How do Brake support suddenly bereaved children and families?

Jack Kushner, victim support events and marketing officer, Brake

“Since the death of my fiancée I have received invaluable support and can honestly say that had I not, I really don’t know what I would be doing now.”

“We wouldn’t have survived as a family without you. Knowing you were on the end of the phone when we needed you was what kept us going.”
Three key ways Brake ensure that suddenly bereaved people receive the help they need:
Brake’s support literature

- Well-written, up-to-date information about the emotional and procedural aftermath of a road crash
- Distributed mainly by police forces, so that people receive it when they need it
- Vital contact details for support services
What does the Brake bereavement guide contain?

Sections on:

- Important contacts and notes
- What happens now? (initial procedures)
- Practical issues
- Criminal prosecutions
- Court procedures
- Claiming compensation
Brake’s helpline
Offering support after a road death or injury
Freephone 0808 8000 401

open 10am to 4pm Mon to Fri
helpline@brake.org.uk
Brake’s helpline

- Fully quality accredited by the Helplines standard
- For anyone in the UK bereaved or seriously injured in a road crash, their friends, families and professionals working with them

We can’t support:

- Drivers who caused a crash (unless they are themselves bereaved or injured)
- Witnesses
- Under 16s (although we can provide guidance and signposting for adults caring for affected under 16s)
“I can't tell you how much your support has meant. I think you saved my life, because when I first called I was in such a state and you calmed me down and helped me to know I could get through this. You'll never know what a difference it's made to me knowing you were there. I wouldn't be here today without you.”

“Hearing from one of your volunteers through the ‘I've been there’ service gave me hope that I might be able to start to enjoy life again.”

"I would like to thank all the staff at Brake for the care and understanding, and listening to me when times have been really tough. It's 12 weeks since our son's fatal crash and I don't know how I could have managed without your help through this very tough period. I would like to thank the helpline staff for all their professionalism and help."
Other resources from Brake’s support services

2018 FLO Awards

Guidance reports on serious injury

Training, including events on serious injury and for Police Family Liaison Officers
Sudden, training and events:

Sudden is an initiative run by the charity Brake, sharing global best practice, research and resources among professionals and carers working with suddenly bereaved people.

Our website has resources for bereaved people and carers, and we provide training events for victim support professionals, practitioners and members of the police.
Training opportunities:

Upcoming events in 2018 include:

Supporting suddenly bereaved children and young people
Thursday 28 June 2018, 9.30am – 3pm, Birmingham

Supporting suddenly bereaved children and young people
Thursday 5 July 2018, 9.30am – 3pm, London

Supporting suddenly bereaved children and young people
Thursday 22 November 2018, 9.30am – 3pm, Cardiff

Details on all of our upcoming seminars and webinars are available at: http://suddendeath.org/events
Sudden resources for professionals

- Guidance papers on support for bereaved children and young people and also best practice in assisting bereaved adults
- ‘Meet the Expert’ papers with academics and practitioners like Professor Steve Regel and David Trickey
- All free to access or download

Access our reports from: http://www.suddendeath.org/help-for-professionals/papers-and-reports
Resources for carers

Sudden bereavement: online guidance for carers

This page contains links to Guidance Reports written by Sudden to assist carers of suddenly bereaved people.

- **A traumatic and challenging experience**
  - An overview of how sudden deaths are unique, but share traumatic and challenging elements for bereaved people.

- **The early days and weeks: dealing with the shock and grief**
  - An overview of responses that commonly follow a sudden death, including shock and grief, and appropriate care to ensure suddenly-bereaved people feel safe and supported during this challenging time.

- **After a month: identifying and helping people with traumatic grief responses and post-traumatic stress**
  - An overview of traumatic grief and post-traumatic stress responses that continue beyond a month for many suddenly bereaved people, and appropriate treatment of these debilitating conditions to enable a return to a full and happy life.

- **Viewing the body**
  - How to give suddenly bereaved people information and advice to help them decide whether or not to view a body, and ensure any viewing is a long-term positive experience.
Resources and guides for suddenly bereaved people
Alongside our support literature for adults and resources for professionals, Brake also has a book available for bereaved children.

Our ‘Someone has died suddenly’ book features two characters, Amy and Tom, who have been suddenly bereaved.

It helps suddenly bereaved children of all ages through their terrible shock and grief and helping them to recover and lead full and happy lives.
Someone has died suddenly

Introducing Amy and Tom

The book is aimed at two children – Amy and Tom – who have both been bereaved suddenly and are recovering from their grief. Many children do not know anyone who has been bereaved, and their grief must feel isolated. The characters Amy and Ava can help those that fear they are alone. Through comic sections, “you and me”, “new friends” and“treasure of memories”, they can see and understand grief experienced across age and cultures, and feel less alone.

Often, Tom and Ava are pictured doing ordinary, everyday things, such as having cuddles, walking to school, and even bereavement in their bedrooms. These are depicted in the book to help children understand that bereavement children can have fun too.

The children’s book is for all children whatever their age.

The box works on different levels for children of different ages, older children can read for themselves and younger children can look at the colourful images and learn about the experience of the characters in the book it is important that the book appeals to children at different ages. The book because there is often more than one bereaved child in a family unit it is very important to read the book with a group of children.

Training Families should not talk about death in the dark.
They should open the opportunity to acquaintances and learn their feelings.

The book encourages discussion and helps bereaved children and adults care, using simple language and an open tone. The book includes:

• Opportunities for children to share information about what has happened
• Questions for the children, to encourage them to share their feelings and thoughts
• Opportunities for children to set down memories and carry out activities
• A space for adult carers and children to read along, to enable them to support each other through their grief

There are simple ways to help children to discuss it, to express emotions and gain support.

Your well-being is important too.

Ryna and Aron have outlined the same aconteuse, you should give your own emotional needs as much priority as you did those of your children. You will be forever able to support your child in your own way. Go on the trip of the book to see how to give support to yourself through the SADS, through talking to others who have experienced similar feelings. By offering to help others you will find that the text lends to this page. By ray CIF or call a general support service such as The Samaritans (116 123) or Cancer Research UK (0300 109 2030) to help and more contacts.

Ryna and Aron professional there may find yourself emotionally affected by the bereavement of a child or children in your care. It is helpful if you have a regular confidential conversation with someone who can provide open to learning our sometimes traumatic support. This could be an experienced colleague or an independent professional such as a psychiatrist, depending on your working environment. Hopefully, your management policy includes the kind of support you need, and for you the policy to be not something so the support is included.

The colourful text is also accompanied by a guide for adult carers.

These texts are free to order through our website: https://shop.brake.org.uk/
Keeping up to date with Sudden

Dying Matters Awareness Week - What can you do?

The period following a death is a difficult time, but a sudden death is particularly devastating for the loved ones of the person who has died. These grieving find their lives have changed greatly, with no warning, and often little preparation. All deaths have an impact, but a sudden death brings its own unique set of issues.

Dying Matters Awareness Week 2017 focuses on the issue: What can you do? We are encouraging people to offer their support to people who have been bereaved - relatives, friends and colleagues - by helping them in practical ways and listening to them when they are ready to talk.

http://www.suddendeath.org/blog

New on the Sudden blog:

Our latest post on the Sudden blog comes from Stephanie Owens, communications and marketing officer at Dying Matters. Stephanie gives an overview of the theme of the week's Dying Matters Awareness Week, “Talkin’Cause: Do. Her blog highlights the importance of talking openly about bereavement, and includes advice on practical ways that relatives, friends and colleagues can support bereaved people.

GET INVOLVED: Read the post here.

New webinar resources

Presentations and recordings from our Bereavement under the spotlight: supporting people suddenly bereaved in high-profile cases webinar are now available on our website. This event featured an extensive session from expert academic and former journalist Dr Selphine Dornan, senior lecturer at the University of Sheffield. Content covered in the webinar included a discussion of the pros and cons of engaging with the media, and advice on guidance on how bereaved people can best deal and interact with the media.

GET INVOLVED: Catch up with the webinar and download the presentation.

http://www.suddendeath.org/join-sudden/

@Sudden_Brake
Contact us

We're always happy to hear from professionals. You can contact us with queries about our seminars, conferences and resources using the details below.

Jack Kushner, victim support events and marketing officer.

T: +44 (0)1484 559909
E: Jkushner@brake.org.uk

Contact Jack with queries about our events and resources, and if you can assist with marketing our activities or are interested in working with Sudden.

Follow us on Twitter: @Sudden_Brake
Join our LinkedIn group: Sudden LinkedIn