

P-4 **TALKING ABOUT BEREAVEMENT OVER & OVER – ENABLING COMMUNITIES TO SUPPORT EACH OTHER THROUGH GRIEF**

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Through community engagement we are developing compassionate communities where people understand grief and support each other throughout the grieving process. It is in communities that the taboo of talking about death and dying needs to be tackled.

We Are

- working in partnership with like-minded organisations to provide volunteer-led drop-in Bereavement Help Points where members of the community across our catchment area can access support which is client-centric
- facilitating workshops that enable organisations to understand how bereavement may affect their staff and clientele
- working with local college students to help them understand bereavement and in doing so changing the attitudes of a generation.

On average we support over eighty people per month at our help points at a cost of around £1.50 per person.

We evaluate through written/verbal feedback with volunteers and service users. This helps us understand the needs of individuals and organisations we are working with.

We have

- enabled people in our communities to access bereavement support through our help points. This has been recognised with a national Bereavement Project of the Year award
- enabled local organisations within our catchment to understand bereavement and therefore better support their employees and clientele
- had our *Understanding Bereavement in the Workplace* workshop used as an integral part of a national Compassionate Employers programme
- currently engaged with over 100 students with our 'Understanding Bereavement' workshops. More have been requested.

Conclusion If we want our communities to develop a compassionate mentality toward the bereaved, it is important they understand how grief affects people and how they can offer support. This area of our work is helping them to achieve that. From supporting those grieving to enabling a new generation to understand how grief affects people, we are helping to break the taboo.

P-5 **EXTENDING BEREAVEMENT SUPPORT FOR CHILDREN AND FAMILIES TO INCLUDE SUPPORT FOR THOSE EXPERIENCING SUDDEN AND UNEXPECTED DEATH**

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The local adult hospice has experience of supporting children and young people experiencing the life-threatening illness and subsequent death of a loved one.

Clear potential for partnership working was identified following the receipt of funding from the local Clinical Commissioning Group. Funding was allocated to develop a bereavement service for individuals bereaved by sudden and unexpected death.

Through this, a bereavement group for children supported by the hospice and the local bereavement service was developed.

Children's workers from both services pooled experience and knowledge to provide eight sessions for bereaved children, young people and their parent/carer. Clients attending the group were extremely supportive of each other and some have gone on to have one-to-one support, visited by a member of the team within school or at home so that they can continue the exploration of their loss that the group initiated.

The hospice team had not worked with clients bereaved by sudden and unexpected death before, and they were challenged to build on their existing skills. Education and support for the team was crucial. De-briefs followed each group meeting enabling facilitators to explore how the session had impacted on them. Supervision was also provided on a regular basis.

The group did not cater for children and young people bereaved by suicide. It was felt that the loss was so different that it might not be constructive for the clients. However, following the success of an adult group which focussed on loss by suicide, the staff are feeling an increase in skill, knowledge and confidence. Therefore in response to the high number of referrals for children, a group is planned for September 2016.

Partnership working has been a positive experience enabling both services to develop their portfolio of services within the local community.

P-6 **INSPIRING YOUNG PEOPLE – TIME 4 YOU PROGRAMME!**

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Background The ability to provide holistic support for families is extremely important. As an organisation that looks after adults with terminal illness, their partners, carers and families, we were aware that we did not provide bereavement support to young people under the age of 18 who may have had a relative or loved one supported by hospice care.

To target this gap in service provision we are working with a national youth charity to provide a new support service to young people coping with family long-term illness and bereavement.

Aim To support young people to cope with bereavement and look to the future.

Method A 12-week programme delivered by youth workers will engage young people in positive activities and provide pre- and post-bereavement support. Through a process of creative therapies and outdoor activities it will give young people a voice, allow them to share their experiences with other young people in similar circumstances, provide decompression time and an outlet with people who understand and care.

Results By engaging young people in positive activities during a difficult time in their lives, it is hoped the programme will improve confidence and self-esteem, create positive peer relationships, let them explore and develop aspirations and deliver increased resilience and coping strategies.

Evaluation of the programme will be multi-faceted with a mixture of self-evaluation, using Star Outcome Diagrams, staff evaluation including interviews with journey plans and observational feedback.

A 50:50 funding split has been agreed for the initial programme with a commitment to a second phase being delivered in late 2016.