

Hull Child Death Overview Panel e-Bulletin – JUNE 2024

Learning from child deaths, child accident prevention and bereavement/support services

For CDOP members, CDR professionals and practitioners working with children and families

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 - Unique collaboration of Amazon and Ebay join battery manufacturers and retailers to support charity in warning parents of the dangers of button batteries – safety advice in 17 languages
 - Local Carousel dates – for expectant parents to find out more about pregnancy, birth and infant care, and now offer vaccinations
 - Healthier Together website – child health advice for parents and professionals
- **Child Death Review process/procedure information for professionals**
 - NCMD webinar to launch the Child Death Review Toolkit to help involve bereaved parents in the review of their child's death.
 - Who to contact to notify a local child death
 - NCMD videos for professionals – webinars on research reports and child death review process updates
 - Learning environment from National Child Mortality Database (NCMD) for CDOPs, and health and social care professionals
 - NCMD 'one stop shop' website and learning resource for child death review process guidance, training webinars, research publications/reports
 - New Working Together statutory guidance 2023
 - NCMD Newsletter-June 2024
- **Published national learning/reviews**
 - Safeguarding Practice Reviews published on the NSPCC repository in June

➤ **Training, Bereavement support and Wellbeing services**

- Lelley Fields' children's memorial service on 3rd July 2024
- Child Death Review Joint Agency Response Training for professionals responding to an unexpected child death
- The Humber and North Yorkshire Resilience Hub's bereavement support group for all NHS, emergency services and social care staff
- **Hull University's PASS Hub (Prevention Around Social Media and Suicide) training webinars on safe social media use in the aftermath of a suicide.**
- Fitmums and Friends offer a range of bereavement support for adults and children through their Together in Grief programme: The Forest Project, Yoga and Walking groups
- Local training in 'Engaging parents and carers in child safety and accident prevention and safer sleep'.
- Contacts and helplines for bereavement support for families and professionals
- Winston's Wish - How to support a bereaved family involved in a sudden and unexpected infant death – Lullaby Trust advice
- Lullaby Trust Bereavement trauma booklet
- Together for Short Lives-national charity -offers financial support for parents arranging a funeral for a child
- NSPCC's new online training course on preventing non-accidental head injuries for professionals working with expectant and new parents
- Hull Public Health team's substance misuse support services
- Local stop smoking service - SmokeFree Hull
- FREE smoking cessation Brief Intervention Training and learn how to start a conversation that could save a life
- Resources and Webinar recording of local "Children and young people-facts about vaping"
- Early Help recording of Child and Family Poverty Webinar
- New National Advocacy Helpline - Safety Net, commissioned by the DfE
- ANDYSMANCLUB - confidential space for men through free weekly peer support groups.
- Men in Sheds support group
- 'Together - Bereaved By Suicide Service' delivered by Hull and East Yorkshire Mind
- Online safety resources from Samaritans
- Dawn Bereavement Support –supporting people whose loved ones died in Hull hospitals
- HEY MIND - Work Well Project to support individuals and employers in Hull
- The Youth Hub Hull - a dedicated centre to support unemployed 16-29 years old
- HENRY Raise Engage Refer online training to develop and practice skills in raising sensitive lifestyle issues with parents
- The Coroners Court Support Service for families and witnesses
- UK Trauma Council resources
- Young Minds' Crisis Messenger crisis support
- BBC bitesize article and short film for young people dealing with boredom and low motivation.
- Home Office list of sources of support for victims of domestic abuse.
- ReachDeck is a digital inclusion solution that helps organisations improve the accessibility and readability of their website and to reach a wider audience.

Reducing accidents and preventing child deaths

The Safer Sleep Week campaign in March was used to launch a new local **easy-read Welcome to the World and Planning for New Baby cards** as well as using social media and radio to share key messages with parents, carers and professionals.

The cards provide visual and easy to read information to support families in making the right choices for all their baby's sleep that will help to protect their vulnerable airway and reduce the risk of SIDS and accidents.

Humber Foundation Trust's social media campaign was successful in reaching 5,500 accounts and there was very good engagement through [Mumbler](#), a social media site for the parenting community on things for families to do in the area.



Communications Partner Campaigns

SEPTEMBER 2023 - MARCH 2024

Humber Teaching
NHS Foundation Trust

SAFER SLEEP WEEK

HUMBER SOCIAL MEDIA CAMPAIGN

+5.5K REACH

1.76% ENGAGEMENT RATE

NEWS/MEDIA COVERAGE

+660 EDITORIAL VIEWS

+1.3K PAGE BANNER VIEWS

+3.5K SOCIAL REACH

£1,980.00 TOTAL SPEND

HULL MUMBLER PAID ADVERTISING

South West Peninsula CDOP have produced a number of resources brought about by reviews of children on holiday in their region who sadly died unexpectedly. Their main concern was around travel cots and/or unplanned sleep spaces.

They have worked with **Lullaby Trust** to create a poster aimed at holiday makers or those who find themselves in an out of routine situation away from home.

[Staying away from home poster](#)



Infant summer safety - The weather is getting warmer, which can make following safer sleep advice more complicated. It is harder to keep baby cool and holidays and travel can disrupt routines. The Lullaby Trust has put together some tips on baby summer safety so families can enjoy the summer and keep baby safe when the weather gets hot.

[Baby summer safety - The Lullaby Trust](#)



Advice on infection in babies - It is very important to try and keep babies safe from infection, particularly in the first few weeks of life. Babies have immature immune systems, which means that they are particularly at risk from infections.

[Advice on infection in babies – The LullabyTrust](#)



Infections that may be mild in older children or adults can be life-threatening for babies.

There are some key things that everyone can do to reduce the risk of serious infections in babies. It's important to follow **THANKS – Think Hands And No KisseS**

Lullaby Trust advice on Immunisations and SIDS - **vaccinating a baby reduces the risk of SIDS so advise parents/carers to make sure their baby receives all their scheduled vaccinations.**

[Immunisations and SIDS: advice from The Lullaby Trust - The Lullaby Trust](#)

Vaccination during pregnancy will be highly effective in protecting babies against flu and whooping cough for the first few months of life.

It's best for babies to be vaccinated at the recommended age, as they are then protected from serious diseases as early in life as possible.

Encouraging take up of childhood immunisations and vaccinations

Health leaders in Humber and North Yorkshire are backing a major new campaign to remind parents and carers of the risk of their children missing out on protection against serious diseases – with an urgent call to action to catch up on missed vaccinations.

The UK Health Security Agency (UKHSA) campaign has released a powerful video advert. It is told from the perspective of children and in their voices.

Uptake levels of childhood vaccines offered through the routine NHS vaccination programme in England have been falling over the past decade across all vaccines.

This includes whooping cough, measles, mumps and rubella, polio, meningitis and diphtheria – with England no longer having the levels of population immunity recommended by the World Health Organization that is needed to prevent outbreaks.

[UK Health Security Agency video advert](#)

[NHS England » NHS launches catch up campaign for missed MMR vaccines](#)

[Visit the NHS Let's get better website for more details](#)



Health leaders issue urgent advice as cases of whooping cough rise - The latest available data from the UK Health Security Agency shows that confirmed cases of whooping cough in England have spiked, with the South of England being a hotspot. The same trend has been noted in Scotland, Wales and Northern Ireland.

The high numbers of cases, which are likely a result of a lower uptake of vaccinations, poses a risk to public health and especially to vulnerable or unvaccinated patients.

Accordingly, the joint statement from the Royal Medical Colleges, details the symptoms which parents or carers should look out for in their children, and themselves, as well as the precautions and treatments they can take to minimise the risk of serious complications.

The key message for parents or carers is to check their children's vaccination record to ensure it is up to date - this should be recorded in your child's "red book". Vaccination is the only effective means to protect young babies and children from whooping cough, and all parents should ensure that their child, or children have been protected against the condition.

The condition is preventable, so this outbreak highlights the paramount importance of engaging with vaccination programmes. The falling rates of engagement with routine vaccination programmes is a major public health concern and the joint statement also calls on the swift implementation of the NHS Vaccination Strategy by the government to encourage the prioritisation of vaccine coverage.

The Royal College of General Practitioners (RCGP), the Royal College of Midwives (RCM), the Royal College of Obstetricians and Gynaecologists (RCOG), and the Royal College of Paediatrics and Child Health (RCPCH) have issued [a joint statement, with a poster, for parents, carers and healthcare professionals on whooping cough, otherwise known as pertussis](#)

Water safety resources and accreditation for schools

During their annual campaign this year, the Royal Life-Saving Society reports that access to swimming tuition and water safety education differs widely across the UK and there is often a disparity for those from low-income and ethnically diverse family groups. The 2022 Active Lives Survey shows that only 34.7% of children from low-affluence families are able to swim 25m unaided, compared to 76.4% of children from high-income families. This means that children from low-affluence families are half as likely to be able to swim 25m unaided.

In the same period (2022), RLSS report there was a 46% increase in the number of accidental fatalities amongst children, compared to the 5-year average. 35 accidental child fatalities were reported – an alarming statistic quoted the equivalent of a classroom of children drowned in 2022.

With the aim of increasing the prevalence of classroom-based water safety education, **RLSS UK have launched the Water Smart Schools Award**. This free accreditation programme has been developed for primary, secondary, further and SEND settings in a bid to ensure that all children, no matter their background, have the same opportunity to learn how to stay safe in, on and around water.

Developed by education experts; the Water Smart Schools Award programme provides a clear framework which enables schools to easily and effectively impart this essential knowledge within their school communities, to an excellent standard. The initiative provides registered schools with all the necessary materials to deliver **class-based** water safety education, utilising tried and tested, adaptable lesson plans and resources. An holistic approach allows whole school / community involvement, provides School Council with an excellent project base and fosters greater understanding of water safety issues, both locally and further afield. Free class-based materials give all children, irrespective of gender, ethnicity or religion, the knowledge, skills and understanding to enjoy water safely. On completion, a school will receive an accreditation award certificate.

[Visit the RLSS UK website to learn more about Water Smart Schools](#)

Update on Child Injury Prevention and Safer Sleep Conference - 5th June

During national Child Safety Week, Alison Patey, Assistant Director of Public Health welcomed over 80 delegates from across Hull to a day of learning and networking at an Unintentional Injuries and Safer Sleep Conference at The Guildhall. The conference was held in partnership with the providers of this service, Humber Teaching NHS Foundation Trust.

The conference focussed on injury prevention in the home and promotion of infant safer sleep, with a range of key guest speakers who shared their knowledge, expertise and best practice.

- Dr Mary Barraclough, Designated Paediatrician for Deaths in Childhood, gave an insight on the science behind safer sleep

If you are interested in joining the Child Injury Prevention Steering Group or want to know more about Hull's Unintentional Injuries and Safer Sleep service and the training they offer in 'Engaging parents and carers in child safety and accident prevention and safer sleep', please contact:

Contact Alicia Anderson or Angela Burns, Health and Development Practitioners:
Hull 0-19 Service
Humber Teaching NHS Foundation Trust

- Katie Houlston, Senior Sister in Paediatric Emergency Department, HRI, gave a local perspective on the types of injuries and harm children sustain and attend hospital for
- Ian Evans from CAPT
- Jim Oram from ROSPA gave a national update and resources available
- Kirstie Aistrop, Senior Safeguarding Officer, Hull Safeguarding Children Partnership presented the Neglect Toolkit
- Unintentional Injuries and Safer Sleep Team explained what they offered as a service.

Alison Morton, CEO Institute of Health Visiting closed the day with a summary of all the knowledge and experience the day had offered, clearly stating that Hull was 'ahead of the game' in this field.

There were market stalls for delegates to browse across lunchtime, with information about services and resources around both topics. Following on from the conference and the interest shown around both topics, an Injury Prevention and Safer Sleep working group for Hull will be formed to keep these topic areas high on the agenda.

Feedback from the day, showed delegates found the conference 'really interesting and informative' highlighting that 'the speakers were amazing, knowledgeable and very informative' and that 'the conference has definitely made a statement in Hull.'

T: (01482) 259600 | M: 07790882502
E: aliciaanderson@nhs.net



Super strong magnets

The tragic case of Rhys Millum, which recently appeared in headlines across the country, is a reminder to us all of the dangers posed by strong magnets.

If you are in touch directly with families who may be at risk, the NCMD has a brief guidance post on our website, and detailed advice is available from CAPT.

[News headlines](#)

[NCMD brief](#)

[CAPT advice](#)

Baby sling safety reminder

Following a number of sad cases reported to NCMD by CDOPs, they wanted to remind everyone of the importance of safety when using baby slings. The NCMD has a brief post on this on our website, and detailed guidance can be found on RoSPA's website.



[NCMD brief](#)

[RoSPA detailed guidance](#)

Concerns grow about children choking on food - Amid growing concerns about children choking on food, the Child Accident Prevention Trust (CAPT) has launched a new fact sheet with essential safety advice.

The fact sheet offers practical tips for parents and carers, especially of babies and toddlers who are at greatest risk as they are still learning how to eat safely.



Figures from the National Child Mortality Database reveal that 17 children died as a result of choking in the three years to March 2022.

Nine children choked to death on food including grapes, sausages, strawberries and frozen fruit.

[CAPT fact sheet](#)

Unique collaboration of e-commerce sites, battery manufacturers and retailers supports charity in warning parents of the dangers of button batteries

Amazon and eBay along with members of the British and Irish Portable Battery Association and the British Retail Consortium have pledged to help the Child Accident Prevention Trust warn parents of button battery dangers in their homes.

This International Button Battery Awareness Day (12 June) sees the launch in the UK of five top tips alerting families that button batteries can kill a small child if they swallow one.

Online retailer Amazon is incorporating safety messages into its shopping experience to help customers make more informed decisions before purchase and when they use a product.

eBay has launched several initiatives to educate customers on button battery safety.

[Unique collaboration warn parents of the dangers of button batteries \(capt.org.uk\)](#)

[Button Battery Safety | Child Accident Prevention Trust \(capt.org.uk\)](#)

[Button battery fact sheets in 17 community languages](#)

Five Top Tips for Button Battery Safety:

Look
Look around your home for button batteries. Think toys, lights, remote controls and more.

Check
Check for products with loose backs and button batteries that have dropped out.

Store
Store button batteries in a safe place, up high and out of your child's reach.

Dispose
Dispose of used button batteries as soon as you can. They are still unsafe.

Act
If you think your child may have swallowed a button battery, go straight to A&E or call an ambulance.

Local Carousel dates – for expectant parents to find out more about pregnancy, birth and infant care, and also now offer vaccinations at the event each month

The team can be contacted on 07769 671449 or email hyp-tr.hey.baby@nhs.net

You're Invited!

Please come along to one of our free Multi Agency Carousel Events Find out more information on:

- Labour Ward
- Midwifery led unit
- Infant feeding
- Car seat safety
- Baby massage
- Pre & postnatal Exercise
- Home Birth
- Oral health
- Bathing and nappy demonstrations
- safe sleeping & much more..

HEY Baby CAROUSEL
hyp-tr.hey.baby@nhs.net

2024 DATES	2025 DATES
Wednesday 19th June Wednesday 17th July Wednesday 14th August Wednesday 18th September Wednesday 16th October Wednesday 13th November Wednesday 11th December	Wednesday 15th January Wednesday 19th February Wednesday 19th March Wednesday 16th April Wednesday 14th May Wednesday 18th June

No need to book – just come along! All sessions 18.30- 20.30

Email: hyp-tr.hey.baby@nhs.net Telephone: 07769671449



Healthier Together website, a Humber and North Yorkshire Initiative, provides **information and advice about common childhood illnesses, including advice on what 'red-flag' signs to look out for**, where to seek help if required and how long a child's symptoms are likely to last. It also has a text facility to send messages to families.

[Healthier Together website](#)



Child Death Review process/procedure information for professionals

<p>National Child Mortality Database webinar to launch the Child Death Review Toolkit, created to help involve bereaved parents in the review of their child's death.</p> <p>The toolkit provides a structured format for parents to be able to ask questions, feedback to professionals and learn the outcomes of Child Death Review meetings. The toolkit was developed jointly by bereaved parents and professionals during the research project 'Involving Parents and Staff in Learning from Child Deaths', funded by the National Institute of Health Research.</p> <p>The webinar is aimed particularly at key workers, and those involved in Child Death Review meetings for children who die in hospital, hospices or under palliative care, but will be of interest to all Child Death Review Professionals.</p>	<p>Register here for webinar on 18 July @ 10:15 - 11:30</p>
<p>Hull child death notifications should be sent to CDOP using this link – https://www.ecdop.co.uk/HullER/Live/Public (please save link to intranet sites, desktops, etc. for ease of reference)</p> <p>If you were involved with the child and family, requests for agency Reporting Forms will be sent via eCDOP for completing online – (after registering as a user of eCDOP).</p>	<p>Contact for queries: Cathy.eccersley@hullcc.gov.uk Tel: (01482) 311085</p>
<p>NCMD videos for professionals – a full range of video resources (webinars on research reports and child death review updates) is now available on the NCMD website, and is accessible to all without password protection. <i>Please be mindful that the videos deal with subject matter that some viewers may find distressing.</i></p>	<p>Videos - National Child Mortality Database (ncmd.info)</p>
<p>Learning Environment for CDOPs, and health and social care professionals working in Child Death Review from the National Child Mortality Database (NCMD).</p> <ul style="list-style-type: none"> • PDFs of the PowerPoint slides for NCMD webinars • Advice sheets for completing the NCMD analysis and reporting forms. • JAR training videos 	<p>NCMD webinars - UCLPartners</p> <p>The password to access the page is: NCMD1Webinar*</p>
<p>NCMD website – 'One-stop shop' for professionals involved in any of the elements of the child death review process:</p> <ul style="list-style-type: none"> • Joint Agency Response (JAR) • Multi-Agency Child Death Review Meeting (CDRM) • Child Death Overview Panel (CDOP) • Supporting bereaved families <p>Includes:</p>	<p>https://www.ncmd.info/guidance/</p>

- **Detailed guidance on how best to complete a child death Notification Form**, to help gather information more quickly and review the death more comprehensively
- **CDRM guidance** on what to think about before, during and after the meeting as well as how to get the most out of the discussion
- **A postcard for distribution to families who are bereaved**, that explains the NCMD database and the importance of their work. Printed copies will be sent to CDOPs to send to families.
- **Safety notices**-dangers and warnings identified for national learning from local reviews - for anyone interacting with families of young children (includes: **windows, baby sleeping bags, button batteries, super strong magnets, safer sleeping, sleeping position devices, baby equipment, nappy sacks and baby slings, baby feeding pillows**)
- **National forms** - for notifying and reporting on deaths to help child death overview panels assess the causes of a child's death
- **'When a child dies' - A guide for parents, families, and carers to help understand and navigate the child death review process.** This document should be offered, in a printed format, to all bereaved families and/or carers.
- **NCMD Thematic Reports:**
 - Infection related deaths of children and young people in England (2023)
 - Deaths of children and young people due to traumatic incidents (2023)
 - Sudden and Unexpected Deaths in Infancy and Childhood (2022)
 - The Contribution of Newborn Health to Child Mortality across England (2022)
 - Suicide in Children and Young People (2021)
 - Child Mortality and Social Deprivation (2021)
- **List of National CDOP contacts for child death notifications**

[Notification guidance](#)

[CDRM guidance](#)

[NCMD postcard](#)

[Safety notices/alerts](#)

[Child death review forms](#)

[NHS England leaflet](#)

[NCMD publications](#)

[Child death overview panel: contacts - GOV.UK \(www.gov.uk\)](#)

National Child Mortality Database newsletter – June 2024
Information about latest thematic reports, ongoing work by the programme and forthcoming Webinars to register on.

[NCMD Newsletter, June 2024](#)

Published national learning and reviews

Child Safeguarding Practice Reviews published on the NSPCC repository in June

[NSPCC Repository](#)

Training and Bereavement and Wellbeing Support Services

Joint Agency Response Training for professionals responding to an unexpected child death in Hull and East Riding of Yorkshire

Target audience:

- On-call professionals from all sectors of health services, police and children's social care
- Any other professional involved with a child/family before or at the time of a child's unexpected death

Dates with places available:

- Thursday 26th September @ 9:00–12:30 - venue tbc
- Friday 29th November 'Grand Round' – Hull Royal Infirmary (afternoon - time tbc)

See attached flyer and application details or contact cathy.eccersley@hullcc.gov.uk



Humber and North Yorkshire
Health and Care Partnership

The Humber and North Yorkshire Resilience Hub will be a delivering a bereavement support group available to all NHS, emergency services and social care staff who work in the Humber and North Yorkshire region.

The group will provide a safe and supportive environment to discuss experiences.

Please complete the [self-referral form](#) if you wish to access the group.

Hull University's PASS Hub (Prevention Around Social Media and Suicide) is hosting training webinars on safe social media use in the aftermath of a suicide.

Webinars are free to attend and are aimed at anyone working to support those who are exposed to / affected following a suspected suicide – **next 2 dates are 4th July and 20th September.**

See attached flyer



‘Together - Bereaved By Suicide Service’ delivered by Hull and East Yorkshire Mind is a dedicated bereavement service to support local people who have been bereaved by suicide across Hull, East Riding of Yorkshire, North East Lincolnshire and North Lincolnshire. The service offers free emotional and practical support to individuals who have lost someone to suicide.

They offer a range of support such as talking with an experienced bereavement worker, as well as support creating memory boxes, funeral planning, attending inquests as well as help with financial matters. The support will be tailored to meet the needs of each individual at this difficult time in their lives.

The service, together for those bereaved by suicide – has been commissioned for use in Hull, East Yorkshire, North East Lincolnshire and North Lincolnshire by the Humber, Coast and Vale Health and Care Partnership.

The Partnership is made up of NHS organisations, local councils, health and care providers and voluntary and community organisations. You can also take free suicide prevention training as part of the Partnership’s #TalkSuicide campaign. The campaign aims to reduce the stigma around talking about suicide by raising awareness in our communities and encouraging people to complete free training.



For more information, or to take the training, please visit www.talksuicide.co.uk

Poster for displaying is attached

Fitmums and Friends offer a range of bereavement support for adults and children through their Together in Grief programme

They are running activity sessions to help people cope with losing loved ones. This includes ten weeks of easy-paced walks or **gentle yoga sessions**. See poster below and [click here for further information](#).

The Forest Project is for children and young people who have experienced the death of someone special to them. It will provide an opportunity to participate in outdoor activities and talk about their grief with the support of trained bereavement facilitators. See below and [click here for further information](#).

For additional information, please contact admin@fitmums.org.uk or visit the [Fitmums and Friends website here](#).



The Forest Project supports children and young people who have experienced the death of someone special to them.

Booking:

The programme is free. Places can be booked by [completing this form](#).

Further info:

More information about Together in Grief – The Forest Project is available on [website](#), [Facebook page](#) and [Twitter account](#). Please feel free to share the web page, Facebook posts and/or tweets on your own networks. A flyer will also be provided shortly.

They will have the chance to take part in outdoor activities such as den building, camp fire cooking, tool making, tree climbing, forest games and rope work. They will also have opportunities to talk about their grief with the support of trained bereavement facilitators.

If Together in Grief – The Forest Project could help you or someone you know, please email admin@fitmums.org.uk, call 07870 654586 or visit our website www.fitmums.org.uk/support

Participants:

The programme is open to children and young people aged 10 to 17 years who are experiencing bereavement. Participants need to be registered with a Hull GP or have a Hull postcode (this is a requirement of the programme funding*).

Location:

Sessions will take place in a private woodland in Meaux, near Wawne (HU17 9SS), at the Humber Forest School. The setting will allow participants to experience the physical and mental health benefits of being outside in nature.

We also hope that the forest setting and activities will suit children who may find a more traditional approach intimidating.

*This project is funded by [The Ideas Fund](#), a grants programme run by the British Science Association and funded by Wellcome, which enables the UK public to develop and try out ideas that address problems related to mental wellbeing.

More detail about the programme is available on [Fitmums website](#)

If you have any queries about the programme or require any further information, please contact Vickie on admin@fitmums.org.uk or Sam at 07870 654586.

Below is a link to a short feedback film from the Forest Project, which has been running for a year now. The project has been really successful and had a glowing report from all of the children attending.
https://www.youtube.com/watch?v=JXm4_J0cISE



Lily Walks

Bereavement walks for people who have lost a child or young person

LILY (LIVES LOST YOUNG) walks are for anyone (aged 16+) who has been affected by the death of a child or young person. Parents, siblings, other family members and friends are all welcome.

- Walk and talk with others who share your experience.
- Feel the health benefits of being active outside with others.
- Walks are FREE and take place monthly in Beverley.

To find out more and/or register, please email heather@fitmums.org.uk, call 07870 654586, or scan the QR code.

www.fitmums.org.uk/support





Group walks for those who are bereaved



Together in Grief (TIG) walks are easy-paced, group walking sessions to help people cope with the loss of loved ones. They offer some gentle exercise and the chance to talk with others who share your experience.

When: every Wednesday at 9.30am
Where: Art Gallery, Brynmor Jones Library, University of Hull
Cost: FREE

The walks are safe, supportive and suitable for all – men and women, and all abilities.

No need to book – just turn up. Come along whenever you feel a walk and talk might help – every week or just occasionally.

For more information, scan the QR code or email heather@fitmums.org.uk.



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<p>Hull’s Unintentional Injuries and Safer Sleep service (commissioned 0-19s Service) is offering training in ‘Engaging parents and carers in child safety and accident prevention and safer sleep’.</p> <p>The session is about 2 hours and is flexible if only accident prevention training is required. It comprises of a powerpoint presentation with some interactive elements. The service can attend individual settings through staff meetings or via MS Teams or arrange another venue to suit the needs of the setting.</p>	<p>Contact Alicia Anderson or Angela Burns, Health and Development Practitioners</p> <p>For details and bookings: Hull 0-19 Service Humber Teaching NHS Foundation Trust T: (01482) 259600 M: 07790882502 E: aliciaanderson@nhs.net</p>
<p>Contacts and helplines for bereavement support for families and professionals</p>	<p>National and local bereavement contacts and helplines</p>
<p>Winston’s Wish - new hubs aimed directly at grieving young people, parents and carers, professionals and schools, packed with information, advice and resources. You’ll also find clear descriptions of on-demand services, bereavement support and counselling and how to access them.</p>	<p>Bereavement support for children and families Winston's Wish (winstonswish.org)</p>
<p>How to support a bereaved family involved in a sudden and unexpected infant death – Lullaby Trust advice to anyone working with bereaved parents and families.</p>	<p>How to support a bereaved family as a professional - The Lullaby Trust</p>

Lullaby Trust Bereavement trauma booklet

New, downloadable booklet for families about how the human body responds to trauma. There's also information about accessing extra support through a GP.

Single downloads are free and available from the Lullaby Trust website.

[Trauma Resource \(lullabytrust.org.uk\)](http://lullabytrust.org.uk)



Brief Intervention Training and learn how to start a conversation that could save a life

Sessions are **FREE** and aimed at health and social care frontline and support staff who want to find out more about the health effects of smoking and quitting, smoking interventions and pathways for referrals to smoking cessation support services.

Based on feedback from previous attendees we've now included more information on e-cigarettes, the impact of tobacco addiction on Hull and a video of one of our successful clients telling his story.

Format: Online using Microsoft Teams

Duration: 90 minutes

To book: complete the online form on our website [training page](#) or email SmokeFreeHullTraining@cgl.org.uk with your preferred date and time

Additional Training and information:

- Visit our website [training page](#) for details of all of our courses
- Our [Very Brief Advice Video](#) is a great resource for basic smoking and referral information that you can share with your contacts.

July 2024

DATE	TIME	DAY
9th	9.30am	Tuesday
17th	11.30am	Wednesday
30th	3pm	Tuesday

August 2024

DATE	TIME	DAY
7th	3pm	Wednesday
12th	3pm	Monday
20th	10am	Tuesday
28th	2pm	Wednesday

September 2024

DATE	TIME	DAY
2nd	11.30am	Monday
10th	3pm	Tuesday
18th	10am	Wednesday
23rd	3pm	Monday



More than 100 frontline professionals from across Hull Children, Young People and Family Services and colleagues from the VCSE sector attended a 'Facts about vaping' workshop.

At the session attendees learned about CYP vaping rates, the role of trading standards, the current evidence on the impact of vaping, what action colleagues can take to support CYP, resources that are available to help and myth busting. The key take away message was: **'Don't Smoke? Don't start to Vape'**.

- View the recording of the event: <https://www.youtube.com/watch?v=s2Om8h7WK88>
- Check out Sheffield Council's website which has useful resources available to download: [Vaping: The Facts | Smokefree Sheffield](#)
- Visit Hull's Stop Smoking Service: [Hull stop smoking service - SmokeFree Hull](#) (changegrowlive.org)
- Read the study undertaken by King's College: [Nicotine vaping in England: 2022 evidence update - GOV.UK](#) (www.gov.uk)

Stop smoking service - SmokeFree Hull offer free advice and behavioural support to help people stop smoking. The service helps adults and young people aged 12 and over living in Hull find their own way of stopping smoking. A 12-week programme, with an advisor to help and encourage as well as free products for nicotine cravings, like patches and gum.

[How SmokeFree Hull helps you](#)

Together for Short Lives charity – helpline, resources, emotional and financial support for parents or carers who look after or know a child or young person expected to have a short life.

They also support professionals caring for seriously ill children, young people and families, by bringing professionals together, share practice and offer resources and tools to support your work with children and families.

Their Butterfly Fund offers financial assistance towards a child's funeral.

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

NSPCC Learning has launched a **new online training course on preventing non-accidental head injuries for professionals working with expectant and new parents.** The course aims to support professionals with: understanding the prevalence of non-accidental head injuries in babies under one; identifying the risk factors within families; recognising early warning signs that parents and carers may be struggling; and engaging with male carers.

Take the course: [Preventing non-accidental head injury training](#)

The Public Health team, in partnership with CYPFS colleagues, have been working hard to improve local substance misuse support services

As part of the Government’s grant funding for substance misuse services our team will expand to include two new Treatment Practitioners – one of whom will work directly with the Youth Justice Service. Plus, a new Engagement Worker role will provide support to young people accessing the service.

ReFresh have also been working closely with Hull’s Paediatric Emergency Department to develop a dedicated pathway between the two services to support young people. The team continue to work closely with specialist services areas to further develop the support available for young people with substance misuse problems.

ReNew are offering training to those wanting to improve their knowledge of alcohol and drug misuse issues:

- Understanding Alcohol and Drug Misuse (2 hours. Face to face or online)
- Brief Advice and Intervention for Alcohol and Drugs (1.5 hours. Face to face or online)
- Naloxone training (1.5 hours. Face to face exclusively)
- Harm Reduction training (1.5 hours. Face to face or online)
- Novel Psychoactive Substances (1 hour. Face to face or online)



Early Help have produced a recording of their Child and Family Poverty Webinar.

With the current cost of living crisis it is vital that we’re all aware of the support services available to help mitigate impact of poverty and cost of living.

The session was delivered in collaboration with ‘Hull’s Financial Inclusion Network, with the aim of:

- Helping staff find out about what services are available working in the city to support families with cost of living and poverty and what they do.
- Hearing direct from partners on how to access these services.
- Understanding what further actions the city are taking place to tackle poverty.

[Watch the Early Help Child and Family Poverty Webinar \(September 2022\)](#)

<p>ANDYSMANCLUB, want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. They aim to achieve this through weekly, free-to-attend peer-to-peer support groups for men aged over 18. Watch the video below to find out why.</p>	<p>Andy's Man Club</p>
<p>Men in Sheds Hull, The Pavilion, Oak Road Playing Fields, 786 Beverley Road, Hull HU6 7EY</p> <p>The Walking Talking group meet on Wednesdays at 1pm. A gentle stroll, some fresh air, exercise and meet some new people. Walk finishes at 2pm then back to the shed for a brew. Come rain or shine, the walk will be fine!! The group is open to all, including doggies. It's completely free.</p>	<p>www.meninshedshull.org/</p> <p>Link to video on Facebook about the walk</p> <p>Tel: 01482 803700 for more information.</p>
<p>Samaritans – support for ANYONE SUFFERING WITH DISTRESS</p> <p>Online safety resources from Samaritans The tragic case of Molly Russell, who <u>died by suicide</u> following repeated exposure to suicide-related content on social platform TikTok, is a reminder of how important online safety is for children.</p>	<p>Tel: Freephone 1161123</p> <p>https://www.samaritans.org/how-we-can-help/contact-samaritan/</p> <p>Free resources from Samaritans give professionals, families and children much-needed tips to help them stay safe.</p>
<p>Dawn Bereavement Support is part of the Hull University Teaching Hospitals NHS Trust and is a local group who support people whose loved ones have died in the Hull University Hospitals NHS Trust.</p> <p>The group meets the last Monday of the month (except bank holidays) at Castle Hill Hospital at 6pm – 8pm. Dawn is run by a voluntary team of very experienced bereavement facilitators who are warm and friendly people, all of whom work within the health service.</p> <p>All the members of this team have a special interest in bereavement through their own personal and professional experiences and are committed to, and passionate about helping support those who are grieving.</p>	<p>Contact us - Dawn Bereavement Support</p>
<p>HEY MIND - Work Well Project Hull and East Yorkshire Mind have launched a project to support individuals and employers in Hull. The Work Well service is here to help individuals to improve their mental health, raise aspirations, and achieve their personal goals.</p> <p>This includes helping young people aged 16-24 into to education, training or employment, helping people already in work to improve their mental health and retain their employment as well as engaging with local employers to help them to make mental health a priority in the workplace.</p>	<p>MIND's Work Well service</p>

Youth Hub Hull



The Youth Hub Hull - a dedicated centre to support unemployed 16-29 years old.

This project was brought forward in partnership with JCP Hull and Humber, Goodwin Development Trust, City Health Care Partnership (CHCP), Hull City Council and Humber Learning Consortium (HLC), in response to the impact of COVID-19 on Hull's young people.

A team of specialist employment focussed work coaches, key workers and mental health therapists are currently offering virtual, telephone and face-to-face support at their easily accessible, dedicated HQ support centre on Anlaby Road in Hull.

To access the new Youth Hub Hull, young people are being encouraged to speak to their job centre work coach.

They are now taking face-to-face referrals for anyone who has found themselves out of work and needing support to access employment.

The Healthy Lifestyle Team would like to offer you a training opportunity called HENRY Raise Engage Refer.

The online training is 2 x 2 hour modules.

Raise engage refer training offers a chance to develop and practice **skills in raising sensitive lifestyle issues with parents, and build their confidence to do so.** Participants will develop their understanding of the local HENRY family support offer and how to connect families in to the service.

Aim of the training

- Identify families who would benefit from HENRY family support
- Develop the skills and confidence to raise weight and lifestyle issues with parents
- Learn more about HENRY programmes
- Build parental motivation to join a HENRY programme
- Increase practitioners confidence to discuss sensitive lifestyle issues

Top tips visit www.henry.org.uk



Watch the [animated explainer video](#) to find out more about the HENRY approach to enabling healthy, happy childhoods – and why it matters

If you have any families that would benefit by this free course, forward details to Audrey Campbell audrey.campbell@hullcc.gov.uk

For more information on parenting courses visit www.hull.gov.uk/children-and-families/family-support/parenting-courses or contact your local Children's Centre or email healthylifestylesteam@hullcc.gov.uk

The Coroners Court Support Service for families and witnesses

The Coroners Court Support Service have teams of volunteers who meet and greet families and witnesses attending inquests in most coroners' courts in England and have been doing so since 2003.

Home-based volunteers provide a beneficial service to bereaved families and witnesses:

Weekdays - 9am to 7pm
Saturday - 10am to 2pm

<p>When people arrive at an inquest, they have often have minimal contact with the coroner’s office and know very little about the inquest process or what will happen on the day at court; volunteers provide an invaluable service by giving information regarding the role of the coroner and the inquest process, emotional and practical support and signposting to appropriate agencies for bereavement counselling and advice if required.</p> <p>As well as being concerned about the coronial process many families and witnesses have been waiting for the inquest day for some months which heightens their anxiety and adds to their distress, so a volunteer helpline is in place to support anyone due to attend prior to the day of inquest or answer questions about the coronial process (recent or historic) and local court volunteers will speak to families and witnesses due to attend the court where they provide support.</p>	<p>If you know of anyone who would benefit from our service, require support at court or have a general enquiry about the inquest process please refer them to our team via telephone on 0300 111 2141 or email helpline@ccss.org.uk</p> <p>Attached is a digital leaflet about the court support service, helpline and local telephone support service (TSS). Hard copies are also available from the above number.</p>
<p>UK Trauma Council resources - Free, evidence-based resources to support schools, colleges and practitioners working with traumatically bereaved children and young people.</p>	<p>UK Trauma Council</p>
<p>Young Minds’ Crisis Messenger provides free, 24/7 crisis support across the UK.</p>	<p>Young people in need of urgent support with their mental health can text YM to 85258</p>
<p>Children and young people’s mental health BBC bitesize has published an article and short film outlining top tips to support young people aged 11 – 16 years who are dealing with boredom and low motivation. The article and film are based on evidence-based guidance from researchers and clinicians reported in a research briefing published by the Co-RAY project, part of the Emerging Minds Network.</p>	<p>Read the article: Feeling bored, flat and unmotivated? Here are some things that can help</p> <p>Read the research briefing: Evidence-informed recommendations for supporting young people with feelings of boredom, flattened emotion and low motivation (PDF)</p> <p>Read about the Co-RAY project: Co-RAY project</p>
<p>The Home Office has published a list of organisations offering specialist sources of support for victims of domestic abuse. The guidance includes getting help for children and young people and adolescent to parent violence.</p>	<p>Domestic abuse: get help for specific needs or situations</p>
<p>ReachDeck is an all-in-one digital inclusion solution. It helps organisations improve the accessibility and readability of their website and to reach a wider audience.</p> <p>Some local Government and NHS websites have this function which enables their content to be read out loud and translated into other languages.</p>	<p>ReachDeck - Digital Marketplace</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>Hull University Teaching Hospitals NHS Trust - Hull University Teaching Hospitals NHS Trust</p> <p>https://www.hull.gov.uk/#</p>