



## It will be ok (VHS video)

This participatory video has been entirely developed, directed and filmed by nine bereaved young people aged 13 to 18 from around the country. Young people have made this resource to help their peers in identifying emotions and behaviour which they may experience after a bereavement. The film aims to provide support to other bereaved children and young people by emphasising that they are not alone and that their feelings are normal.



The participants openly discuss the effect of bereavement on their lives, behaviour and emotions. They talk about the people and things that helped them and the things that have changed since they were bereaved, enabling them to realise 'it will be ok'. The film is suitable for bereaved children and young people to use in a supported environment. It is also a useful resource for the practitioners, parents and carers supporting them.

Made with the help of Penhaligon's Friends, Chums Child Bereavement Service and the Northampton General Hospital Trust Child Bereavement Service.

**Run time:** 15 mins **Price:** £17.50 (£15 for CBN/NCB members)

## You'll always remember them, even when you're old (VHS video)

**"You'll always remember them... even when you're old."**



A group of children aged 6 to 12 years old discuss the support they received to help them cope with bereavement.

This video, made with the help of Jigsaw4u, features a group of children from a range of backgrounds aged 6-12 who have been bereaved of a parent. The group discusses the impact of bereavement on their lives, the support they received from family, friends, hospitals, bereavement service providers and schools.

By giving a voice to these bereaved children and young people and enabling them to describe their varied experiences, this video hopes to raise awareness of their needs and encourage discussion of how appropriate support might be offered in a range of different settings and circumstances. The film is divided into different sections and can be used as a resource to offer information and support, facilitate training and discussion or develop the understanding of children and young people through the PSHE curriculum in schools. It is accompanied by a leaflet.

**Run time:** 37 mins **Price:** £17.50 (£15 for CBN/NCB members)

## A death in the lives of... (VHS video)

This video, made with the help of the St Christopher's Candle Project, shows a group of young people aged 13-16, from a range of backgrounds talking about the kind of support they needed to help them cope with bereavement. They discuss the role of family, friends, schools and other service providers such as the police, doctors and nurses. The group also talk about how bereavement could be included in the school curriculum.



By giving a voice to bereaved young people, the video hopes to raise awareness of their needs and encourage everyone to think about how they can offer appropriate information and support. The video is divided into different sections to facilitate training and discussion, and is accompanied by a leaflet.

**Run time:** 18 mins **Price** £15 (£12.50 for CBN/NCB members)

## I can.. You can (postcards)

An innovative set of four postcards for children and young people bereaved of someone special to share with other important people in their lives. The cards can be used by bereaved children and young people to alert their parent or carer, friend or teacher how they can help through this difficult time, and to remind themselves of coping strategies. Each card lists various ways to help, suggested by other young people who have been through similar experiences. The child can indicate which ideas they prefer or are particularly relevant. Cards come in packs of 100 (25 sets of four designs: to my parents/carers, to my teacher, to my friend and to myself).

**Price:** £8 (£6 for CBN/NCB members) for pack of 100 cards

## For parents supporting bereaved children (postcards)

Parents working with Penhaligon's Friends child bereavement service in Cornwall have written these cards with tips and suggested websites and helplines for other parents caring for bereaved children. The cards have a space for local services to write or stick their contact details so the cards can be used as publicity. More free cards can be ordered from the Childhood Bereavement Network (while stocks last!). Cards come in packs of 50: postage and packing is 50p per pack.

## Grief Matters for Children (campaign postcards)

These postcards outline CBN's *Grief Matters for Children* campaign, with suggested actions to take. Two versions: one for the general public and one for schools. Cards come in packs of 50: postage and packing is 50p per pack.

## Developing childhood bereavement services (factsheets)

Funded by the Big Lottery Fund, this series of factsheets gathers information and practical advice on key topics to support those interested in developing childhood bereavement services. Free to download from [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk) (Go to Policy and Practice, then Service Development)

[Setting up a service](#)

[Working with children and families](#)

[Identifying needs and mapping services](#)

[Securing funding for your service](#)



## Working with parents and carers of bereaved children and young people

These models of working with the parents and carers of bereaved children and young people have been written by CBN subscribers from across the Network. Funded by the Parenting Fund, the series is produced by the Childhood Bereavement Network and Winston's Wish. Free to download from [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk) (Go to Policy and Practice, then Service Development)

[Developing a culturally appropriate service](#) Emma Aspinall, Hardev Notta and Diane Thomas, Acorns Children's Hospice

[Encouraging participation in service development](#) Doreen Hocking, Penhaligon's Friends

[Establishing a social and support network](#) Margaret Bryant, Herts and Bucks WAY Foundation

[Organising a family day](#) Jackie Browne, Queen's Medical Centre

[Setting up a facilitated self-help group](#) Frances Kraus and Stewart Sinclair, St Christopher's Candle Project

[Setting up a welfare rights and practical support service](#) Marion Blain, Notre Dame Centre

## Other publications

CBN has been associated with the production of other resources.

The following books can be ordered from Central Books [ncb@centralbooks.com](mailto:ncb@centralbooks.com) 0845 458 9910

[A Guide to Developing Good Practice in Childhood Bereavement Services](#)

2006, 64pp ISBN 978 978 1 904787 99 0 Price £12 (CBN/NCB members £9)

[Childhood Bereavement: Developing the curriculum and pastoral support](#)

2004, 72pp. ISBN: 1 904787 14 2 Price: £15.50 (£12.50 for CBN/NCB members)

[Young People, Bereavement and Loss: Disruptive transitions?](#)

Jane Ribbens McCarthy with Julie Jessop  
2005, 86pp. ISBN: 1904787 452 Price: £13.95. (£11.95 CBN/NCB members)



The following films can be ordered from Leeds Animation Workshop  
[www.leedsanimationworkshop.org.uk](http://www.leedsanimationworkshop.org.uk)

[Not Too Young to Grieve \(DVD/Video\)](#)

2005 Run time: 14 minutes Price: £40 including VAT and p&p (£20 to Leeds organisations) Also available in public libraries. A set of free accompanying training materials by Rose Griffiths and Sacha Richardson can be downloaded from [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

[Grief in the Family \(DVD/Video\)](#)

2002 Run time 14 minutes Price: £40 including VAT and p&p (£20 to Leeds organisations)

# Order form

Order:	Price £	CBN/NCB Members Price £	Quantity	Total £
It will be ok (video)	17.50	15.00		
You'll Always remember them (video)	17.50	15.00		
A death in the lives of (video)	15.00	12.50		
I can...You can... (100 postcards)	8.00	6.00		
'For parents' (50 postcards)	Free	Free		
Grief matters for children – General (50 postcards)	Free	Free		
Grief Matters for children – Schools (50 postcards)	Free	Free		
*Price does not include postage and packing. For free postcards, please add 50p per pack, for all orders up to £28 please add £3 p&p; for orders over £28, please add £6 p&p.			Subtotal	
			P&P*	
			Total	

DELIVERY DETAILS	PAYMENT
Name:	<input type="checkbox"/> Please invoice me at the address given.
<input type="checkbox"/> I am a CBN Subscriber <input type="checkbox"/> I am an NCB Subscriber. My membership number is:	<input type="checkbox"/> I enclose a crossed cheque/postal order made payable to the Childhood Bereavement Network  For: £
Address:	<input type="checkbox"/> Please debit my MasterCard Visa Delta Maestro Solo Number: <div style="border: 1px solid black; width: 100%; height: 15px; margin-bottom: 5px;"></div> Valid from: <input type="text"/> / <input type="text"/> Expiry date: <input type="text"/> / <input type="text"/> Issue No. (Maestro and Solo only): <input type="text"/>
Postcode:	For: £
Telephone:	Signature:
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<input type="checkbox"/> Please keep me informed of CBN's resources, publications and conferences by post/email (delete as appropriate). The information you provide will be held in accordance with the Data Protection Act 1998.	<input type="checkbox"/> Please send me information about becoming a CBN Subscriber.

The Childhood Bereavement Network is hosted by the National Children's Bureau, Registered Charity No. 258825

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