop journalists invading our privacy?***

- The Press Complaints Commission is an independent body which offers clear protection for those who feel harassed by the media. Their website has helpful information about what to do and they

have a 24 hour emergency advice service <http://www.pcc.org.uk/> or email [complaints@pcc.org.uk](mailto:complaints@pcc.org.uk) or phone 020 7831 0022

### *My mother died when I was a child. Can I get support now?*

- Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. Services are free to bereaved people. The charity provides support and offers information, advice, education and training services. You can contact Cruse on their Day by Day helpline 0844 477 9400 or at <http://www.cruse.org.uk/> to find details of your local branch.

## Support after the death of a child

### *Where can I find help after my child's death?*

- The Child Death Helpline is a helpline for anyone affected by the death of a child of any age, from prebirth to adult, under any circumstances, however recently or long ago. Their website is telephone number is 0800 282 986
- The Compassionate Friends (TCF) is an organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children. They also offer support, advice and information to other relatives, friends and professionals who are helping the family. Their website is <http://www.tcf.org.uk/> and their telephone number is 0845 123 2304
- The Child Bereavement Charity provide specialised support, information and training to all those affected both when a child dies <http://www.childbereavement.org.uk/>

## Schools and other settings

### *Where can I get help with supporting a bereaved pupil?*

- On the Childhood Bereavement Network website we have a section that gives teachers suggestions of how they can help a bereaved child or young person. The link is [http://www.childhoodbereavementnetwork.org.uk/haad\\_teachers.htm](http://www.childhoodbereavementnetwork.org.uk/haad_teachers.htm)
- The Child Bereavement Charity provide specialised support, information and training to all those affected both when a child dies, and when a child is bereaved of someone important in their lives. They have a section on their website dedicated to schools [http://www.childbereavement.org.uk/for\\_schools](http://www.childbereavement.org.uk/for_schools)
- Winston's Wish is a childhood bereavement charity and provider of services to bereaved children, young people and their families. They offer practical support and guidance to families, professionals and anyone concerned about a grieving child. Their helpline number is 08452 03 04 05 and their website has a section for schools <http://www.winstonswish.org.uk/>
- Seesaw Grief Support for the Young in Oxfordshire have published a free resource pack for teachers <http://www.seesaw.org.uk/schools.htm>

### *How can I prepare my tutor group for the death of a pupil?*

- The Child Bereavement Charity provide specialised support, information and training to all those affected both when a child dies, and when a child is bereaved of someone important in their lives. They have a page in the schools section of their website which offers advice on supporting terminally ill children and their classmates [http://www.childbereavement.org.uk/for\\_schools](http://www.childbereavement.org.uk/for_schools)

- Winston's Wish is a childhood bereavement charity and provider of services to bereaved children, young people and their families. They offer practical support and guidance to families, professionals and anyone concerned about a grieving child. Their website has an information page for schools <http://www.winstonswish.org.uk/page.asp?section=0001000100030002&pagetitle=Schools> Their helpline number is 08452 03 04 05

### *Can we get staff training on bereavement?*

- Our [directory](#) is regularly updated with 'open access' services for bereaved children, young people and those caring for them. Many of these offer training and support to local teachers and other professionals.
- There are several national charities that provide bereavement training. This link will list such organisations that have subscribed to the Childhood Bereavement Network and offer a range of services nationally [http://www.childhoodbereavementnetwork.org.uk/haad\\_national\\_services.htm](http://www.childhoodbereavementnetwork.org.uk/haad_national_services.htm)
- Some of our subscribers' training, conferences, seminars and workshops can be found at <http://www.childhoodbereavementnetwork.org.uk/events.htm>
- Your Local Education Authority's Critical Incident Team may be able to offer training to your school. Please use the following link to the Department for Children, Schools and Families website to find the contact details for your local authority <http://www.dcsf.gov.uk/localauthorities/index.cfm?action=authority>

### *How can I develop a bereavement policy?*

- The Child Bereavement Charity have a section on their website that outlines a framework of how to put together a school policy [http://www.childbereavement.org.uk/for\\_schools/how\\_to\\_put\\_together\\_a\\_school\\_policy](http://www.childbereavement.org.uk/for_schools/how_to_put_together_a_school_policy)
- Winston's Wish have a downloadable document [Strategy for Schools](#)

## Working with bereaved children

### *How can I find work with bereaved children?*

- Our [on-line directory](#) is regularly updated with services for bereaved children, young people and those caring for them. Contact the services within your area and enquire whether they have any volunteering opportunities that you can become involved in.

### *Where can I get training on supporting bereaved children?*

- On the Childhood Bereavement Network, we list subscribers' [training, conferences, seminars and workshops](#).
- Most [local services](#) provide specific training for their volunteers.
- [National charities](#) including Winston's Wish, the Child Bereavement Charity and Cruse Bereavement Care provide training.
- St Christopher's Hospice and Help the Hospices are working in partnership to deliver the UK's first stand-alone university-validated [programmes in Childhood Bereavement](#). The Diploma/Certificate is part-time over one academic year and is taught over two weekend sessions at St Christopher's Hospice and six Fridays at Help the Hospices.

- Your Local Education Authority may be able to offer training, and can be contacted through the Department for Children, Schools and Families [website](#).

### *How do I set up a childhood bereavement service?*

- We have published a series of [factsheets](#) for people wanting to set up a new childhood bereavement service. These cover planning your service, identifying needs and mapping services, raising funds, and ways of working with children and families.
- We also publish *A guide to developing good practice in childhood bereavement services*. New subscribers receive a free copy when they [join](#), or you can [read more](#) about it.

## Media and research

### *I am a student writing an essay on childhood bereavement. Where can I find out more?*

- Search through our [website](#) for further information on childhood bereavement. Try our [suggested reading page](#).
- Our Grief Matters for Children policy paper provides useful information.

### *Where can I find a bereaved family to interview?*

- Please be aware of the ethical issues involved in interviewing bereaved families. We are aware of cases where bereaved families have received much unwelcome press attention, and also of cases where families have agreed to be interviewed but have been let down at short notice. Please ensure you treat families with sensitivity and respect, and that you follow the Press Code at all times.
- Your [local childhood bereavement service](#) may be able to link you to a bereaved family who would be willing to be interviewed.

## About CBN

### *How can I join the Childhood Bereavement Network?*

- To subscribe to the Childhood Bereavement Network please download the [application pack](#).

### *How can I order your resources?*

- To order any of the Childhood Bereavement's Network's publications, please download and print out our [order form](#).

### *I've seen the film 'Not too young to grieve'. Where can I get a copy?*

- Your local public library service should have a copy of *Not too young to grieve*. If they can't find it, you can order a copy from Leeds Animation Workshop <http://www.leedsanimation.org.uk/>.

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