



# St Paul's Bereavement & Isolation Support

For your information, the nominated bereavement leads within St Pauls Primary School are as follows:

Mrs L Crompton – Deputy Headteacher / SENCO

Mrs R Hughes – Learning Mentor

Mrs L Forrest – Emotional Well-being Lead/ HLTA.

If your child needs guidance and support in relation to their emotional well-being and mental health during this difficult period please inform the school so that we can assist in any way possible. Below are numerous resources to aid well-being and support children and young people following an illness or a bereavement.

## **Supporting parents and carers video - The Anna Freud Centre**

This video provides guidance to parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus.

[www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be](https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be)

## **Self-care strategies - the Anna Freud Centre.**

A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.

[www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/)

## **Worries about the world - Childline advice page**

This webpage includes information on what concerns a child might currently have and some things to try to address these worries. Children can sign up to Childline's "locker" and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty. A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

<https://www.childline.org.uk>



## **Understanding anxiety illustration - Priory Group**

Anxiety can be hard to understand yet this easy to digest narrative with images aids understanding for all.

[www.priorygroup.com/media/594863/](http://www.priorygroup.com/media/594863/)

## **Coronavirus comic strip - NPR**

A comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/>

## **Factual information and effective coping strategies - Newsround, CBBC.**

The Newsround section of the CBBC website has a number of useful, informative newsreels revolving around how children can cope when they can't go to school because of the coronavirus.

<https://www.bbc.co.uk/newsround/51656718>

## **Answering childrens questions about the coronavirus - Place2Be & YoungMinds**

Idea's on how to best inform your child or children on common themes in relation to COVID19.

[www.place2be.org.uk/about-us/news-and-blogs/2020/march/](http://www.place2be.org.uk/about-us/news-and-blogs/2020/march/)

<https://youngminds.org.uk/blog/>

## Winston's Wish

Information on scripts to use if someone a child knows has died from COVID 19 and how to say goodbye when a child can't attend a funeral.

08088 020 021

[www.winstonswish.org](http://www.winstonswish.org)

## Child Bereavement UK

This website provides guidance for supporting bereaved children and young people. Child Bereavement UK also have a drop-in facility at Salford Royal Hospital yet these are currently suspended and online support is available instead.

0800 02 888 40

[www.childbereavementuk.org](http://www.childbereavementuk.org)

## Grief Encounter

Grief Encounter has downloadable documents that can aid grief recovery for bereaved children both within a family environment and educational setting.

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

## Helplines

SHOUT - text 'Shout' to 85258 for 24/7 crisis text support.

Childline - under 19s can call 0800 1111 for free, confidential support.