



“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

Revelation 21:4

Dealing with Loss and Change and Coronavirus

Greetings from Church House in absentia and welcome to the third special supplement to our bimonthly newsletter.

This time we have tackled subjects for which we might wish there would be little need but acknowledge that there will indeed be families within your circle who need support with anxiety, change, loss and bereavement. There is a lot of excellent material and many expert support lines out there if you know where to look, and the aim of this supplement is to signpost to some of these which we consider may be useful. Some of these resources are not specifically Christian but are excellent in the support they offer. If you know of other helpful resources, please do share them more widely and post them on our Facebook page.

And may we all know God's peace, comfort and strength during this time of loss and change and uncertainty.

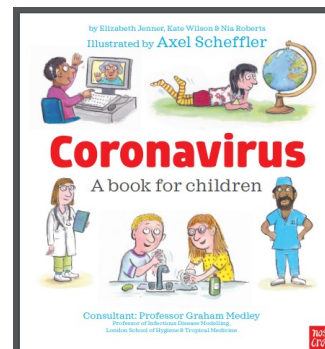
Janice White



https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INS.pdf?fbclid=IwAR0KLJvzK79ZFy3Psp42n4xAuArOYDwqEmm5W1CccU_eCO4hLKPQUmMnn7s

Axel Scheffler, much-loved illustrator of *The Gruffalo*, worked with consultant Professor Graham Medley, two head teachers and a psychologist to produce a book about Covid-19 Coronavirus just for children - and it's available as a FREE download.

Publishers Nosy Crow have asked for donations in lieu of payment, to go to our fantastic health workers: www.nhscharitiestogether.co.uk/.



Early Years experts Sonia Mainstone Cotton and Tamsin Grimmer have put together this

sheet on Coronavirus and early years. There is also additional material on Sonia's blog: <https://soniamain.wordpress.com/>

A leaflet on how to explain Coronavirus from a Christian perspective to young children https://moodle.urc.org.uk/pluginfile.php/6812/mod_resource/content/1/Talking%20to%20Children%20about%20Coronavirus%20-%20leaflet.pdf

<http://www.seasonsforgrowth.org.uk/wp-content/uploads/2020/03/Talking-to-children-about-illness.pdf>

Talking to children about illness was published in 2020 by the British Psychological Society and contains much useful advice about how to talk with children and young people at various stages of development about illness, most specifically considering the current pandemic. It helps give an insight to the level of understanding a child or young person may show and the sort of things they might say or do, as well as giving suggestions as to how you might help.

As much of the information children may pick up about COVID-19 is aimed at an adult audience, there is a need for this to be discussed and fears allayed through an openness and a willingness to engage with the subject matter in an appropriate way for that child or young person.

<https://www.messychurch.org.uk/resource/seriously-messy-making-space-families-talk-together-about-death-and-life> Seriously Messy is a multi-author resource split into three parts and is aimed at supporting church communities talking about death and loss. The first two sections deal with issues relating to death and dying along with five short theological reflections. The final section provides Messy Church sessions to explore the themes discussed in earlier chapters.



The current situation is even harder for many children with additional needs to understand. Parenting for Faith has tackled this in their blog <https://parentingforfaith.org/post/additional-needs-coronavirus> and link to some excellent resources gathered by Mark Arnold on <https://theadditionalneedsblogfather.com/2020/03/11/coronavirus/> <http://www.kairosforum.org/prayer-reflection/> is another website with ideas and resources which support those with additional needs of all ages and has specific resources for the current time.

<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>



Supporting parents and carers video - the **Anna Freud Centre**



<https://www.annafreud.org/on-my-mind/self-care/>

Self-care strategies - the Anna Freud Centre A selection of self-care strategies that have been developed by young people to help manage their own wellbeing.

Coronavirus: Helpful information to answer questions from children:



<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>



<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg>

A child friendly poster explaining anxiety

Living with worry and anxiety amidst global uncertainty : this resource is free from www.psychologytools.com and comes in many languages. <http://www.seasonsforgrowth.org.uk/wp-content/uploads/2015/08/Living-with-worry-and-anxiety-amidst-global-uncertainty.pdf>. The authors describe the guide thus:

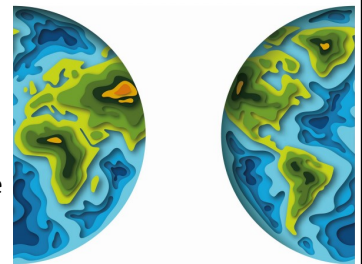
Our world is changing rapidly at the moment. Given some of the news coverage, it would be hard not to worry about what it all means for yourself, and for those you love. Worry and anxiety are common problems at the best of times, and when it takes over it can become all-encompassing. At Psychology Tools we have put together this free guide to help you to manage your worry and anxiety in these uncertain times. Once you have read the information, feel free to try the exercises if you think they might be helpful to you. It's natural to struggle when times are uncertain, so remember to offer care and compassion to yourself, and to those around you. Wishing you well, Dr Matthew Whalley & Dr Hardeep Kaur

This resource is suitable for adults of all ages and for older or more literate young people and helps the reader to understand what worry and anxiety is and how you might begin to manage them in times where things are so uncertain.

Guide

UK English

Living with worry and anxiety amidst global uncertainty



PSYCHOLOGYTOOLS®

<http://www.childhoodbereavementnetwork.org.uk/media/102504/Keeping-in-touch.pdf>

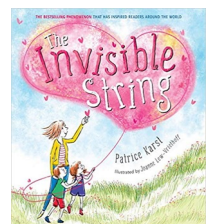


Keeping in touch when you can't be with someone who is so ill that they might die

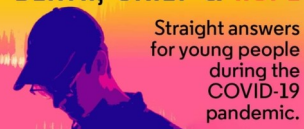


The **Childhood Bereavement Network** recommends this PDF of ideas for keeping in touch with loved ones when you can't be with them and they are so ill that they may die. It is full of excellent suggestions for a situation which is extremely difficult for all involved.

The article makes reference to an excellent book called *The Invisible String* by Patrice Karst. This is an American book and does make mention of heaven. It is excellent for supporting separation anxiety.



DEATH, GRIEF & HOPE



Straight answers for young people during the COVID-19 pandemic.

In partnership with an experienced school chaplain, this booklet has been put together by Church Army to help youth workers help young people who have been bereaved during the Covid 19 crisis. It offers practical steps and a thoughtful approach, all shaped by years of experience of helping young people through grief. https://churcharmy.org/Groups/341046/Church_Army/web/What_we_do/Resources/Death_Grief_and/Death_Grief_and.aspx

https://www.premierchristianity.com/Blog/Christians-are-not-immune-to-coronavirus.-We-need-an-honest-conversation-about-death?utm_source=Premier%20Christian%20Media&utm_medium=email&utm_campaign=11480906_Voice%20of%20Hope%2018%2F04%2F2020&utm_content=CTY&dm_i=16DQ,6U2Q2,L3NT4S,RE5DO,1

provides a meatier and more thought provoking discussion starter about death and the coronavirus from an honest and open Christian perspective. Spring Harvest's Theologian-in-Residence Malcolm Duncan believes we need a more robust theological understanding of suffering, death and what it means to have hope. This article is provided by **Premier Christianity**.



Cruse Bereavement Care have produced some tips about talking to children among their wider resources about grief and coronavirus: <https://www.cruse.org.uk/coronavirus/children-and-young-people>. Of particular interest may be their youth website <https://www.hopeagain.org.uk/>, designed specifically for helping young people understand about and work through bereavement and grieving.

Cruse have a helpline 0808 808 1677 and it is possible to arrange counselling for your child or young person by contacting the local office <https://www.cruse.org.uk/get-help/local-services>.

<https://www.griefencounter.org.uk/serviceupdate/>

Coronavirus: Supporting bereaved children and young people



Telling children and young people someone has died from Coronavirus



How to say goodbye when attending a funeral isn't possible



Grief Encounter, an organisation supporting bereaved children and young people, has a number of useful fact sheets, including one about breaking the news of a death.

They have a helpline from 9am to 9pm week-days : telephone 0808 802 0111;

Webchat www.griefencounter.org.uk and Email griefftalk@griefencounter.org.uk

Winston's Wish was the UK's first childhood bereavement charity, established in 1992, and they have provided a wide range of articles, resources, counselling services and advice to support children and young people and their families through bereavement.

They have written guidance on **talking to young people about the Coronavirus** <https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/>

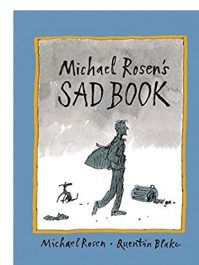
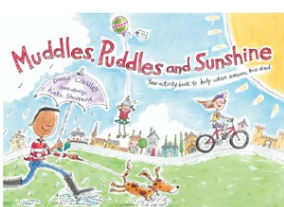
And, in this time of social distancing, they have made good suggestions on **how to say goodbye** when a funeral isn't possible <https://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/>.

The Winston's Wish website links to other sources of support and resources <https://www.winstonswish.org/useful-childhood-bereavement-links/> as well as selling their own resources which come highly recommended—in particular, "Muddles, Puddles and Sunshine" which has activities for younger children to help them work through bereavement. They have some books for teens to enable them to work through their feelings and how to develop some kind of memorial to help them remember the person who they have lost.

Winston's Wish have an excellent downloadable document <https://www.winstonswish.org/wp-content/uploads/2019/01/ww-0112-guideforpar.pdf> which is a very informative and supportive **guide for parents and carers of bereaved children and young people**.

WINSTON'S WISH

Giving hope to grieving children



Winston's Wish publications for children and young people

<https://www.winstonswish.org/supporting-you/publications-resources/>

Michael Rosen's Sad Book is a very honest and moving story suitable for children and adults alike about why it's OK to be sad. It was written while Michael Rosen was mourning the death of his 19 year old son.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>

Childline has many resources about things which might worry children and young people, in particular the coronavirus.

They have a free telephone hotline 0800 1111 to enable people to talk to a counsellor and also provide online chat, email and facilities for the deaf and hard of hearing to communicate using BSL. These facilities are limited to 9am to midnight to maintain safeguarding standards and the message boards are closely moderated by approved adults.

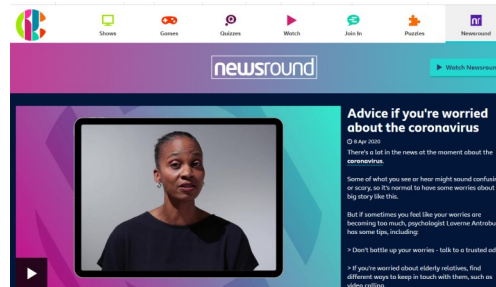
There are **message boards** where young people can support each other <https://www.childline.org.uk/get-support/message-boards/>

Children and young people can sign up to the website, which is funded by the NSPCC, and can have their own "locker" which is entirely confidential. <https://www.childline.org.uk/login/?returnPath=%2flocker%2f#journal> Here they can **track their mood** on a day-to-day basis, seeing how they are affected by the current situation as it develops and thus helping them to regulate their mood.

The **calm zone** <https://www.childline.org.uk/toolbox/calm-zone/> has a wide range of resources that children and young people can access to help themselves to feel less anxious and to manage their emotions.

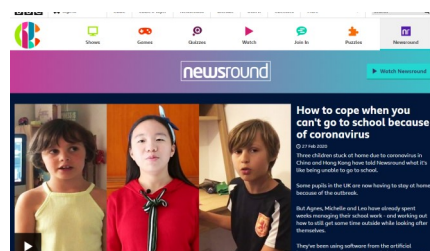
childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



<https://www.bbc.co.uk/newsround/51887051>

The children's news programme **Newsround** has produced a video with some tips for children and young people if they're worried about the coronavirus.



<https://www.bbc.co.uk/newsround/51656718>

may also prove helpful in sharing how children round the world have coped with not going to school.



Nelson's Journey

This information has been put together based on recent announcements from the Government and advice from the National Association of Funeral Directors. Please bear

in mind that funeral arrangements may have to change again in the future as the Government's response to COVID-19 develops.

This guidance is aimed at parents/carers of children and young people who have experienced a recent death and who may need some support in helping their child at this very challenging time.

Child Bereavement UK have made a short film about supporting bereaved children during the outbreak.



It comes with downloadable information sheet.

<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=bc9f3d7d-7b43-421a-8ed4-4335f9c23b35> . Child Bereavement UK has a telephone support line 0800 02 888 40, live chat via their website and email support.

Church House is currently closed and staff are working from home. Post will be collected only infrequently and we will not be able to access messages on our answerphones but direct calls will be forwarded to Heather and Triin on their mobiles.

You can contact us by email on children.youth@urc.org.uk, sam.richards@urc.org.uk, stephen.tait@urc.org.uk or lorraine.webb@urc.org.uk. Sam's mobile number is 07824 542101 and Lorraine's is 07787 585957 Your local CYDO or equivalent is still working and their contact details can be found on <https://urc.org.uk/cydos>

Our website is <https://urc.org.uk/our-work/children-and-youth.html>,

Facebook <https://www.facebook.com/URCchildren.and.youth>

AND FINALLY If you have received this as a paper copy or by a friend forwarding it to you and you would like to be added to our mailing list, please do sign up here: <https://tinyurl.com/ycgnpojs>.

Our Data privacy note is here: https://www.urc.org.uk/images/Children-and-youth/documents/CYW_Data_Privacy_Notice.pdf