

Grampian Child Bereavement Network

Training Request Guide

Grampian Child Bereavement Network is a small charity dedicated to raising awareness about the impact of bereavement on children and young people and supporting the provision of appropriate support to them. One of the ways we do this is through the provision of training and support to professionals and others who work directly with children and young people including schools, family support and health agencies and voluntary organisations.

Training available

All training is based on an interactive model which includes presentation, discussion and consideration of case situations and workshops to help prepare those attending for responding and supporting bereaved children appropriately.

The training can be tailored to suit the needs of your organisation, the age of children you work with and the work that you are involved in. This includes consideration of particular experiences of loss including if where sudden or traumatic loss has affected children who you are working with.

Our trainers are all volunteers who have knowledge, skills and experience in working with and supporting bereaved children and young people and their families.

Most training can be undertaken over a half day session (about 3 hours) but we will always try to tailor sessions to suit the needs of individual organisations where this is required i.e we would tailor a request from a school for an after school session or to be integrated within an In Service day.

If you would like to find out more or have discussion about the training needs of your organisation please contact GCBN coordinator on 01224 549099.

Workshop Aims and Outcomes

Aims:

- Increase awareness of the needs of bereaved children and young people
- Inform and build knowledge of impact of bereavement on children and young people
- Increase and enable professionals and others who are supporting bereaved children and young people to respond and provide appropriate support
- Provide information and assist other professionals to build confidence to assist bereaved children and young people to manage their grief reactions

Outcomes:

- Adults will be better informed, confident and more able to respond appropriately to bereaved children and young people
- Professionals will recognise, acknowledge and be able to assist a child or young person to manage their grief

- Adults will build their capacity to support a child following bereavement that will reduce the impact, and allow the child or young person to build their self-esteem and improve emotional wellbeing

Awareness Raising	<ul style="list-style-type: none"> • The Impact of loss on children and young people • Grief process • Potential complications • Recognising needs • Understanding and responding • Support and ways of working • Helping the child /young person • Helping the family/carers to help the child/young person • Needs of the worker
Keeping Memories Safe	<ul style="list-style-type: none"> • The Impact of loss on children and young people • Understanding the needs of the individual child or young person • Creating space • Approaches • Ideas/ways of working toolbox
Supporting children and families following a sudden death	<ul style="list-style-type: none"> • What happens after a sudden death • The impact of sudden and traumatic death • Complexities and complications • Grief process • Recognising and understanding needs • Support and ways of working • Understanding ripple effect
Responding to Major Incidents	<ul style="list-style-type: none"> • The stages of response • Understanding impact on families • Managing complex reactions • Grieving in public • Working in a public arena • How to offer support • Managing a considered response • How workers keep healthy
Supporting children and young people following bereavement due to substance or alcohol misuse	<p><u>Aberdeen City Only – funded by ADP City</u></p> <ul style="list-style-type: none"> • Impact on children and families • What happens after a death • Living with the legacy • Managing grief in a public arena • Keeping memories safe

Please note that participants should be aware in advance that the content of training is focused on loss and grief. It is important that those attending consider the impact that this may have on them and their capacity to manage this. There may be occasions that content of the training and related exercises, trigger grief responses in individuals.

Cost of Training

GCBN offer free training but as a small charity where possible, a donation to cover the cost of the trainers travel and related expenses would be appreciated

Printing/Handouts

As we are a small charity and printing has a large cost we do ask that, when we offer free training, the organisation receiving the training print out all the handouts for attendees. Where this is not possible for any reason i.e. no suitable printing equipment, staff time etc, we will provide these at a cost of £1 per person.

Where GCBN are required to provide handouts, the final number of attendees must be received 5 days in advance of the training date.

If you are a small organisation and cannot print out the handouts or afford the charge, we will consider your request so please contact the coordinator to discuss if the charge can be waived on 01224 594099 or email gcbn@mhaberdeen.org.uk

Presentation equipment

A projector and screen is required for all presentations and workshops. If this is not available please advise the GCBN Coordinator and the time of booking training and we will arrange to bring and set up our own. There is no additional charge for this.

Date of training

When you complete the application for training please provide 3 potential dates and times. It is preferable to have requests at least four weeks in advance of the suggested dates but , we will do our best to provide training sooner if required , particularly if a more immediate response is needed due a significant or traumatic sudden death that has affected your group.

Once the application is in GCBN Coordinator will get back to you to confirm details. Whilst we will always endeavour to accommodate requested training dates, where this is not possible, our Coordinator will work with you to identify a suitable alternative

Number of staff attending

Please provide an approximate number of staff attending at the time of booking training to allow the Trainers to plan appropriately for workshops etc. This can be adjusted and confirmed closer to the time of the training.

To ensure that your organisation and individuals attending get the most out of the training the minimum recommended number of participants is 5 and the maximum is 30