

Bereavement info for pack

Card designed by one of our children

A wooden heart to write on and put in the frame in the entrance hall

List of resources

Child Bereavement UK

Helpline **0800 02 888 40**

www.childbereavementuk.org

Youngsmind.org.uk

youngminds.org.uk Are you a young person in crisis?

Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.

If you need urgent help, text YM to 85258.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

St christophers candle child bereavement project

For further information, please contact Isobel Bremner, our Candle Child Bereavement Service on 020 8768 4533

-
- **St Christopher's**
Switchboard 020 8768 4500
info@stchristophers.org.uk
-

Winstons wish.org

If a young person you know is finding it hard to cope with their grief, and you want to help them, then give us a call.

From parents to teachers, everyone and anyone who is supporting a grieving child can call our Freephone National Helpline on **08088 020 021**. We are open between 9.00am and 5.00pm, Monday to Friday.

In order to protect our staff, our Helpline is currently operating a remote service. Please leave a message on our voicemail with your first name and a contact number (with area code) and a Helpline Practitioner will call you back from a withheld number as soon as possible.

Cruse.org.uk

Helpline:

0808 808 1677

Monday - Friday 9.30am - 5pm

Tuesday, Wednesday & Thursday 9.30am - 8pm

Weekends 10am - 2pm

Cruse chat

We're here to talk

Monday - Friday 9am - 9pm

Childline

Call us free on [0800 1111](tel:08001111)

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

Samaritans

116 123

Call us free, day or night, 365 days a year

Writing an email can be a calm and safe way to work through what's on your mind. Especially if it feels too upsetting to talk about on the phone.

Samaritans volunteers answer each email that comes through to jo@samaritans.org.

Papyrus

HOPELINEUK

HOPELINEUK is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860 039 967

Email: pat@papyrus-uk.org

Call: 0800 068 41 41

Text: 07860 039967

ELSA

www.elsa-support.co.uk

Plant love grow

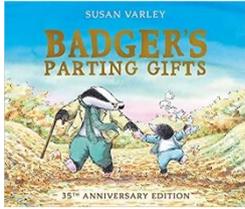
1. www.plantlovegrow.com/index.html

Plant Love Grow creates support tools and resources to assist parents, teachers and health professionals. We want to help you guide, nurture, inspire, and become facilitators for change and growth. What you'll find on this **website**: ...
Email **Address** . Extra free printable pages

Books

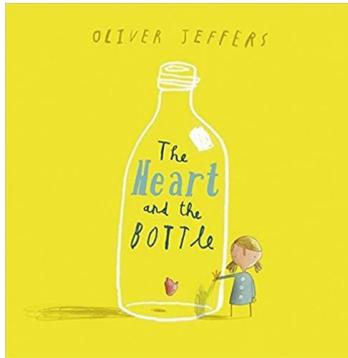
For Children

Badgers parting gifts by Susan Varley.



Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends. Celebrating the 35th anniversary of this quintessential and multi award-winning picture book about losing a loved one. Features a helpful reading guide from Child Bereavement UK that provides tips for reading Badger's Parting Gifts with children and helping them better understand grief. Endorsed by Child Bereavement UK Badger's Parting Gifts provides young children with a means to understand grief'

The heart and the bottle by Oliver Jeffers

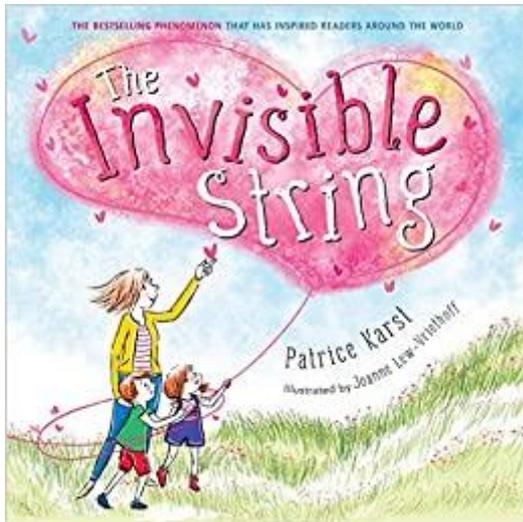


Once there was a girl whose life was filled with wonder at the world around her...

Then one day something happened that made the girl take her heart and put it in a safe place. However, after that it seemed that the world was emptier than before. But would she know how to get her heart back?

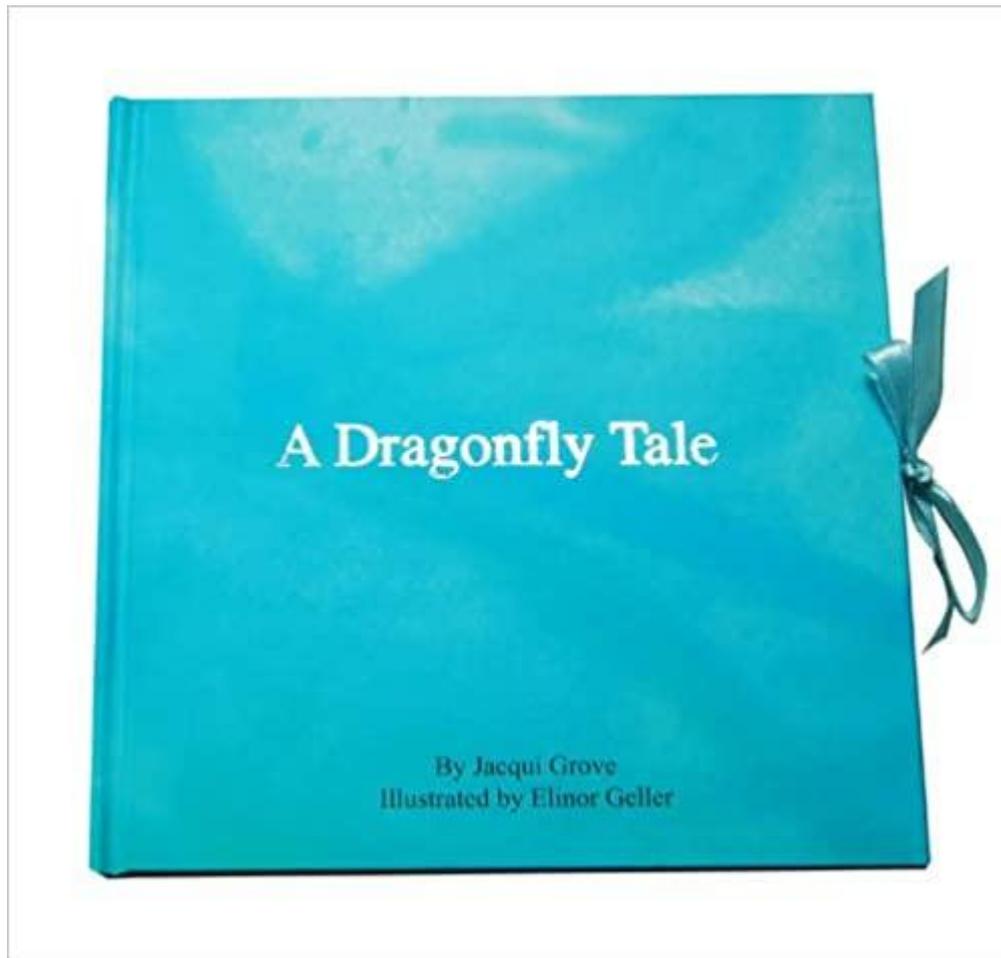
In this deeply moving story, Oliver Jeffers deals with the weighty themes of love and loss with an extraordinary lightness of touch and shows us, ultimately, that there is always hope.

The invisible string by Patrice Karst



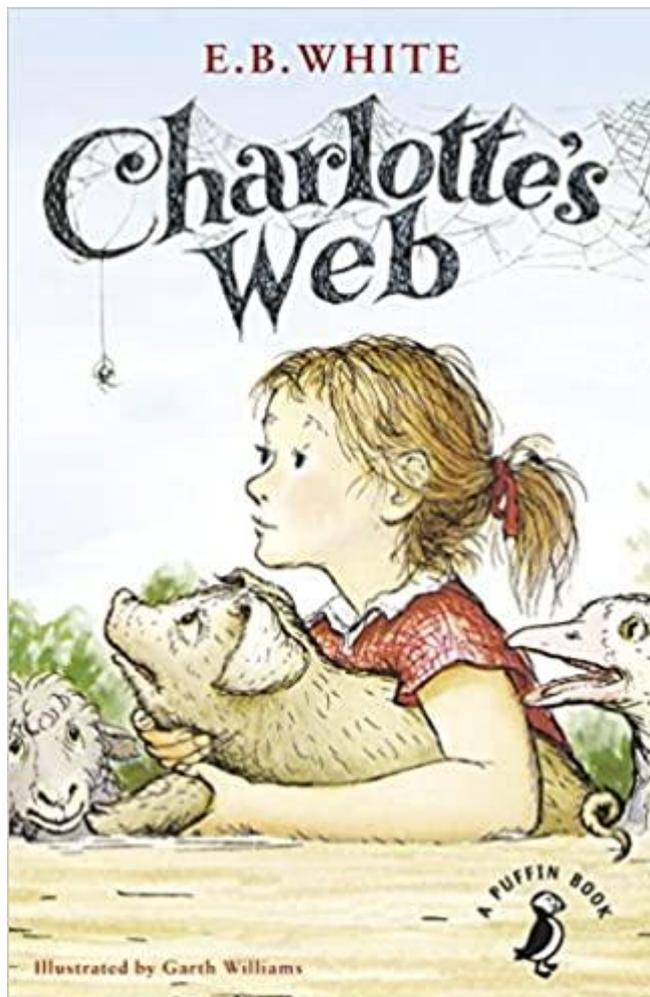
Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: *An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.* Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love.

The Dragon Fly Tale by Jacqui Grove



At some point every child will ask..."What happens when you die?" This beautifully illustrated and uplifting story is designed specifically to help and comfort children who need an answer when a family member, friend or pet dies. Sensitively written, with no reference to death or dying, it can be read as a simple story or used as a helpful tool to explain or talk about what might happen. Full of bright, sparkling pages, and with space to personalize the book with either photos or writing. There is even a secret pocket at the back for a little keepsake.

Charlotte's web by E.B.White

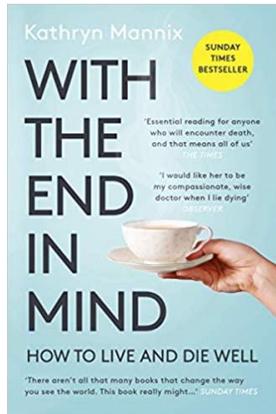


L

Wilbur the pig's life has already been saved by Fern, but when he is sold to her uncle, he realises his life is in even more danger. Enter Charlotte A. Cavatica, a beautiful large grey spider. Charlotte is determined to keep Wilbur from the chopping block, and comes up with an ingenious way to do just that.

Books for Adults

With the end in mind. By Kathryn Mannix



With the End in Mind is a book for us all: the grieving and bereaved, the ill and the healthy. By turns touching and tragic, funny and wise, it tells powerful human stories of life and death.

Eric, the retired head teacher who even with Motor Neurone Disease gets things done. Sylvie, 19 and diagnosed with leukaemia, sewing a cushion for her mum to hold after she has died. Nelly and Joe, two people enduring loneliness to shield their beloveds from distress.

A powerful and emotional book based on a lifetime's clinical experience, *With the End in Mind* offers calm, wise advice on how to face death, live fully and find a model for hope in dark times.

To watch

After life



After Life follows Tony, whose life is turned upside down after his wife dies from breast cancer. He contemplates suicide, but instead decides to live long enough to punish the world for his wife's death by saying and doing whatever he wants. Although he thinks of this as his "superpower", his plan is undermined when everyone around him tries to make him a better person.^[3] It is set in the fictional town of Tambury, where Tony works as a journalist at the local free newspaper, the *Tambury Gazette*.