

Bereavement services and COVID-19: Resources

Since 19 March 2020, the National Bereavement Alliance and Childhood Bereavement Network have been running weekly webinars for bereavement services managers and practitioners in the UK to help them respond to the coronavirus outbreak. Colleagues are welcome to register for these webinars (now monthly) [here](#).

This document includes links to some of the materials and resources shared in the webinars, by speakers and by participants via the chat box. We are not endorsing these materials, but sharing for the benefit of those working in the field at this very challenging time. This document was last updated on 15 September 2020.

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1. Caring, planning ahead, talking about end of life and breaking bad news

Beyond the Mask

Link: <https://vimeo.com/437981856>

Description: Trailer for a new film from The Good Grief Project, a series of lockdown conversations featuring Dr Kathryn Mannix and Lucy Watts MBE plus others talking about their experiences of grief and loss during lockdown.

Communications around end of life and dying – Dr Kathryn Mannix

Link: <https://www.facebook.com/DrKathrynMannix/> and <https://twitter.com/drkathrynmannix>

Description: Facebook and Twitter feed for Dr Kathryn Mannix, Palliative Care physician and author of *With the End in Mind*.

Compassion in Dying. Making Decisions about treatment: COVID-19

Link: <https://coronavirus.compassionindying.org.uk/making-decisions-about-treatment/>

Caring for your dying relative at home with COVID-19 – Hospice UK

Link: <https://www.hospiceuk.org/what-we-offer/clinical-and-care-support/what-to-expect/caring-for-your-dying-relative-at-home-with-covid-19>

Description: guidance produced to help support people who are caring for someone who is dying at home from COVID-19 infection.

COVID End of Life series – British Islamic Medical Association

Link: https://www.youtube.com/playlist?list=PL-ihH4ueeoV11MPrKvopTj1r_i-GddOsk

Description: Short videos outlining some of the common issues faced by families and patients towards the end of life, from an Islamic perspective. The videos also discuss dying at home, medications and coping with loss.

End-of-life Care Toolkits for Carers at Home

Link: <https://helixcentre.com/project-end-of-life-toolkit>

Description: information for family and friends caring for someone who is dying.

Planning ahead: Peter's story – Guy's and St Thomas' NHS Foundation Trust

Link: <https://youtu.be/dVspBW6I8RA>

Description: A video guide around planning ahead and talking about dying.

RealTalk Video-based communication training: engaging patients in end of life talk

Link: <https://www.realtalktraining.co.uk/>

Description: A flexible communication training resource designed to use in face-to-face training events. It features real-life video recordings of UK hospice care, and learning points based on cutting-edge communication science.

The Swan Song Project

Link: <https://swansongproject.co.uk/wp-content/uploads/2020/08/Swan-Song-Project-Virtual-Sessions-Info-Sheet-1-1.pdf>

Description: A charity that helps people facing end-of-life and bereavement to write and record their own original song, offering virtual song-writing support

Talking to relatives: a guide to compassionate phone communication during COVID-19.

Description: a resource developed by Dr Antonia Field-Smith and Dr Louise Robinson from the Palliative Care Team at West Middlesex Hospital. It provides a guide for communicating with relatives with compassion during the Covid-19 pandemic.

Link: <https://www.pslhub.org/learn/coronavirus-covid19/tips/talking-to-relatives-a-guide-to-compassionate-phone-communication-during-covid-19-r2009/>

VitalTalk

Link: <https://www.vitaltalk.org/topics/covid-collaborative-resources/>

Description: website with resources for communication skills around serious illness including COVID-19 specific materials (including graphics produced by Dr Nathan Gray, and resource on communication skills for bridging inequity).

2. Keeping in touch and supporting important conversations at the end of life

Comfort Pebbles – Facebook group

Link: <https://www.facebook.com/groups/642833409625446/>

Description: A Facebook group dedicated to hand decorated ‘comfort pebbles’, which are designed to help separated people stay connected during the pandemic, particularly patients in hospital and their families at home.

Keeping in Touch when you can’t be with someone who is so ill that they might die – National Bereavement Alliance & Childhood Bereavement Network

Link: <https://nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/>

Description: A guide for all ages around how to keep in touch with a seriously ill loved one and remain connected, whether or not there is a hope they will recover.

Little Box of Big Thoughts

Link: <https://www.theprestonassociates.com/wp-content/uploads/2020/04/Little-Box-of-Big-Thoughts-Electronic-Form-Fill.pdf>

Description: Fillable pdf with sentences that can be completed with messages to someone important.

NHS England. Clinical Guide for supporting compassionate visiting arrangements for those receiving care at the end of life, Published 13 May 2020

Link: <https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0393-clinical-guide-for-supporting-compassionate-visiting-arrangements-13-may-2020.pdf>

What matters most – relationship & distance cards

Link: <https://whatmattersmost.ie/>

Description: Cards that can be used by people of any age to acknowledge, honour and celebrate special relationships in their life, and let those that matter most to them know how they feel.

3. Organising funerals and other rituals

10 suggestions for planning a funeral during the COVID-19 pandemic – Care for the Family

Link: <https://www.careforthefamily.org.uk/family-life/covid-19-support-for-your-family/bereavement-support/ten-suggestions-for-planning-a-funeral-during-the-covid-19-pandemic>

Description: Article featuring suggestions to support the planning of a funeral during the pandemic.

Beyond Goodbye – The Good Grief Project

Link: <https://thegoodgriefproject.co.uk/our-films/>

Description: A film about the importance of creating rituals as a way of saying goodbye, focussing specifically on young people and the importance of creating a meaningful farewell.

Current guidance on organising a funeral

Link: <https://nafdcovid19.org.uk/>

Description: Up to date advice on funeral arrangements for the public and for funeral directors

Down to Earth – Quaker Social Action

Link: <https://quakersocialaction.org.uk/taking-social-action/our-practical-work/funeral-poverty/down-earth/how-does-down-earth-work>

Description: A web page explaining the Down to Earth service, helping individuals and families on low incomes dealing with funerals and associated costs.

Funeral Service Consumer Standards review consultation

Link: <http://www.fscsr.co.uk/2020/08/05/fscsr-publishes-consultation-response-overview/>

Description: A consultation in regards to the FSCSR proposal to recommend the setting up of an independent body to regulate the funeral directing profession.

How to arrange and video stream a funeral on Facebook during the COVID-19 pandemic – Tutorial

Link: <https://learn.mywishes.co.uk/facebook-funeral/>

Description: An online tutorial produced by James Norris at My Wishes, around how to live stream a funeral during the COVID-19 pandemic.

Support for child funeral costs – Children’s Funeral Fund for England (gov.uk)

Link: <https://www.gov.uk/child-funeral-costs>

Description: A non means-tested government fund that can help to pay for some of the costs of a funeral for a child under 18.

4. New rituals and memorialising

A nation in mourning? – Coop Funeralcare Media report

Link:

<https://www.coop.co.uk/funeralcare/nationinmourning#:~:text=A%20Nation%20in%20Mourning%20Report,heading%20towards%20a%20grief%20pandemic%3F&text=Our%202020%20Nation%20in%20Mourning,and%20into%20a%20grief%20pandemic.>

Description: A report commissioned by Coop Funeralcare which warns that the UK could be heading out of lockdown and into a grief pandemic, based on Co-op Funeralcare business and YouGov data.

Remember Me: online book of remembrance

Link: <https://www.rememberme2020.uk/>

Description: online book of remembrance for those who have died as a result of the COVID-19 outbreak in the UK

Remember Me

Link: <https://remembermeproject.wordpress.com/>

Description: A project on how British society approaches death and how memorialisation is changing, featuring blog posts around topics including organising personalised funerals.

Stitch in Time – The Loss Project

Link: <https://www.thelossproject.com/stitch-in-time>

Description: The Loss Project is encouraging people to remember a person they know who has died during the COVID-19 pandemic period by stitching, sewing, drawing or painting their full name onto a square of fabric.

5. Supporting self-care & care from family and friends

Care and Inform – Irish Hospice Foundation

Link: <https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/>

Description: a suite of materials to inform, support and reassure people as we navigate these uncertain times and find new ways of dealing with death, dying and bereavement.

Coronavirus: dealing with bereavement and grief – Cruse Bereavement Care

Link: <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Description: A series of resources to share how bereavement and grief may be affected by the COVID-19 pandemic, covering some of the different situations and emotions that bereaved people may experience during this time.

Coronavirus Bereavement Advice – Good Grief Trust

Link: <https://www.thegoodgrieftrust.org/need-know-info/coronavirus-bereavement-advice/>

Description: A series of resources including some on practicing self-care following a bereavement.

Coronavirus Pandemic Bereavement – AtALoss

Link: <https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic>

Description: information and advice for bereaved people and those supporting them

The Compassion Project

Link: <https://www.hachette.co.uk/titles/julian-abel/the-compassion-project/9781783253876/>

Description: New book by Dr Julian Abel and Lindsay Clarke about the compassionate community of Frome, Somerset

Coronavirus: what to say when someone is grieving – Cruse Bereavement Care

Link: <https://www.cruse.org.uk/get-help/coronavirus/coronavirus-what-say-when-someone-grieving>

Description: A guide to supporting friends and family who have been bereaved.

COVID-19 – Sudden

Link: <http://www.suddendeath.org/covid-19-bereavement>

Description: information for those bereaved through COVID-19 and those caring for them

End of life care during coronavirus – Marie Curie

Link: <https://www.mariecurie.org.uk/help/support/coronavirus>

Description: A web page with a series of guides to support those with family members who are approaching the end of life during the COVID-19 pandemic.

How to help someone bereaved during the Coronavirus pandemic – At a Loss

Link: <https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic>

Description: A short video advising people how to support a grieving friend during the pandemic.

How to support someone grieving when you can't be with them – What's Your Grief?

Link: <https://whatsyourgrief.com/how-to-support-someone-grieving-when-you-cant-be-with-them/>

Description: A COVID-19 specific guide around how to support someone close to you when you are unable to be with them in person or while socially distanced from them.

Psychological First Aid – NHS Education for Scotland

Link: <https://learn.nes.nhs.scot/28064/psychosocial-mental-health-and-wellbeing-support/taking-care-of-myself/psychological-first-aid>

Description: This guidance is written to support those helping others in distress during and after the COVID 19 Pandemic.

Supporting a grieving friend or relative – Marie Curie

Link: <https://www.mariecurie.org.uk/help/support/bereaved-family-friends/dealing-grief/supporting-a-grieving-family-member-or-friend>

Description: A guide to supporting friends or relatives who have recently been bereaved.

Supporting yourself and others - British Psychological Society

Link: <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Supporting%20yourself%20and%20others.pdf>

Description: A guide to coping with death and grief during the COVID-19 pandemic

Talking about grief during COVID-19 – a video with Lizzie Pickering and Jane Harris

Link: <https://youtu.be/Sfjs6ne1J0E>

Description: A Good Grief Project video around talking about grief during the COVID-19 pandemic.

Understanding bereavement – The Loss Foundation

Link: <https://thelossfoundation.org/services/understanding-bereavement/>

Description: Information about common reactions after a bereavement.

6. Supporting bereaved children and young people – for parents and schools

Anna Freud Coronavirus support

Link: <https://www.annafreud.org/coronavirus-support/>

Description: A suite of resources to support different groups of people including young people, parents and carers, schools and colleges, early years settings and others.

Bereavement Awareness training for schools and Early Years settings – Child Bereavement UK

Link: <https://www.childbereavementuk.org/bereavement-awareness-training-for-education-providers>

Description: A series of free webinars providing an introduction to supporting bereaved pupils for those working within the education sector, from early years through to secondary settings.

Coronavirus: a book for children

Link: <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

Description: Illustrated by the Gruffalo's Axel Scheffler, this digital book is designed to help primary school age children talk about the coronavirus. It answers key questions in simple language appropriate for 5-9 year olds and does include the possibility of death.

Coronavirus information: Child Bereavement UK

Link: <https://www.childbereavementuk.org/pages/category/coronavirus>

Description: Guidance, information and support for those caring for bereaved children

Coronavirus: supporting pupils – Child Bereavement UK

Link: <https://www.childbereavementuk.org/coronavirus-supporting-pupils>

Description: Information for education professionals supporting pupils during the coronavirus pandemic.

Covid-19: supporting bereaved children and young people

Link: <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

Description: Links to members' support pages on supporting children during the outbreak.

Covid-19 support: Grief Encounter

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

Dealing with loss and bereavement – Anna Freud Centre

Link: <https://www.youtube.com/watch?v=SlxND1GKHiQ&feature=youtu.be>

Description: A video in which Clinical Psychologist David Trickey talks through some ideas to help children and young people deal with loss and bereavement.

Early Years Social & Emotional learning activities – Partnership for Children

Link: <https://www.partnershipforchildren.org.uk/what-we-do/resources-for-parents/early-years-social-emotional-learning-activities.html>

Description: A selection of play-based activities to promote young children's social and emotional development during the pandemic.

Education in times of crisis: teachers' views on distance learning and school reopening plans during COVID-19 – Chartered College of Teaching

Link: https://my.chartered.college/wp-content/uploads/2020/07/EducationInTimesOfCrisisII_20200708_final.pdf

Description: An analysis of responses from a survey of teachers' views around distance learning and school reopening plans during COVID-19, including teachers' attitudes and concerns around supporting bereaved children and young people.

Growing in Grief Awareness Audit Tool for schools – Childhood Bereavement Network

Link: <http://www.childhoodbereavementnetwork.org.uk/campaigns/growing-in-grief-awareness.aspx>

Description: An audit tool designed to support measuring schools' performance and readiness to support pupils with bereavement, including staff confidence.

How to support bereaved children: a comprehensive guide – TES

Link: <https://www.tes.com/news/how-support-bereaved-children-comprehensive-guide>

Description: A comprehensive guide for schools supporting bereaved pupils during the COVID-19 pandemic, with suggested approaches for school staff as well as support offers such as peer support, drop-ins etc.

If you have been bereaved

Link: <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do-for-young-people.aspx>

Description: downloadable cards for young people to use as prompts for support from family, friends, and school (appropriate for lockdown)

‘It’s OK for teachers to cry’: how to handle bereavement in school’ – The Guardian

Link: <https://www.theguardian.com/education/2020/may/12/its-ok-for-teachers-to-cry-how-to-handle-bereavement-in-school>

Description: Article about the role played by teachers in helping bereaved pupils at school, including discussions with heads of schools and existing practice

Look for the rainbow

Link: <https://drive.google.com/file/d/1KkT4PnzqZwp-sp1iY3rdzSv0NUP-WAPz/view>

Description: A visual story which could be used to help children say goodbye to a loved one or a close relative.

Partnership for Children - Online training during COVID-19

Link: <https://www.partnershipforchildren.org.uk/get-involved/run-the-programmes-in-your-school/skills-for-life-online-training.html>

Description: Skills for Life online training programme made accessible to schools and teachers during the COVID-19 pandemic.

Preparing for recovery: mental health and wellbeing in schools – National Children’s Bureau

Link: <https://www.ncb.org.uk/news-opinion/news-highlights/schools-and-colleges-given-support-mental-health-and-wellbeing>

Description: A guidance and signposting tool developed by NCB and the Schools’ Wellbeing Partnership designed to empower schools to support and prioritise pupils’ wellbeing during this period, and put in sustainable changes for the longer-term.

Saying goodbye when someone special dies – Dr Susie Willis, Royal Belfast Hospital for Sick Children

Link to PDF: <https://indd.adobe.com/view/eafec4d8-5699-4f34-8342-9c3de45c26af>

Link to animation: <https://www.youtube.com/watch?v=SnIYObmeAZE>

Description: A booklet and animation to help children say goodbye to a loved one during COVID-19.

Shielding during COVID-19: advice for children and young people – British Psychological Society

Link: <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Shielding%20advice%20for%20children%20and%20young%20people.pdf>

Description: Guidance specifically written for children and young people who have either been shielding or in shielding families. Designed to support the psychological wellbeing of children who remain vulnerable due to a health condition (or who live in households where someone else is clinically extremely vulnerable).

Signs and symptoms of trauma in young people – UK Trauma Council

Link: <https://www.youtube.com/watch?v=i615DOCFJT4&feature=youtu.be>

Description: Clinical Psychologist avid Trickey explores typical responses of children and young people to the pandemic in comparison with traumatic responses.

Seasons for Growth Grief Education

Link: <https://seasonsforgrowth.co.uk/>

Description: online training for those wishing to train as Seasons Companions to run this accredited programme in schools

Supporting children through coronavirus

Link: <https://www.winstonswish.org/coronavirus/>

Description: Information, advice and guidance on supporting bereaved children and young people during the coronavirus outbreak

Talking to children about death – Partnership for Children

Link: https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html#pack_4

Description: A web page with guidance and video resources on talking to children about death.

What happens at a funeral? – Rosedale Funeral Home

Link: <https://www.rosedalefuneralhome.co.uk/what-happens-at-a-funeral/>

Description: a film and associated training materials for explaining what happens at a funeral to children and young people. Includes options for showing what happens at a burial or at a cremation.

7. Supporting those with learning disabilities

When someone dies from coronavirus: a guide for family and carers – Books Beyond Words

Link:

<https://static1.squarespace.com/static/551cfff9e4b0f74d74cb307e/t/5e9578851288b77c2683f29a/1586854025277/When+someone+dies+from+coronavirus+V1.pdf>

Description: A picture-based resource for families and carers of people with learning disabilities which explains how to talk to them about when a close relative or loved one dies from coronavirus.

8. Supporting employees

Coronavirus – coping as an employer – Cruse Bereavement Care

Link: <https://www.cruse.org.uk/get-help/coronavirus-help/coronavirus-coping-employer>

Description: Guidance for employers supporting grieving employees, and what to consider if a staff member dies.

COVID-19 and leading through loss podcast – The Preston Associates

Link: <https://www.theprestonassociates.com/tpa-podcast-2-covid-19-and-leading-through-loss/>

Description: Winston's Wish founder Julia Stokes OBE discusses how business leaders can help employees deal with loss.

COVID-19: The impact on death, bereavement and grief – Business in the Community

Link: <https://www.bitc.org.uk/toolkit/covid-19-the-impact-on-death-bereavement-and-grief/>

Description: A toolkit which provides guidance for employers on developing an empathetic, compassionate and inclusive response to death, bereavement and grief, and for businesses to support their employees in expressing and sharing how they feel.

A guide to compassionate bereavement support: general guidance – Chartered Institute for Professional Development

Link: https://www.cipd.co.uk/Images/guide-to-bereavement-support_tcm18-81624.pdf

Description: A guide which provides some key tips for organisations on how to support employees who are dealing with a bereavement in the short and the longer term.

A guide to compassionate bereavement support: guidance for line managers – Chartered Institute for Professional Development

Link: https://www.cipd.co.uk/Images/line-manager-guide-to-bereavement-support_tcm18-81627.pdf

Description: A guide, specifically for line managers, which provides some key tips on how to support employees who are dealing with a bereavement in the short and the longer term.

How you can help your employee after their child has died – Care for the Family and Bereaved Parent Support

Link: <https://www.careforthefamily.org.uk/wp-content/uploads/2014/08/Dos-and-Donts-for-Employers.pdf>

Description: A series of suggested 'dos and don'ts' for employers supporting employees that have experienced the bereavement of a child.

Time off for bereavement – ACAS

Link: <https://www.acas.org.uk/time-off-for-bereavement>

Description: Guidance for employees for when a bereavement happens, particularly around leave, pay and the benefits of firms having a bereavement policy.

9. Signposting to support from other organisations

If you run a bereavement service, please keep your details up to date at the signposting websites below. These organisations also list details of COVID-19 specific support.

AtALoss

Link: <https://www.ataloss.org/>

Description: postcode search for local and national support services

The Good Grief Trust

Link: <https://www.thegoodgrieftrust.org/>

Description: map with bereavement services across the UK

10. Providing 1:1 support

ACTO guidance on security and privacy for therapists providing online therapy during the COVID-19 Crisis

Link: <https://acto-org.uk/acto-guidance-on-security-and-privacy-for-therapists-providing-online-therapy-during-the-covid-19-crisis/>

Description: Written guidance for therapists, service managers and other practitioners around security and privacy issues associated with providing remote support during the COVID-19 pandemic.

Centre for Complicated Grief online webinars

Link: <https://complicatedgrief.columbia.edu/professionals/training/webinars/>

Description: A series of webinars which explore research findings and new ideas relevant to bereavement and grief, and service development.

Considerations for psychologists working with children and young people using online video platforms – British Psychological Society and Division of Clinical Psychology

Link: <https://www.bps.org.uk/news-and-policy/new-guidance-launched-psychologists-using-online-video-work-young-people>

Description: Guidance for psychologists which looks at the different needs of young people of varying ages, from young children through to teenagers, and how to meet their specific developmental requirements.

COVID-19 resources hub – Youth Access

Link: <https://www.youthaccess.org.uk/covid-19-resource-hub/covid-19-resource-hub>

Description: Information and resources for practitioners working in youth information, advice and counselling services.

How to create real, lasting change after COVID-19 - RSA

Link: <https://www.thersa.org/discover/publications-and-articles/rsa-blogs/2020/04/change-covid19-response>

Description: An article designed to help us make sense of how the crisis is changing the world, which highlights four different types of crisis responses to COVID-19.

Luppa, M. et al (2020). Effectiveness and Feasibility of Internet-Based and Mobile-Based Interventions for Individuals Experiencing Bereavement: A Systematic Review Protocol. BMJ Open, Vol. 10, No. 4

Link: <https://pubmed.ncbi.nlm.nih.gov/32327480/>

Description: A systematic review of existing literature around the effectiveness of internet and mobile-based interventions for self-management of both normal and complicated grief in bereaved adults.

Online events

Link: <https://www.onlineevents.co.uk/>

Description: A series of online video resources, live webinars and support groups designed to help services move their support online

OXCaDAT Remote Delivery Guides for therapists during COVID-19

Link: <https://oxcadatresources.com/covid-19-resources/>

Description: A collection of resources for therapists delivering treatment remotely during COVID-19.

Running an online course: top tips for engaging with people on screens – Care for the Family

Link: <https://www.careforthefamily.org.uk/wp-content/uploads/2014/08/028-20-CFF-Running-an-online-course-booklet-1-7-20-double-pages.pdf>

Description: A guide produced to support organisations and practitioners

Sharing information about grief and COVID-19 – Bereavement Network in Europe

Link: http://bereavement.eu/?page_id=515

Description: A wide-ranging collection of bereavement related resources from across Europe.

Telephone Befriending Guidance – Befriending Networks

Link: <https://www.befriending.co.uk/resources/24871-telephone-befriending-guidance>

Description: This guidance provides suggestions to help services providing face-to-face befriending switch to telephone based befriending.

Telephone and e-counselling competencies and curricula – BACP

Link: <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/competences-and-curricula/telephone-and-e-counselling/>

Description: A framework for delivering effective counselling via the telephone or e-counselling.

Working online with children and young people: Guidance for members – BACP

Link: <https://www.bacp.co.uk/news/news-from-bacp/coronavirus/working-online-with-cyp-faqs/>

Description: A web page with guidance around moving to online support working with children and young people.

11. Delivering remote support to groups

How to develop and manage virtual grief support groups – Hospice Foundation of America

Link: <https://hospicefoundation.org/Education/How-to-Develop-and-Manage-Virtual-Grief-Support-Gr>

Description: An on-demand webinar which instructs professionals on how to use Zoom technology to hold virtual grief support groups, and how to facilitate these effectively.

How to manage and run an online support group – The Loss Foundation

Link: <https://thelossfoundation.org/training/>

Description: A series of training programmes offered to support mental health practitioners run therapeutic and peer support groups.

12. Returning to face-to-face working

Coronavirus advice for employers and employees: Returning to the workplace, ACAS

Link: <https://www.acas.org.uk/coronavirus/returning-to-the-workplace>

Description: Some guidelines and advice around what should happen when organisations and their employees begin to return to the workplace.

Coronavirus FAQs – BACP

Link: <https://www.bacp.co.uk/news/news-from-bacp/coronavirus/faqs-about-coronavirus/>

Description: Considerations for those considering a return to face to face working

Lifting the lockdown: the challenges our members face and how we are helping - NCVO

Link: <https://blogs.ncvo.org.uk/2020/05/29/lifting-the-lockdown-the-challenges-our-members-face-and-how-we-are-helping/>

Description: A blog post in which NCVO discuss some of the practical challenges of returning to work as reported by their members.

Preparing for recovery: mental health and wellbeing in schools – National Children’s Bureau

Link: <https://www.ncb.org.uk/news-opinion/news-highlights/schools-and-colleges-given-support-mental-health-and-wellbeing>

Description: A guidance and signposting tool developed by NCB and the Schools’ Wellbeing Partnership designed to empower schools to support and prioritise pupils’ wellbeing during this period, and put in sustainable changes for the longer-term.

Protecting staff, volunteers and beneficiaries – NCVO

Link: <https://knowhow.ncvo.org.uk/coronavirus/protecting-your-staff-volunteers-and-beneficiaries>

Description: Information on protecting and supporting the people working in your charity or voluntary organisation, and those who use your services during the coronavirus outbreak.

Reopening charities after COVID-19 – risk assessments for returning to work and reopening buildings – BHIB Charities Insurance

Link: <https://www.bhibcharities.co.uk/advice/reopening-charities-after-covid-19-risk-assessments-for-returning-to-work-and-reopening-buildings/>

Description: checklists and risk assessments for returning to work and reopening charity premises

13. Developing appropriate services for specific groups

An equitable response to the COVID-19 crisis – ACEVO

Link to recording: <https://www.youtube.com/watch?v=UsQjWARKcYQ>

Link to summary: https://www.acevo.org.uk/wp-content/uploads/2020/04/equitable_response.pdf

Description: A summary of an online event hosted by ACEVO discussing what charities can do to ensure that equity is at the centre of decision making and service design when responding to COVID-19.

BAMEStream

Link: <http://www.bamestream.org.uk/>

Description: New Alliance of BAME mental health therapists and campaigners in response to COVID-19.

Death and grieving in a care home during the COVID-19 pandemic: a guide to supporting staff, residents and their families – Public Health Agency NI

Link: <https://www.publichealth.hscni.net/publications/death-and-grieving-care-home-during-covid-19-pandemic-guide-supporting-staff-residents>

Description: A guide from NI which provides advice on how care home staff can support residents and their families through the changes in care required by COVID-19, and in the event of deaths, and on how managers and staff can support each other.

Homelessness and end of life care resource pack – St Mungo's

Link: <https://www.mungos.org/app/uploads/2017/08/homelessness-and-end-of-life-care-resource-pack.pdf>

Description: Practical information and tools to support the needs of homeless people who are approaching the end of life, and those who are bereaved

Homelessness Palliative Care Toolkit

Link: <https://www.homelesspalliativecare.com/>

Description: A research informed toolkit which provides information and resources for frontline staff supporting people who are homeless and who have significant health needs.

Improving Access to Psychological Therapies: Black, Asian and Minority Ethnic Positive Practice Guide

Link: <https://www.babcp.com/Default.aspx>

Description: audit tool and examples for improving appropriateness and accessibility of IAPT services.

Life After Death: supporting carers after bereavement – Reform Scotland, Marie Curie and Sue Ryder

Link: <https://reformscotland.com/2020/07/life-after-death-supporting-carers-after-bereavement/>

Description: A collaborative report which calls for major changes in the support offered to carers after the person they have cared for dies

Marginalised in life and death? Homelessness and End of Life Care – Dying Matters Dudley

Link: <https://www.dyingmattersdudley.co.uk/post/marginalised-in-life-and-death>

Description: Article which explores key questions around homelessness and often poor end of life care outcomes.

National Mapping of BAME Mental Health Services – BAMEStream report, July 2020

Link: <http://www.bamestream.org.uk/wp-content/pdf/National-Mapping-of-BAME-Mental-Health-Services.pdf>

Description: A BAMEStream report which highlights the findings of a recent national survey of BAME mental health services in the UK that is designed to provide a snapshot of BAME-led services responding to the mental health needs of BAME communities in the UK.

Racial disparities in mental health: literature and evidence review – Race Equality Foundation

Link: <https://raceequalityfoundation.org.uk/wp-content/uploads/2020/03/mental-health-report-v5-2.pdf>

Description: A literature and evidence review designed to improve knowledge and understanding of good practices around ensuring better mental health outcomes for black and minority ethnic (BAME) communities.

14. Funding opportunities

Children in Need grant funding programme – closes 1 July

Link: <https://www.bbcchildreninneed.co.uk/grants/>

Description: Grant funding programme for small organisations, for up to £80,000 over an 18 month period. Eligibility detailed on the above link.

COVID-19 research programme – closing 30 September

Link: <https://www.health.org.uk/funding-and-partnerships/programmes/covid-19-research-programme>

Description: a new research programme, which seeks to understand the impact of the COVID-19 pandemic in two distinct areas around how health and social care service delivery has changed in light of COVID-19, and the impact of COVID-19 on health inequalities and the wider determinants of health. Funding available for between £100k-200k.

Emergency funding for small organisations: 4 nations and regional

Link: <https://charitybank.org/news/covid-19-emergency-funding-for-charities-and-social-sector-organisations>

Funding Central

Link: <https://www.fundingcentral.org.uk/default.aspx>

Description: A website containing a database of thousands of grant funding opportunities, including emergency funds in response to the coronavirus.

Independent Age – closing dates in July and August

Link: <https://www.independentage.org/community/grants-fund>

Loneliness Covid-19 grant fund

Link: <https://www.gov.uk/government/publications/5-million-loneliness-covid-19-grant-fund>

National Lottery Community Fund Emergency COVID-19 funding for small and medium organisations in England

** 'This category also includes those organisations supporting people and their families with end of life care.'**

Link: <https://www.tnlcommunityfund.org.uk/funding/covid-19/learn-about-applying-for-emergency-funding-in-england>

Recovery, Renewal, Reset: Research to inform policy responses to COVID-19 in the health and social care systems by NIHR – closing 10 September

Link: <https://www.nihr.ac.uk/funding/prp-recovery-renewal-reset-research-to-inform-policy-responses-to-covid-19-in-the-health-and-social-care-systems/25012>

Description: Research initiative inviting applications for research to inform policy response to challenges posed by COVID-19 and to capture learning arising during the pandemic.

15. Fundraising advice

Crisis Decision Tool – Bates Wells

Link: <https://bateswells.co.uk/crisis-decision-tool/>

Description: An online questionnaire designed to help charity and social enterprise organisations experiencing financial difficulties, which provides tailored signposting based on need.

Information for fundraisers about coronavirus – Institute of Fundraising

Link: <https://www.institute-of-fundraising.org.uk/news/information-for-fundraisers-about-coronavirus/>

Description: Guidance for fundraisers in regards to coronavirus.

16. Using Social Media

Getting started on social media – NCVO

Link: <https://knowhow.ncvo.org.uk/campaigns/communications/social-media>

Description: A guide for organisations getting started with social media, and how to use it reach more people.

A wellbeing guide for comms professionals – Charity Comms

Link: <https://www.charitycomms.org.uk/wellbeing-guide>

Description: A guide to support the wellbeing of individuals whose roles include managing a charity social media account.

17. Self-care for those working in bereavement services

Leading through COVID-19: supporting health and care leaders in unprecedented times – The Kings Fund

Link: <https://www.kingsfund.org.uk/projects/leading-through-covid-19>

Description: A series of online practical guides and video resources designed to support health and care leaders across the NHS, social care, public health and VCS sectors.

Self Compassion in the Workplace: Dr. Amanda Super

Link: <https://attendee.gotowebinar.com/register/9174321029757821697>

Description: A webinar designed to encourage greater self-compassion in the workplace.

Taking trauma related work home: advice for reducing the likelihood of secondary trauma – British Psychological Society

Link: <https://www.bps.org.uk/coronavirus-resources/professional/taking-trauma-home>

Description: This guidance document recommends a step by step approach for organisations whose employees are at risk of vicarious trauma while working from home during the Covid-19 Pandemic.

Under pressure: the Diary of a Therapist – April 2020

Link: <https://members.tortoisemedia.com/2020/04/27/diary-of-a-therapist-under-pressure/content.html>

Description: Article from the perspective of a counsellor reflecting on how the pandemic has influenced and shaped their work with clients, and on their own wellbeing.

18. Research studies underway

Bereavement Care during the COVID-19 Pandemic, a University of Cambridge study ending 4 September

Link: <https://www.surveymonkey.co.uk/r/V97QP5Q>

Description: A brief questionnaire recruiting bereavement care providers.

Care of the body: what do Experts by Experience expect? – Full Circle Funerals

Link: <https://fullcirclefunerals.co.uk/wp-content/uploads/2020/06/COTB-Participant-flier.pdf>

Description: this study is being carried out by Full Circle Funerals, and is designed how bereaved people expect people to be cared for after they have died, and to understand their decisions and experiences of spending time with someone after they have died.

Experiences of end of life care

Link: https://livpsych.eu.qualtrics.com/jfe/form/SV_6yXOqN3qFN6sioJ

Description: this study at the Universities of Sheffield and Liverpool aims to gather information from bereaved relatives and healthcare professionals regarding end of life care provided to those who have recently died. The person who died may or may not have been infected with COVID-19.

The grief experiences and support needs of people bereaved during the COVID-19 pandemic

Link: <https://cardiff.onlinesurveys.ac.uk/the-grief-experiences-and-support-needs-of-people-bereaved-2>

Description: A research study carried out jointly by Cardiff University and the University of Bristol that is designed to identify ways to improve end of life care during the pandemic, and understand the grief experiences and support needs of people who have been bereaved either due to COVID-19 or another cause of death during the pandemic.

Improving palliative care for people affected by the COVID-19 pandemic – a CovPall Study

Link: <https://www.kcl.ac.uk/cicelysaunders/research/evaluating/covpall-study>

Description: A new Kings College London-based research project that is trying to understand more about how palliative care services and hospices are responding to the COVID-19 pandemic, the problems that services and patients and families/those affected by COVID-19 are facing, and how to best respond.

Mental Health and COVID-19 – UCL study

Link: <https://www.ucl.ac.uk/psychiatry/research/epidemiology-and-applied-clinical-research-department/loneliness-and-social-isolation-26>

Description: A new research study exploring the lived experiences of loneliness and isolation with people with mental health problems during the COVID-19 pandemic in the UK

Patients Association survey

Link: <https://www.surveymonkey.co.uk/r/BLMCLPZ>

Description: The Patients Association wants to find out how patients, people with long term conditions and others are experiencing their treatment and care during the COVID-19 global pandemic. This includes a section for those bereaved on their experience of care before and after the death

What elements of a systems approach to bereavement are most effective at the time of sudden events causing rapid deaths at population levels? Lessons for COVID-19

Link: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020180723

Description: This study protocol describes a study that aims to identify evidence for a systems approach (a structured, replicated interventions across a group or population) to bereavement at a time of mass deaths (which could usefully relate to the current context of COVID-19).

19. Selection of other relevant peer reviewed journal articles

Bear, L et al. (2020) 'A Good Death' during the COVID-19 pandemic in the UK: a report of key findings and recommendations,

Link: <http://eprints.lse.ac.uk/104143/>

Description: An LSE anthropologist-led study around 'what a good death' looks like for people across all faiths and for vulnerable groups, examining five key stages in death from pre-admission through to the funeral ceremony and bereavement. Recommendations for what consultation processes, policies, and communications strategies could be used to support communities during each phase.

Birrell, J. et al (2020) Cremation and Grief: Are ways of commemorating the dead related to adjustment over time? Omega – Journal of Death and Dying,

Link: <https://journals.sagepub.com/doi/10.1177/0030222820919253>

Description: A research paper which investigates the positive associations between engaging in funeral activities, organising a funeral, and adjusting to bereavement.

Breen, L. J. (2020) Grief, loss and the coronavirus pandemic. Aust J Gen Pract 2020; 49 Suppl 20. doi: 10.31128.

Link: <https://pubmed.ncbi.nlm.nih.gov/32416647/>

Eisma, M et al (2020). Prolonged grief disorder following the COVID-19 pandemic. *Psychiatry Research*, Vol. 288

Link: <https://www.sciencedirect.com/science/article/pii/S0165178120309847>

Description: A research paper which predicts a rise in Prolonged grief disorder (PGD) cases following the COVID-19 pandemic, with recommendations such as making evidence-based PGD interventions more accessible.

Gesi, C., Carmassi, C., Cerveri, G., Carpita, B., Cremone, I. M., & Dell'Osso, L. (2020). Complicated Grief: What to Expect After the Coronavirus Pandemic. *Frontiers in Psychiatry*, 11, 489.

Link: <https://www.frontiersin.org/articles/10.3389/fpsyt.2020.00489/full>

The aim of this paper is to review the most prominent literature on complicated grief after natural disasters, as well as after diseases requiring ICU treatment.

Gunnell, D et al. (2020) Suicide risk and prevention during the COVID-19 pandemic, *The Lancet*, Vol. 7, No. 6, pp. 468-471

Link: [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30171-1/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30171-1/fulltext)

Description: A research paper that investigates the evidence behind suicide risk and prevention during the COVID-19 pandemic.

Kokou-Kpolou, C. K., Fernández-Alcántara, M., & Cénat, J. M. (2020). Prolonged grief related to COVID-19 deaths: Do we have to fear a steep rise in traumatic and disenfranchised griefs?. *Psychological trauma : theory, research, practice and policy*, 10.1037/tra0000798. Advance online publication.

Link: <https://doi.org/10.1037/tra0000798>

Description: This commentary article analyses factors related to bereavement in the context of the COVID-19 pandemic, proposes avenues for meaning-making practices to facilitate individual and collective mourning process; and invites clinicians to pay attention to the traumatic characteristics of COVID-19-related deaths adopting a holistic approach of PGD clinical manifestations.

Lichtenthal W, Roberts K, Prigerson H (2020) Bereavement Care in the Wake of Covid-19: Offering Condolences and Referrals *Annals of Internal Medicine*

Link: <https://www.acpjournals.org/doi/10.7326/M20-2526>

Description: This opinion article offers words to say and guidance on when to make referrals to offset the risks that the pandemic has posed to family members' mental health

Mayland, C. R., Harding, A., Preston, N., & Payne, S. (2020). Supporting Adults Bereaved Through COVID-19: A Rapid Review of the Impact of Previous Pandemics on Grief and Bereavement. *Journal of pain and symptom management*, S0885-3924(20)30388-2.

Link: <https://doi.org/10.1016/j.jpainsymman.2020.05.012>

Description: This study aimed to review and synthesize learning from previous literature focused on the impact on grief and bereavement during other infectious disease outbreaks.

Raker, E. J., Zacher, M., & Lowe, S. R. (2020). Lessons from Hurricane Katrina for predicting the indirect health consequences of the COVID-19 pandemic. *Proceedings of the National Academy of Sciences*.

Link: <https://www.pnas.org/content/117/23/12595>

Description: this prospective study of young low income mothers who survived Hurricane Katrina, found that bereavement, fearing for loved ones' well-being, and lacking access to medical care and medications predicted adverse mental and physical health a year after the disaster, with some effects persisting 12 years later.

Selman, Lucy et al. (2020) Bereavement Support on the Front-line of COVID-19: Recommendations for Hospital Clinicians, *Journal of Pain and Symptom Management*

Link: [https://www.ipsmjournal.com/article/S0885-3924\(20\)30244-X/abstract](https://www.ipsmjournal.com/article/S0885-3924(20)30244-X/abstract)

Description: this paper reviews relevant research evidence and provide evidence-based recommendations and resources for hospital clinicians to mitigate poor bereavement outcomes and support staff.

Selman, L. and Burrell, A. (2020) The effect of funeral practices on bereaved friends and relatives' mental health and bereavement: implications for COVID-19

Link: <https://arc-w.nihr.ac.uk/research-and-implementation/covid-19-response/reports/the-effect-of-funeral-practices-on-bereaved-friends-and-relatives-mental-health-and-bereavement-implications-for-covid-19/>

Smith, K.; Wild, J.; Ehlers, A. (2020) The masking of mourning: social disconnection after bereavement and its role in psychological distress, *Clinical Psychological Science*, Vol. 8, No. 3, pp. 464-476

Link: <https://journals.sagepub.com/doi/full/10.1177/2167702620902748>

Description: A research paper around the role of social disconnection, and the association between higher levels of social disconnection with higher psychological stress in the first six months after a bereavement.

Wallace, C. L., Wladkowski, S. P., Gibson, A., & White, P. (2020). Grief during the COVID-19 pandemic: considerations for palliative care providers. *Journal of Pain and Symptom Management*.

Link: [https://www.jpmsjournal.com/article/S0885-3924\(20\)30207-4/fulltext](https://www.jpmsjournal.com/article/S0885-3924(20)30207-4/fulltext)

Description: this paper describes the relationship of the COVID-19 pandemic to anticipatory grief, disenfranchised grief and complicated grief, and makes recommendations.

Zhai, Y., & Du, X. (2020). Loss and grief amidst COVID-19: A path to adaptation and resilience. *Brain, behavior, and immunity*, S0889-1591(20)30632-2. Advance online publication.

Link: <https://doi.org/10.1016/j.bbi.2020.04.053>

Description: Failure to address the pressing needs of those experiencing loss and grief may result in poor mental and physical health. Recognizing the uniqueness of each individual and their loss and grief will provide opportunities to develop tailored strategies that facilitate functional adaptation to loss and promote mental health and wellbeing in this crisis.

20. Wider campaigns and publications (in response to COVID-19 or otherwise)

A vision for recovery – National Children’s Bureau

Link: <https://www.ncb.org.uk/what-we-do/policy/policy-reports-and-briefings/vision-recovery>

Description: A report by NCB which outlines some of the overarching principles, actions and recommendations that must be at the heart of supporting children, young people and their families to recover from the impact of COVID-19.

Bereavement Charter implementation campaign – Scottish Care

Link: <https://scottishcare.org/event/bereavement-charter-webinar/>

Description: A campaign to support the implementation of the first Bereavement Charter for adults and children in Scotland, encouraging buy-in and support for adopting a charter and building a sector consensus around the case to be made to the Scottish government for national leadership and resourcing to reflect the anticipated growth in the demand for bereavement support after COVID-19.

Bereavement research priorities in the UK: discussion paper - NBA

Link: <https://nationalbereavementalliance.org.uk/ourpublications/bereavement-research-gaps-and-priorities-in-the-uk-a-discussion-paper/>

Description: A discussion paper by the National Bereavement Alliance which summarises relevant findings on perceived research gaps or priorities from three projects in the UK, with a central sharing point for researchers to populate information about studies that are underway and facilitate greater collaboration during this time.

Campaign to Make it easier for families to close the accounts of a loved one who dies

Link to petition: https://www.change.org/p/uk-parliament-make-it-easier-for-families-to-close-the-accounts-of-a-loved-one-who-dies?use_react=false

Link to survey: https://acsurvey.qualtrics.com/jfe/form/SV_cZ3ioKJhukFUwh7

Description: A campaign and ongoing petition set up by Vicky Wilson, seeking legislative change to make it easier to support bereaved families in dealing with banks, utilities and other companies after a loved one dies.

National Day to Unite in Memory – Marie Curie

Link: <https://www.mariecurie.org.uk/who/day-to-reflect>

Description: A campaign launched by Marie Curie to recognise the grief experienced by those within the UK during the lockdown, whether COVID-19 related or otherwise.

Remote mental health interventions for young people – Youth Access

Link: <https://www.youthaccess.org.uk/resources/practice-resources/74-remote-mental-health-interventions-for-young-people>

Description: A report on remote mental health interventions for young people, which argues that remote services can improve access and lead to positive mental health outcomes, while balancing against the potential risks attached to this.