

## Abstracts

The champions took an imaginative and creative approach to introducing this change by incorporating role play and case scenarios in their teaching plans.

	April 2009 to March 2010 Prior to initiative	April 2010 to March 2011	April 2011 to March 2012 (high number of repeated fallers Jan/Feb)	April 2012 to March 2013
Falls not resulting in injury	45	19	43	28
Falls resulting in injury	23	18	14	9

The equipment costs of approximately £8,000 for bed and chair sensors, low beds and crash mats seem a very appropriate investment when considering the results of this initiative, shown in the table above, fall numbers fluctuate but are always lower than prior to the initiative and there is an impressive year on year reduction in the number of injuries sustained. The improvements not only contribute to the organisation's strategic objectives to improve care and safety but assist in providing essential evidence to the Care Quality Commission too.

### P136 JOURNEY FOR MEN - A SUPPORT GROUP

Kevin Benson. Dorothy Gillespie. *Donna Louise Children's Hospice, Stoke on Trent, UK*

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The Journey for Men group was started to provide a safe place for men to explore their feelings.

The group consists of men who have either lost a child or are facing the loss of their child.

#### Aims

- To provide a safe environment for men to openly discuss their feelings about their experiences of having a child with shortened life expectancy or losing a child.
- To encourage open discussion on life issues, family dynamics, coping strategies
- To encourage male friendships, social networking and an opportunity to feel a part of an informal support group.

**Approach Used** A person centred counsellor facilitates the group providing monthly sessions in the evening at an agreed time.

Sessions are no more than two hours, unless a planned activity occurs. The sessions have no fixed agenda. Chip butties are provided as the men often arrive after work.

Attendance is open ended which encourages growth but also allows men to move on.

Once a quarter an activity is provided away from the hospice to encourage relationship building and social networking.

To date the men have discussed very challenging issues such as:

- Support, caring and friendship among men.
- Facing and working on restrictive and destructive aspects of the male gender role
- Opportunity to discuss supportive roles usually filled by women in the home and in professional settings.
- Attention to unfinished business with our fathers and contemplation of the ways we have related to significant men in our lives.

**Outcomes** The group is 2 years old and over 30 men have accessed this service and have reported the following changes as a result of attending the group:

- Increased coping mechanisms
- Increased ability to talk about their feelings with their partner
- Greater ease in discussing difficult issues
- Greater ease in exposing vulnerability.

**Application to Hospice Practice** This is a tried and tested model in engaging a hard to reach group, lessons learnt from this experience are transferable to other hospices.

### P137 A WHOLE SCHOOL APPROACH TO LOSS, GRIEF AND BEREAVEMENTS

<sup>1</sup>Jane Miller, <sup>2</sup>Jacquie Lindsay, <sup>3</sup>Jane Kelly, <sup>3</sup>Michelle Guthrie, <sup>3</sup>Emily McCurrie. <sup>1</sup>Prince and Princess of Wales Hospice, Glasgow, Scotland, <sup>2</sup>St. Margarets Hospice, <sup>3</sup>NHS GGC Health Improvement

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Many children and young people will experience bereavement, through the loss of a parent, sibling, grandparent, friend or pet. The term 'bereavement' refers to the process of grieving and mourning, and is associated with a deep sense of loss and sadness. It is a natural process; however its effects can be overwhelming.

During bereavement, children and young people can experience a great number of emotions, including sadness, anger, anxiety, guilt, fear, denial, disbelief and confusion. With the right help and support, most children and young people will not require professional help. According to the Child Bereavement Charity, what they do need is people who care and the understanding of familiar and trusted adults. Schools are well placed to provide such support.

A working group has been established with representation from GCC Education Services, Educational Psychology, NHS GG&C Health Improvement and Glasgow Hospice staff. The purpose of the group is to promote a planned and progressive approach to teacher training around supporting children and young people experiencing bereavement, loss and change in line with a Curriculum for Excellence, across educational settings to ensure consistency in relation to Bereavement & Loss. To support and equip staff to take forward learning around bereavement, loss and change with access to high quality resources and training, and to develop an online resource that can be updated as new information becomes available.

To date two study days have been facilitated each with 30 delegates from a range of early years, primary secondary and special needs schools. The evaluations were extremely positive. Future study days are in the planning process with the aim that these days will be ran twice yearly for the foreseeable future. The online resource is complete with a launch date planned for Summer 2013.

### P138 COOKING WITH CHRIS: THE TEENAGER PROGRAMME

Tania Brocklehurst, Gill Sears, Chris To. *Hospice of St Francis, Berkhamsted, UK*

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Strobe and Schut's (1999), Dual Process Model suggests that a healthy grieving process involves oscillating between life restoration and grief orientation activities. Following the success of