

## Hull Child Death Overview Panel e-Bulletin – JANUARY 2022

### Learning from child deaths, accident prevention and bereavement support

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

#### IN THIS MONTH'S EDITION:

- **Reducing accidents and preventing child deaths**
  - RCM Safer Sleep Guidance for maternity healthcare professionals
  - News article on MiQuit a tailor-made messaging service to support women stop smoking in pregnancy
  - NHE news on new peanut allergy treatment and new treatment for children suffering from cystic fibrosis
  - Paediatric Intensive Care Audit (PICANet) Annual Report
  - National Clinical Audit and Patient Outcome Programmes report on concerning themes about care of patients with epilepsy
  - NCMD's in-depth analysis of overall child mortality in England, deep dives into specific causes of death with recommendations for improvement in the future, and complete data releases
  - NCMD Newsletter – January 2022
  - Pregnancy, Covid, other health and well-being information in lots of languages, from Doctors of the Worlds
  
- **Child Death Review process/procedure information for professionals**
  - Who to contact to notify a local child death
  - Child death review process guidance, training webinars and publications from the National Child Mortality Database
  
- **Training / Wellbeing / Support**
  - Papyrus – (Sp-eak) free half-day online training course to help identify persons with thoughts of suicide, respond appropriately and effectively and connect them to support.
  - Hull University in partnership with the Humber Coast and Vale Suicide Prevention Partnership - free training workshop on 'Safe and supportive social media use in the aftermath of a suicide'
  - Request for support from local nurse and researcher at Hull York Medical School for her studies into improving support to children and families following the death of a parent
  - Online training offer from The Healthy Lifestyle Team called HENRY Raise Engage Refer - develop and practice skills in raising sensitive lifestyle issues with parents, and build their confidence to do so.
  - Contact details for local and national services to support emotional wellbeing and provide bereavement support

<p><b>Safer Sleep Guidance for maternity healthcare professionals</b>  The guidance encourages all maternity healthcare workers to have regular conversations about safe sleeping in the antenatal and postnatal period</p>	<p><a href="#">Royal College of Midwives safer sleep guidance</a></p>
<p><b>Researchers at East Anglia University (UEA) have developed MiQuit a tailor-made messaging service that is supporting women in their battle to give up cigarettes and protect their unborn baby.</b> The service provides pregnant women with free smoking cessation support, sending helpful advice and information directly to their phones. It is currently being piloted in Norfolk, with hopes of taking it nationwide.</p> <p>The support is tailored to each mum and their lifestyle, ensuring everyone who signs up gets the right help. It's low cost, convenient and anonymous.</p> <p>The service, which is the brainchild of experts at UEA and the University of Cambridge, is fully automated and user-initiated, so women can start using it without the need for any health professional involvement.</p> <p>Mums who sign up to MiQuit from their phone receive texts asking -questions about their habit and the answers are then used to tailor help. MiQuit designer Dr Felix Naughton, from UEA's School of Health Sciences, said: "Around 11% of UK women smoke throughout pregnancy and rates rise considerably with increasing social deprivation – exacerbating health inequalities."</p>	<p><a href="#">News article</a></p>
<p><b>New peanut allergy treatment will benefit thousands of children</b>  The new treatment, known as Palforzia could help children between the age of 4 and 17 by helping to build up their tolerance to peanuts.</p> <p>The National Institute for Health and Care Excellence has recommended the new treatment which contains 'precise and gradually increasing amounts of peanut protein', which will help the body to build a tolerance and effectively reduce the severity of allergic reactions if ever exposed to peanuts.....</p>	<p><a href="#">National Health Executive news</a></p>
<p><b>Children suffering from cystic fibrosis to benefit from 'miracle' treatment</b>  A triple therapy which improves lung function in cystic fibrosis sufferers has been extended on the NHS, which will benefit hundreds of children.</p> <p>The treatment, also known as Kaftrio, has already helped thousands of patients when it was initially secured by NHS England back in June 2020.</p> <p>Children aged six to eleven will be eligible for the treatment which previously was only available for patients aged 12 and above.</p>	<p><a href="#">National Health Executive news article</a></p>

## Paediatric Intensive Care Audit (PICANet) Annual Report

Based on data: January 2018 to December 2020 (UK and Republic of Ireland)

**Despite the pandemic, the likelihood of dying whilst being treated within PICUs remained very low with 96.4% of admissions discharged alive in 2020**

The latest PICANet report showed the number of admissions in 2020 had reduced due to the COVID-19 pandemic, from just over 20,000 per year from 2018–19 to 16,400 in 2020. Other key findings include:

- Rates of emergency readmission within 48 hours of discharge remained stable at around 1.7% over the period 2018–2020.
- This figure varied by country in 2020, from 0.8% in Wales to 2.1% in Scotland.
- 1.3% of children were admitted to PICU with a primary diagnosis of diabetic ketoacidosis in 2020, more than double compared with the average proportion of 0.6% for 2010 to 2019 (emerging evidence of an association of COVID-19 and diabetes).

The report looked at the impact of COVID-19 on PICUs, finding that 55% redeployed their (predominantly nursing and medical) staff; the majority of which were used to aid Adult Intensive Care Units. As such, 29% of PICUs were required to relocate children to another PICU or designated area.

It goes on to make a number of recommendations including a call to review staffing levels following the pandemic, to ensure that adequate levels of care are maintained within paediatric intensive bodies.

## Report: Concerning themes arising from NCAPOP in care of patients with epilepsy

The purpose of the National Clinical Audit and Patient Outcome Programmes (NCAPOP) is to have a positive impact on care and outcomes for patients. To support this, all national recommendations from the NCAPOP are reviewed and discussed by HQIP and NHSE.

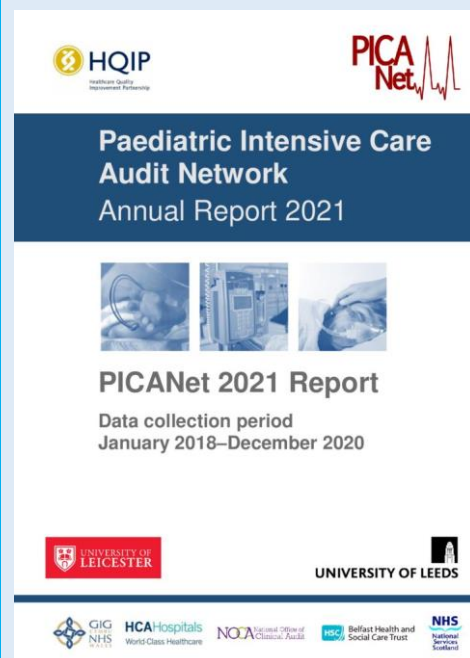
As a result, cross-cutting themes regarding epilepsy care were identified and a working group was established to ensure appropriate action occurred. This report, developed at the request of NHSE, summarises the findings and actions undertaken and was presented to the Executive Quality Group in November 2021.

**In-depth analysis of overall child mortality in England, deep dives into specific causes of death with recommendations for improvement in the future, and complete data releases to explore the unique data held by NCMD.**

[PICANet-2021-Annual-report-Report-FINAL.pdf \(hqip.org.uk\)](#)

### Supplementary special chapters

- COVID19 and PIMS-TS in PICU
- COVID-19 staffing survey
- Diabetic ketoacidosis in English PICUs: the impact of COVID-19



[NCAPOP report](#)

[NCMD analysis](#)

# National Child Mortality Database Programme Newsletter- January 2022

Contents:

## Publications

- The NCMD's impact in 2021
- Child death review data release 2021
- The impact of Covid-19 on children and young people

## News and events

- Working together to better serve children with a learning disability
- Join the Association of Child Death Review Professionals executive committee

## Blogs and videos

- In their own words: Putting bereaved parents at the heart of hospital reviews
- Covid deaths in children: What impact has the pandemic had on child mortality?

## Updates for CDR professionals

- Translating resources
- Request for case information on child and mother's covid vaccination status
- Review past webinars

## Sector news

Recent updates across the child health and social care sectors for child death review professionals

### HOW TO REGISTER WITH A GP AND BOOK A VACCINE

IN 12 SIMPLE STEPS

#### HOW CAN YOU GET THE COVID-19 VACCINATION?


- 


1. If you have an NHS number and are registered with a GP you can already book your vaccination date.
- 


2. You don't remember your NHS number? It can be found on your prescriptions, on letters from the NHS, or in the NHS app.
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3. You can also look it up by entering your name, date of birth and postcode on the NHS website. [nhs.uk/services/online-services/find-my-number/](https://nhs.uk/services/online-services/find-my-number/)


#### HOW TO BOOK THE VACCINATION?

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1. By visiting the NHS website, by calling the helpline on 119 or by contacting your GP practice. [nhs.uk/conditions/coronavirus-covid-19/vaccination/book-coronavirus-vaccination/](https://nhs.uk/conditions/coronavirus-covid-19/vaccination/book-coronavirus-vaccination/)
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2. Please remember that only after 2 doses of the vaccine you will get maximum protection, so book both appointments at the same time.
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3. What happens if you have tested positive for COVID-19? In this case, please wait 4 weeks from the date you had the test before booking an appointment.



**A guide to COVID-19 vaccination**  
Information on pregnancy and breastfeeding

**What you need to know when you are offered vaccination** Find out more at [nhs.uk/CovidVaccine](https://nhs.uk/CovidVaccine)

**The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. These vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.**

**COVID-19 vaccination in pregnancy**  
The Joint Committee on Vaccination and Immunisation (JCVI) has advised that pregnant women should be offered COVID-19 vaccines at the same time as people of the same age or risk group. In the USA, around 90,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines, and no safety concerns have been identified.

Evidence on COVID-19 vaccines is being continuously reviewed by the World Health Organization and their regulatory bodies in the UK, USA, Canada and Europe.

Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose.

Anyone who has already started vaccination and is offered a second dose whilst pregnant, should have a second dose with the same vaccine unless they had a serious side effect after the first dose.

Doctors of the Worlds information and leaflets in 24 languages

<https://www.doctorsoftheworld.org.uk/translated-health-information/>

Topics include:

- Childbearing/Pregnant
- COVID-19 vaccine information
- Coronavirus Infographics
- Coronavirus Information
- COVID 19 Vaccination
- COVID-19 Booster Vaccination
- COVID-19 Information for People without NHS Number
- Key COVID-19 Information for Migrants
- EU Citizens Healthcare Entitlement
- Flu Vaccination Winter 2021/22
- How to register with a GP and book a vaccine
- Infographics: Migrants' right to healthcare
- Keeping young people healthy
- Vaccine confidence toolkit
- Wellbeing guidance

## Child Death Review process/procedure information for professionals

Child death notifications are sent to us via eCDOP using this link – <https://www.ecdop.co.uk/HullER/Live/Public> (save to intranet sites, desktops, etc. for ease of reference)

Requests for agency Reporting Forms will be sent via eCDOP for completing online – after registering as a user of eCDOP.

NEW 'One-stop-shop' for CDR guidance - a dedicated section which summarises key CDR guidance from the National Child Mortality Database (NCMD) and the wider sector.

The website contains a wealth of information for professionals involved in any of the elements of the child death review process:

- Joint Agency Response (JAR)
- Multi-Agency Child Death Review Meeting (CDRM)
- Child Death Overview Panel (CDOP)
- Supporting bereaved families

Includes:

- **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
- **JAR guidance under COVID-19** - While the circumstances in which a JAR is required are unchanged, how they are enacted may need to change depending on circumstances.
- **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.
- **What makes an effective analysis form - Webinar.** Complete with an exemplar form by child death review pioneer, Professor Peter Fleming (Infant Health & Developmental Physiology, University of Bristol), it was an opportunity to discuss and debate issues relating the completion of an analysis form with the aim of maximising learning
- **What makes an effective reporting form - Webinar.**

Contact for queries:

[Cathy.eccersley@hullcc.gov.uk](mailto:Cathy.eccersley@hullcc.gov.uk)

Tel: (01482) 379090 (option 4)

<https://www.ncmd.info/guidance/>

[Notification guidance](#)

[CDRM guidance](#)

[Updated JAR guidance](#)

[NCMD postcard](#)

If you require a copy of the webinar, presentation and exemplar Analysis Form please contact [cathy.eccersley@hullcc.gov.uk](mailto:cathy.eccersley@hullcc.gov.uk)

[ZOOM - NCMD Webinar: How to complete an effective reporting form](#)

- **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**)
- **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.
- **Reports and webinar recordings**
  - \* NCMD report on child mortality and social deprivation
  - \*NCMD 2<sup>nd</sup> Annual report
  - \*NCMD report on child suicide

[Safety notices/alerts](#)

[Child death review forms](#)

[NHS England leaflet](#)

[NCMD report](#)

- [Listen here to 30 min webinar](#)

[NCMD Second Annual Report](#)

- [Listen here to 40 min webinar on report](#)

[NCMD: Suicide in children and young people thematic report 2021](#)

- [Listen here to 30 min webinar](#)

## Training / Wellbeing / Support Services



### SP-EAK (Suicide Prevention - Explore, Ask, Keep-safe) Online Training

**A FREE HALF-DAY TRAINING COURSE that prepares participants to identify persons with thoughts of suicide, respond appropriately and effectively and connect them to support.**

#### What happens?

- Discussions around knowledge of suicide
- Exploration and understanding of signs a person at risk of suicide may give
- Learn clear and practical information on how to explore suicide and respond appropriately
- Consider 'real life' scenarios
- Conclude with an emphasis on the importance of self-care

#### Upcoming dates

- Tuesday 15<sup>th</sup> February @ 9.30am to 1pm
- Wednesday 23<sup>rd</sup> March @ 9.30am to 1pm
- Thursday 28<sup>th</sup> April @ 9.30am to 1pm

#### Please contact

[hollie.leng@hullcc.gov.uk](mailto:hollie.leng@hullcc.gov.uk) or [sally.barlow@hullcc.gov.uk](mailto:sally.barlow@hullcc.gov.uk) for further information.

## Who should attend?

Wider workforce for children and young people in Hull.

## How does SP-EAK help to prevent suicide?

The majority of young people experiencing thoughts of suicide show or give signs to those around them that they may be thinking about taking their life. Participants will learn what these 'signs' look like, how to respond to them and how to work with that person to keep them suicide-safe.

## After training, participants will:

- Have a greater awareness of the prevalence of suicide on a local and national level
- Be more aware of what signs to look out for
- Have the skills and confidence to explore suicide appropriately when identifying signs
- Understand what sources of support are available to promote safety

## FREE TRAINING WORKSHOP - Safe and supportive social media use in the aftermath of a suicide

Dr Jo Bell and Dr Chris Westoby from The University of Hull, working in partnership with the Humber Coast and Vale Suicide Prevention Partnership, will deliver training workshops on the safe and responsible use of social media in the aftermath of a suicide.

The workshops are aimed at professionals and practitioners in the Humber Coast and Vale area who work in services supporting those affected by suicide. This may include emergency responders; mental health professionals; pastoral care providers from schools, colleges and Universities; bereavement services; 3rd sector and voluntary organisations.

Attendees will take away new evidence-based knowledge of:

- The uniqueness of suicide bereavement
- Harmful and protective effects of social media use in the aftermath of a suicide
- How social media use can be harnessed to manage trauma, alleviate grief and reach those who need support

Attendees will be awarded a Certificate of Attendance from the University of Hull and will come away with recommendations and guidance for practice on how to mitigate against harmful effects and promote positive effects of social media use following a suicide.

Workshop dates:

**Hull:** Tues 1<sup>st</sup> March, 10–1pm and  
Weds 4<sup>th</sup> May, 10–1pm

**York:** Thurs 3<sup>rd</sup> March, 10–1pm

**Scarborough:** Tues 26<sup>th</sup> April, 10-1pm

**Scunthorpe:** Thurs 28<sup>th</sup> April, 10–1pm

[See attached flyer for sharing with colleagues](#)

Are you bereaved?



What helped you?

This project wants to speak to bereaved children and parents to ask how you supported each other and what helped you.



Hello, my name is Alex Wray. I'm a nurse and researcher at Hull York Medical School. I want to learn how we can best support children and families following the death of a parent and I need your help.

Bereaved children, young people and families can often feel alone in their experience. Help make a difference by sharing your experience and improve how we can support bereaved families.



Share your story

**Why:** Your experience is extremely valuable and will help us to improve the support we give to children and families following the death of a parent.

**Who:** We would like to speak to parents whose partner has died and their children aged between 10 and 18. Families must live in the UK.

If you think you can help or you would like to find out more, please contact me:  
[alexandra.wray@hyms.ac.uk](mailto:alexandra.wray@hyms.ac.uk)  
 or phone 07423508088  
 You can also visit the HYMS website for further information [www.hyms.ac.uk](http://www.hyms.ac.uk)



Share your story

**What:** We would like to invite each of you to take part in an interview to hear about how you were supported during this time. It will take around one hour.

**When and where:** Online using Zoom or the telephone and at a time that is convenient for you.



Alex Wray, a nurse and researcher at Hull York Medical School is asking for support for her studies into improving support for children and families following the death of a parent – detail as per her flyer.

If you think you can help her, please contact:

[Alexandra.Wray@hyms.ac.uk](mailto:Alexandra.Wray@hyms.ac.uk)

Or

Telephone: 07423 508088





Fitmums & Friends have started a new programme, **Together in Grief – The Forest Project**, which will support children and young people in Hull who are experiencing bereavement.

**Together in Grief – The Forest Project** is an innovative programme of support for children and young people aged 10 to 17 years who are experiencing bereavement. It will use outdoor forest activities alongside age-appropriate reading and writing activities to help participants explore, understand and express their loss and grief. Grief discussions and support are carefully interwoven into the programme.

#### **Aims:**

The programme aims to create a safe space in which participants can explore and express their grief, to contribute to improved mental and physical wellbeing in the process of managing grief, and to make connections between participants to provide support beyond the lifespan of the project.

#### **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.

#### **Dates:**

Sessions run on four consecutive Saturdays. The next sessions begin at the end of January, with more sessions planned - See booking info.

#### **Leaders:**

The project is facilitated by a team of professionals, all passionate about supporting bereaved children: Forest Leaders will lead the practical forest activities, Bereavement Support Facilitators will manage bereavement discussions and ensure appropriate therapeutic support, and a University of Hull Research Team will facilitate the literary activities.

#### **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.

\*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](mailto:admin@fitmums.org.uk) or Sam at 07870 654586.

Also, **NEW bereavement walking and yoga programmes for adults who are bereaved.** Places can be booked using this link - [complete this form.](#)



**How Are You Feeling?  
The Trusted Source for  
Young People and  
Families**

The website has been co-produced with their young volunteers to ensure that the site provides what they feel they, and other young people, really need for the site to become the trusted source for help and advice for anyone looking for support.

In addition to this, the site aims to be beneficial to all service users, to help provide more information on the Headstart programme, identify relevant support to aid referrals and to provide a tool kit for people working with young people and families.

Headstart Hull have created 2 service guides and a useful resources section:

[The purple guide for young people and families](#) has been designed to help provide information to any young person, parent or carer who may be unsure about which support service would benefit them, and these can be given to anyone you feel may need a little more information before deciding their next step.

[The blue professionals guide is for you and your staff](#) to use. This guide gives an overview of the programme, services that can help support staff and a clear guide to each support service to help you identify which service would be most suitable for the person you may be working with.

These guides can be viewed or downloaded from the site, and each service can be chosen independently and printed off whenever you need. You can also request copies of the guides.

#### **Suicide Prevention Group**

A Humber Coast and Vale Wide Children and Young People's Suicide Prevention Group has recently been established. This group meets on the 2nd Monday afternoon of each month. The lead for the prevention work with children and young people is Jo Kent [jo.kent2@nhs.net](mailto:jo.kent2@nhs.net).

Jo or [Gail.Teasdale@hullcc.gov.uk](mailto:Gail.Teasdale@hullcc.gov.uk) (Integrated Services Manager for Children and Young People's Health/ HeadStart Hull Programme Manager) [gail.teasdale@hullcc.gov.uk](mailto:gail.teasdale@hullcc.gov.uk) can be contacted for further information. The group are keen for additional representation.

The site also features a useful tool kit <https://www.howareyoufeeling.org.uk/professional-resources>

This tool kit is designed as an ever growing resource of branding materials and also some useful templates and guides to help support professionals.

If you require copies of the guides or have any ideas for resources that you feel may benefit your organisation, then please contact [martin.clappison@hullcc.gov.uk](mailto:martin.clappison@hullcc.gov.uk) and help build an ever growing useful and helpful resource bank.

## New Youth Hub Hull - now open



The Youth Hub Hull - a new, dedicated centre to support unemployed 16-29 years old was officially opened 22 June 2021 by Hull City's star defender Lewie Coyle, to help support the high numbers of young people currently out of work.

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.

**'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.

Contact card and leaflet for sharing-  
see attached for printing



MIND Together  
service.pdf



Together welcome  
leaflet.pdf




For more information, or to take the training, please visit [www.talksuicide.co.uk](http://www.talksuicide.co.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 <b>volunteer helpline is in place to support anyone due to attend prior to the day of inquest or answer questions about the coronial process</b> (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 <a href="mailto:helpline@ccss.org.uk">helpline@ccss.org.uk</a></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>CCSS Leaflet 2021.pdf</p>
<p><b>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.</b></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. 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><a href="#">Contact us - Dawn Bereavement Support</a></p>
<p><b>UK Trauma Council resources</b> - Free, evidence-based resources to support schools, colleges and practitioners working with traumatically bereaved children and young people.</p>	<p><a href="#">UK Trauma Council</a></p>
<p><b>Young Minds' Crisis Messenger provides free, 24/7 crisis support across the UK.</b></p>	<p>Young people in need of urgent support with their mental health can text YM to 85258</p>
<p><b>Children and young people's mental health</b> 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: <a href="#">Feeling bored, flat and unmotivated? Here are some things that can help</a></p> <p>Read the research briefing: <a href="#">Evidence-informed recommendations for supporting young people with feelings of boredom, flattened emotion and low motivation (PDF)</a></p> <p>Read about the Co-RAY project: <a href="#">Co-RAY project</a></p>
<p><b>The Home Office has published a list of organisations offering specialist sources of support for victims of domestic abuse.</b> The guidance includes getting help for children and young people and adolescent to parent violence.</p>	<p><a href="#">Domestic abuse: get help for specific needs or situations</a></p>

**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](http://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

### **More training is being planned for 2022**

2 programmes are aimed at parents and carers of children aged 0 to 5 years and of children aged 5 to 11 years – **see leaflets attached**

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