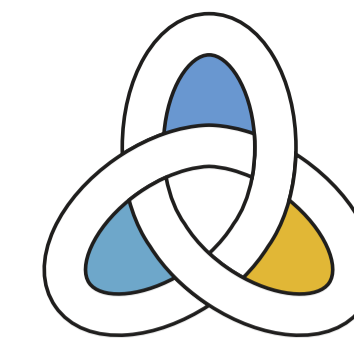


wellnews



LEARNING TOGETHER
CORNWALL EDUCATION LEARNING TRUST

EDITION 2 - MARCH 2024

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COLLABORATE • EMPOWER • LEAD • TRANSFORM

Living through Grief and Loss

In the journey of life, we encounter moments of profound loss and darkness. Whether it's the death of a loved one, the struggles of mental health, or the aftermath of suicide, these experiences can leave us feeling overwhelmed and alone. Yet, within the depths of grief, there is also the potential for healing, growth, and connection.

In this edition of Wellnews, we want to extend our support and resources to those who are navigating the complex terrain of grief where the death is unexpected, traumatic and sudden.

The death of someone under sudden or tragic circumstances may cause us to feel as though we have gone into 'shock' when we find out. This feeling of shock is called an 'acute stress response'. By learning more about it you may be able to move through it with a greater sense of comfort that it will pass.

Grief comes in waves and may last a very prolonged period. In the early minutes and days following news of a death, you may experience an acute stress response. Acute reaction means the symptoms come on fast and do not usually last a long time.

Here are some insights and tools to help you find light in the darkness:

1. Understanding Grief: Grief is a natural response to loss but can manifest in many ways. It's essential to acknowledge and honor your feelings, whether it's sadness, anger, guilt, or confusion. Remember, there is no right or wrong way to grieve, and everyone's journey is unique.

2. Seeking Support: During times of grief and loss, it's crucial to lean on the support of others. Reach out to friends, family members, or support groups who can provide comfort and understanding. Professional counseling or therapy can also offer valuable guidance and coping strategies.

3. Honoring Memories: One way to navigate grief is by honoring the memories of those we've lost. Whether through rituals, storytelling, or creative expression, finding ways to celebrate the lives of loved ones can bring comfort and healing.

4. Addressing Suicide: Suicide is a deeply complex and sensitive issue, and it's essential to approach it with compassion and understanding. If you or someone you know is struggling with thoughts of suicide, please seek help immediately. You are not alone, and there are resources available to support you.

5. Cultivating Hope: In the midst of grief and despair, it can be challenging to see a way forward. Yet, by holding onto hope and practicing self-care, we can gradually find moments of light and resilience. Remember to be gentle with yourself and take things one day at a time.

We all have different ways of dealing with personal grief and loss. For some, understanding the different stages of grief can be very helpful, for others they might find the poetry books and self-help books on grief more resonant. Whichever works for work, we hope that one of the suggestions below is helpful.



The Kubler-Ross Change Curve

The Kübler-Ross Change Curve, also known as the Five Stages of Grief, is a model developed by psychiatrist Elisabeth Kübler-Ross in her 1969 book "On Death and Dying." While originally conceptualized to describe the emotional stages experienced by terminally ill patients, it has since been widely applied to various types of loss and change, including organizational change and personal transitions. The five stages are as follows:

- **Denial:** In the initial stage, individuals may experience shock and disbelief. They may deny the reality of the situation or minimize its significance as a way of coping with overwhelming emotions. Denial acts as a defense mechanism to protect individuals from the full impact of the loss.
- **Anger:** As the reality of the loss sets in, individuals may start to experience intense emotions, including anger and frustration. They may direct their anger towards themselves, others, or even the situation itself. Anger serves as a way of expressing the pain and injustice of the loss.
- **Bargaining:** In this stage, individuals may attempt to negotiate or make deals in an effort to avoid or postpone the inevitable outcome of the loss. They may engage in thoughts or behaviors such as "if only" or "what if" as a way of seeking control or finding a sense of hope amidst the despair.
- **Depression:** As the full weight of the loss becomes apparent, individuals may enter a state of sadness, despair, and withdrawal. They may experience feelings of emptiness, guilt, and hopelessness as they come to terms with the reality of the situation. Depression allows individuals to mourn the loss and process their emotions.
- **Acceptance:** In the final stage, individuals begin to come to terms with the reality of the loss and find a sense of peace and resolution. They may start to integrate the loss into their lives and move forward with a renewed sense of purpose and meaning. Acceptance does not necessarily mean that the pain disappears entirely, but rather that individuals are able to adapt and find a sense of closure.

It's important to note that the Kübler-Ross Change Curve is not a linear or prescriptive model, and individuals may not necessarily experience all five stages or progress through them in a sequential order. Grief is a complex and highly individual process, and people may move back and forth between stages or experience them in varying intensities. Additionally, cultural, social, and personal factors can influence how individuals respond to loss and change. Overall, the Kübler-Ross Change Curve serves as a framework for understanding the emotional journey of grief and change, providing insight into the common stages and experiences that individuals may encounter along the way.

Resources & Support

Here are some resources for grief support available in the UK:

Cruse Bereavement Care

Cruse offers free confidential support, advice, and information for adults and children when someone dies. They provide face-to-face, telephone, and online support. Visit their website to find local services and resources: [Cruse Bereavement Care](#)

Samaritans

Samaritans offers a 24/7 helpline for anyone who needs to talk, including those who are grieving. You can call them anytime, day or night, for emotional support and a listening ear. Call: 116 123 (free from any phone) or visit their website: [Samaritans - Here to listen](#)

Child Bereavement UK

Child Bereavement UK supports families and educates professionals when a baby or child dies or is dying, or when a child is facing bereavement. They offer helplines, face-to-face support, and online resources. Visit their website for more information: [Child Bereavement UK](#)

Winston's Wish

Winston's Wish provides practical support and guidance to bereaved children, young people, their families, and professionals. They offer a helpline, online chat service, and resources tailored to different age groups. Visit their website for more information: [Winston's Wish](#)

The Compassionate Friends

The Compassionate Friends offers support to parents, grandparents, and siblings who have experienced the death of a child or children of any age. They provide local groups, online support, and a helpline. Visit their website for more information: [The Compassionate Friends](#)

Mind

Mind offers information and support for anyone experiencing mental health problems, including those related to grief and bereavement. They provide resources, online support communities, and signposting to local services. Visit their website for more information: [Mind](#)

Supportive Books worth reading

Dealing with the loss of a student is an incredibly challenging and heartbreaking experience for teachers. It's essential for educators to have resources to help them cope with such a loss and support their students and school community through the grieving process. Here are some book recommendations specifically aimed at helping teachers navigate the loss of a student unexpectedly:

"Helping the Grieving Student: A Guide for Teachers"

by The Dougy Center: This book offers practical guidance and strategies for teachers on how to support grieving students, including those who have lost a peer. It provides insights into the grieving process, communication tips, and classroom activities to facilitate healing and understanding.



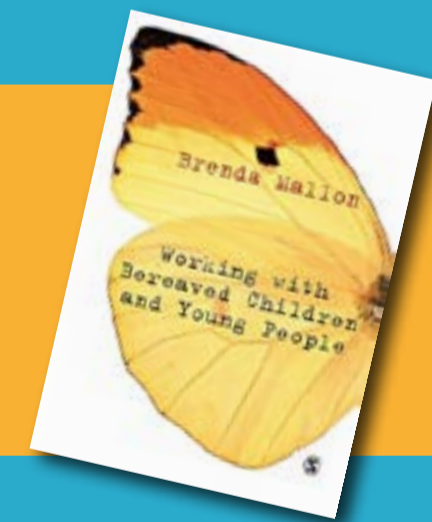
"Grief at School: A Guide for Supporting Your Students"

by David Schonfeld and Marcia Quackenbush: This book provides educators with practical strategies for creating a supportive environment for grieving students in the school setting. It offers insights into common reactions to loss, communication tips, and suggestions for memorializing a student who has died by suicide.



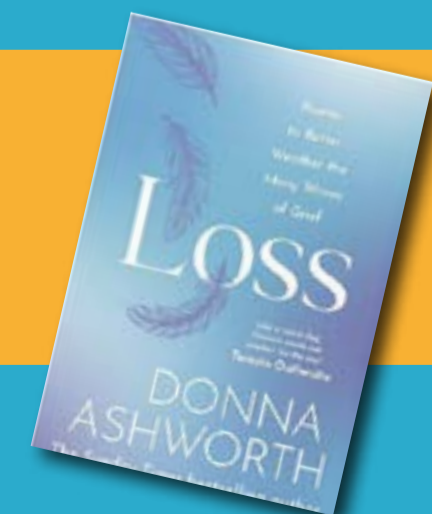
"Supporting Bereaved Students at School"

by Brenda Mallon: Written by a counselor and psychotherapist, this book offers practical advice and strategies for teachers and school staff on how to support students who are grieving, including those who have lost a peer to suicide. It provides guidance on addressing grief in the classroom, creating memorial activities, and fostering a compassionate school community.



"Loss: Poems to better weather the many waves of grief"

by Donna Ashworth. Those cast adrift in the lonely sea of grief will find something on every page to cling to, when that water gets too rough. Donna Ashworth's new collection of poems are the perfect gift of comfort, for anyone who needs it.



[Click on the cover to view book...](#)

These books offer valuable insights, guidance, and practical strategies to help teachers navigate the challenging and complex process of supporting students and themselves through the loss of a student to suicide. By equipping educators with resources and support, they can play a crucial role in helping students cope with grief and fostering a compassionate and resilient school community.

Supportive Podcasts

Terrible, Thanks for Asking

Hosted by Nora McInerny, this podcast features candid conversations about grief, loss, and life's challenges, offering comfort and solidarity to listeners.

The Griefcast

Comedian Cariad Lloyd hosts this podcast, which features interviews with guests discussing their experiences of grief with honesty, humor, and compassion.

Grief Out Loud

Produced by the Dougy Center for Grieving Children & Families, this podcast explores various aspects of grief and mourning, offering insights and support for listeners navigating their own losses.

These books and podcasts offer a range of perspectives and insights into the experience of grief, and may provide comfort and support to those who are grieving or supporting someone who is grieving.



Helpful numbers - Cornwall

Organisation	Helps with	Contact
Man Down	Mens Mental health Cornwall based support groups	https://www.mandown-cornwall.co.uk/ https://www.facebook.com/ManDownCornwall/
NHS Mental Health Crisis support	Available 24/7	0800 038 5300
Samaritans	Telephone and online listening support. Free	0330 094 5717 Jo@samaritans.org
The Trussell Trust – Foodbanks	Foodbanks throughout Cornwall	Find a foodbank https://www.trusselltrust.org/get-help/find-a-foodbank/
Cornwall council	Various local contacts for mental health support	https://www.cornwall.gov.uk/health-and-social-care/mental-health/coronavirus-and-mental-wellbeing/mental-health-support/
NHS 111	Medical advice and support for non-urgent / emergencies	Call 111 https://111.nhs.uk/

Local Well-being activities and opportunities.

Date	Description	Further info
Every Saturday 9am	Parkrun UK: Running / walking – suitable for all ages and abilities. Free to enter. Parkrun – Lanhydrock (other locations in Cornwall - see website)	https://www.parkrun.org.uk/lanhydrock/
Ongoing	Tin Coast app Free walking app to explore coastal routes in Cornwall	https://cornwall365.com/events/xplortincoast-app/
Ongoing	Lostwithiel Walks Booklet of local walks available from the Museum £3	https://cornwall365.com/events/lostwithiel-walks/
30/03/2024	St Ives Kite Fest Suitable for the whole family – plenty of fresh air!	https://stivestowncouncil-cornwall.gov.uk/civic_events/st-ives-kite-fest/?utm_source=cornwall365.com&utm_medium=referral&utm_campaign=cornwall365
30/03/24	Silent Disco – Old Bakery Studios, Truro	https://www.eventbrite.co.uk/e/silent-disco-by-silent-social-tickets-791036099267?aff=ebdssb-destsearch
23/03/24 - 07/04/24	Easter Egg Hunt at Treliissick £3	https://cornwall365.com/events/easter-egg-hunt-at-treliissick/
11/05/2024	Cornwall Pretty Muddy – 5k for Cancer Research. Stithians showground. Suitable for all. Entry fee and sponsorship target.	https://raceforlife.cancerresearchuk.org/find-an-event/stithians-showground-pretty-muddy-5k-2024-05-18-0000
11/05/2024	Callington Mayfest A day of workshops culminating in a parade Suitable for the whole family	https://cornwall365.com/events/callington-mayfest-4/
12/05/2024	Cancer Research – Race for life 10k, Falmouth. Suitable for Adults and children Entry fee and sponsorship requirement	https://raceforlife.cancerresearchuk.org/find-an-event/gyllyngvase-beach-car-park-10k-2024-05-19-0000
12/05/2024	Cancer Research – Race for life 5k Falmouth Suitable for Adults and children Entry fee and sponsorship requirement	https://raceforlife.cancerresearchuk.org/find-an-event/gyllyngvase-beach-car-park-5k-2024-05-19-0000

