**Signposting to useful resources**

**Websites**

* Child Bereavement UK – Providing support and guidance, resources for professionals, training, consultancy and supervision - [Child Bereavement UK](https://www.childbereavementuk.org/)
* Child Death Helpline – Freephone service for anyone affected by the death of a child - <http://www.childdeathhelpline.org.uk/>
* Compton Care – Bereavement support available for children, young people and families - [Bereavement Support | Compton Care](https://www.comptoncare.org.uk/patient-and-family/bereavement-support/)
* Cruse Bereavement Support - [Understanding grief - Cruse Bereavement Support](https://www.cruse.org.uk/understanding-grief/) – *Guidance documents available in a range of languages (Arabic, Bengali, Chinese, Gujarati, Hindi, Polish, Portuguese, Russian, Somali, Tamil, Ukrainian, Urdu and Welsh).*
* Marie Curie – Supporting conversations and how to tell a child/young person someone has died - [How to tell a child someone has died | Marie Curie](https://www.mariecurie.org.uk/information/grief/talking-to-children-about-death)
* Rethink Black Country – support for those who have been bereaved by suicide - <https://www.rethink.org/help-in-your-area/services/community-support/black-country-support-after-suicide/>
* Support After Suicide Partnership (SASP) – Support for organisations and individuals who support people who have been bereaved or affected by suicide - <https://supportaftersuicide.org.uk/>
* The Compassionate Friends – Support for bereaved parents, siblings and wider family members - [www.tcf.org.uk](http://www.tcf.org.uk)
* Young Minds – A Parent/Care Guide to supporting Trauma - [Trauma and Mental Health | Guide For Parents | YoungMinds](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/trauma/#:~:text=Signs%20a%20child%20or%20young%20person%20is%20affected%20by%20trauma,-Every%20child%20or&text=Or%20difficult%20feelings%2C%20thoughts%20and,feel%20better%20for%20a%20while.)
* Winston’s Wish – Extensive guidance, resources, reading list and Counselling support - [Winston's Wish - giving hope to grieving children (winstonswish.org)](https://winstonswish.org/)
* Young Minds – A Guide for Young People on the impact of Trauma - [Trauma & Mental Health | Advice For Young People | YoungMinds](https://www.youngminds.org.uk/young-person/coping-with-life/trauma/)

**Books**

[Love Will Never Die: Helping children through bereavement: Amazon.co.uk: Clare Shaw: 9780995759633: Books](https://www.amazon.co.uk/Love-Will-Never-Die-bereavement/dp/0995759634)

[Muddles, Puddles and Sunshine - Paperback: Your Activity Book to Help When Someone Has Died (Early Years) : Diana Crossley, Kate Sheppard, Kate Sheppard: Amazon.co.uk: Books](https://www.amazon.co.uk/Muddles-Puddles-Sunshine-Paperback-Activity/dp/1869890582/ref=sr_1_1?crid=3QK84II5A9PZ6&dib=eyJ2IjoiMSJ9.c3U2unHUrTOCrrczucmhgvTNWIFkiAywIl0h7oV9TOnqZeUe_087RXe4uapdiFK_LVUFWRcd9X7QB4jPm3ISen9nC91ukFA93Drid0t2ETl7Xeg4ZO5sC8VKbalRAtkr.jXk0O9Sysdb92UvFc7JExKoJGc4uve01sb5a6mfmDRM&dib_tag=se&keywords=muddles+puddles+and+sunshine&qid=1740671022&sprefix=muddles+puddles+and+%2Caps%2C101&sr=8-1)

[Books – Winston's Wish](https://shop.winstonswish.org/collections/bereavement-support-books)

[E-books – Winston's Wish](https://shop.winstonswish.org/collections/e-books)

[Suggested Reading List | Winston's Wish](https://winstonswish.org/suggested-reading-list/)

**Podcast**

<https://www.winstonswish.org/grief-in-common-podcast/>

Monthly podcast ‘Grief in Common’ run by Winston’s Wish Youth Team giving a unique insight from young people over the age of 13 who have experienced loss and bereavement.

Available to listen on Spotify, YouTube, Apple Podcasts, Google Podcasts and Amazon Music.

**Practical activities**

[Free Activities for bereaved children and young people | Winston's Wish](https://winstonswish.org/activities/)

Activities organised under themes of:

* Expressing Feelings
* First Aid Kit
* Fizzy Feelings
* Worry dolls
* Box of requirement
* Remembering the person who has died
  + Memory Jars
  + Memory Box
  + Beaded Bracelet
  + Memory Stones
  + Life Quiz
* Grief activities for younger children (roughly 12 years and under)
  + Button Tree
  + Dead Insects
  + Story Stones
  + Making Ooglies
* Grief activities for teenagers and young adults (roughly 13 – 25 years)
  + Grief Toolkit
  + Writing an unsent letter
  + Calendar of memories
* ‘Make & Talk’ Activities (all ages)
  + Window Art
  + Rainbow Review
  + Thankful Tree
  + Snowman Strike
  + Straw Rockets
  + Spooky Spider Web
  + Grief Chart & Coping Wheel

**SEND specific resources**

[Bereavement support for children with SEND | Winston's Wish](https://winstonswish.org/supporting-children-with-send/)

[We All Grieve - Supporting bereaved children with SEND – Winston's Wish](https://shop.winstonswish.org/products/we-all-grieve)

[We All Grieve activities | Winston's Wish](https://winstonswish.org/we-all-grieve-activity-pack/)