



## MHIE Newsletter      September 22

Hello and welcome back!

The summer certainly goes quickly but I hope you all managed some time to relax at some point.

I thought I would do a quick recap of Whole school approach and add some links to help support any audits and wellbeing surveys you may require helping identify need for this year. I have also included a link for MHL training as there is funding and training available if you haven't already completed it.

The focus of this newsletter is Grief and loss. I have put some links in for agencies that are available to support young people with this. Loss is anything that involves change, not just the death of a loved one.

With the very sad news we all had last week I am aware that the authority has put out a lot of information as to what schools and the public can do over the next 10 days to be involved with the national proceedings. If you haven't seen these and would like a copy please email me.

This event may be a trigger for families, children, or staff so the links and I have provided will hopefully help you support this immediate need in school. Grief is something schools deal with universally daily in the guise of; moving, divorce, change of schools as well as death so the links below will

### Whole School Approach Resources



[Self Care September | Action for Happiness](#)



[Senior mental health lead training \(annafreud.org\)](https://annafreud.org)



[5 Steps to Mental Health and Wellbeing \(annafreud.org\)](https://annafreud.org)



[AfterSomeoneDies-forYoungPeople.pdf \(cruse.org.uk\)](http://cruse.org.uk)



[Grief For Kids Worksheets - K12 Workbook](#)



[Grief & Loss | Parents Guide To Support | YoungMinds](#)

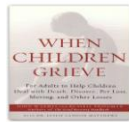


[What to do when someone dies – The Good Grief Trust](#)

### Literature to support loss



The Grief Recovery Handbook



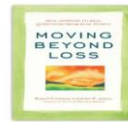
When Children Grieve



Grief Recovery Handbook for Pet Loss

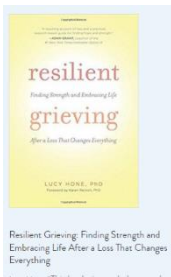


Moving On

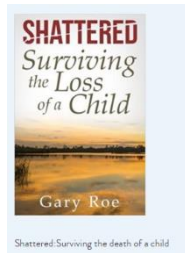


Moving Beyond Loss

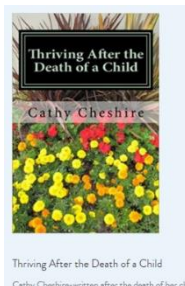
### Literature to support families



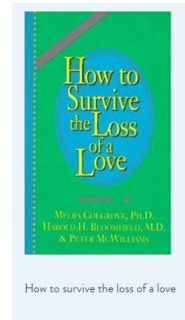
Resilient: Finding Strength and Embracing Life After a Loss That Changes Everything



Shattered: Surviving the death of a child



Thriving After the Death of a Child  
Cathy Cheshire-written after the death of her child



How to survive the loss of a love

### Books for children who have experienced loss



[Books for and about grieving children \(mariecurie.org.uk\)](http://mariecurie.org.uk)



[Top 10 children's books on death and bereavement | Children's books | The Guardian](#)



[Supporting a child through grief and loss | Kids Helpline](#)



[25 Children's Books That Explain Death And Grief To Kids | HuffPost UK Parenting \(huffingtonpost.co.uk\)](#)

[How To Help Children Handle Grief After The Death Of A Parent | HuffPost UK Parenting \(huffingtonpost.co.uk\)](#)



[Winston's Wish - giving hope to grieving children \(winstonswish.org\)](#)



[Telling a child someone has died | Winston's Wish \(winstonswish.org\)](#)

## STAFF WELL BEING

Please find below a really useful document to support staff well being. Ideas contact support

**Resources for School Personnel**

[Grief Support for Teachers & Staff | Dougy Center](#)

**Acknowledging loss and bereavement in education settings**

[Guides on grief for teachers and education staff \(educationsupport.org.uk\)](#)





**Training:**

**I will rarely endorse one particular training course but being a Teacher, Assistant Head, Pastoral Lead, DSL etc**

**This training has been invaluable in my daily practice in understanding loss and how to apply it to daily practice. If you would like further information you can contact me at:**

**[leanne.connelly@millbrook.tameside.sch.uk](mailto:leanne.connelly@millbrook.tameside.sch.uk) or [Deborah.Brown@bucktonvale.tameside.sch.uk](mailto:Deborah.Brown@bucktonvale.tameside.sch.uk)**

My name is Deborah Brown and I am the headteacher at Buckton Vale Primary School. After the death of my mum in 2013 and my sister in 2016, I became interested in how we grieve. In 2017, a telephone call from a parent going into palliative care led me on a journey of research. I realised that in education we currently do not have any appropriate support to help children through loss and bereavement. I became a **Grief Recovery Method** Specialist in 2018 after attending intensive training.

**The Grief Recovery Method** originated in America and was developed by John W James, the author of the book, *The Grief Recovery Method* (1998) It is a process, that if followed allows us to let go of the pain associated with grief; it is the only evidence-based grief program in the world.

The qualification allows me to teach the method to others either for specific groups of adults, who have dealt with loss such as death, divorce, faith, health or even abuse, as well as a specific course for Pet Loss, 1:1 support and Helping Children With Loss. (There are currently over 40 types of loss recognised as grief by the Grief Recovery Institute.)

It is the HCWL course that has started to really take off in Tameside and beyond, with so many practitioners having attended previously delivered training I seem to have developed a reputation as a *Grief Specialist or Counsellor*. As much as this is lovely, I am more of a facilitator of the Grief Recovery Method. That said, I am currently writing a book, 'Lessons In Loss', about how we support children going through loss better in education and therefore I have completed extensive research about how we can support children in school without the need to wait for a referral of several years. Although I accept some children will need external support too.

The **Helping Children with Loss course is a total of 10 hours CPD** and requires the candidate to engage in the reading of a book (as well as four, two-hour training sessions.) 'When Children Grieve,' by John W James. In the learning, I guide you through Grief Recovery myths such as 'Don't be sad' and help you to question the status quo as well as providing strategies to help children.

The following dates are set for the next course. **It is essential candidates attend all 4 sessions and a certificate is presented to them in the final session.**

Tuesday October 4<sup>th</sup> 2022 - 4pm-6pm

Tuesday October 11<sup>th</sup> 2022 - 4pm-6pm

Tuesday October 18<sup>th</sup> 2022 - 4pm-6pm

Tuesday November 1<sup>st</sup> 2022 - 4pm-6pm

The **cost of the course is £180 per candidate**, and all materials are included in the cost.

If you would like to book a place please contact me at : [Deborah.Brown@bucktonvale.tameside.sch.uk](mailto:Deborah.Brown@bucktonvale.tameside.sch.uk)

Places are limited and book as soon as possible.

. The email is considered binding and I will invoice you whether your candidate arrives or not. I am looking at setting up an easier system than emails for the next one I deliver.

I hope you are all okay but remember if you have had a bereavement this summer or a loss situation you are grieving, and it is okay to be sad. If anyone is really struggling and would like a conversation with me please telephone me directly on 07399460996 and I will endeavour to make the time to speak with you after school to help heal your broken heart. Deborah



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[Bereavement awareness training for teachers and education professionals in Greater Manchester | Child Bereavement UK](#)

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## Events that may be helpful:

**Suicide Bereavement:  
Reflecting On Progress**

Suicide Bereavement UK's 11th International Conference  
will be an online event held on 22nd, 23rd & 24th September 2022  
in Greater Manchester. Please visit [www.eventbrite.com](#)  
for more information and to purchase tickets.

[Suicide Bereavement UK's 11th International Conference - FACE 2 FACE Tickets, Thu, Sep 22, 2022 at 9:00 AM | Eventbrite](#)



[Evelyn – Film Screening and Talk Tickets, Wed, Sep 14, 2022 at 1:00 PM | Eventbrite](#)

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<https://www.acesonlinelearning.com/> FREE TRAUMA TRAINING

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**Action for Happiness:** Resources to promote a happy and healthy lifestyle.

[Action for Happiness](#)

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

Anna Freud Free Confidential Text Line Download the

[Shout school staff poster \(mcusercontent.com\)](#)

<https://www.educationsupport.org.uk/resources/for-individuals/articles/managing-anxiety/>

[Home Page - Chat Health](#)

### Additional Support Networks

Education Support: <https://www.educationsupport.org.uk/coronavirus-support>.

Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/>

Mental Health at Work – Teacher Wellbeing During Coronavirus:

<https://www.mentalhealthatwork.org.uk/resource/teacher-wellbeing-during-coronavirus/?read=more>

Anna Freud Centre – Schools in Mind resources:

<https://www.annafreud.org/schools-and-colleges/>

Mental Health First Aid – emotional impact of Covid-19:

<https://www.futurlearn.com/courses/psychological-first-aid-covid-19/1S>