

Signposting to useful resources

Websites

- Child Bereavement UK – Providing support and guidance, resources for professionals, training, consultancy and supervision - [Child Bereavement UK](#)
- 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](#)
- Cruse Bereavement Support - [Understanding grief - Cruse Bereavement Support](#) – *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](#)
- 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
- [Traumatic Bereavement Resources for Schools and Colleges | Anna Freud](#) - Resources about traumatic bereavement, featuring a short introductory animation and a comprehensive written guide with supporting tools and videos.
- Winston's Wish – Extensive guidance, resources, reading list and Counselling support - [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://winstonswish.org)
- Young Minds – A Parent/Care Guide to supporting Trauma - [Trauma and Mental Health | Guide For Parents | YoungMinds](#)
- Young Minds – A Guide for Young People on the impact of Trauma - [Trauma & Mental Health | Advice For Young People | YoungMinds](#)

Books

[Love Will Never Die: Helping children through bereavement: Amazon.co.uk: Clare Shaw: 9780995759633: Books](#)

[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](#)

[Books – Winston's Wish](#)

[E-books – Winston's Wish](#)

[Suggested Reading List | Winston's Wish](#)

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](#)

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](#)

[We All Grieve - Supporting bereaved children with SEND – Winston's Wish](#)

[We All Grieve activities | Winston's Wish](#)