



▶ Focus on ..
bereavement > 2



▶ Christmas
Shopping! > 3



▶ Case study > 4

One to *One*

○ WINTER ISSUE ○ 2007

SPECIALISTS IN TRAINING THOSE INVOLVED IN THE PASTORAL CARE OF CHILDREN & YOUNG PEOPLE

Schools Outreach, Registered charity 516184

Note from the Chief Executive

I guess the majority of you are keenly looking forward to Christmas, just as I am, anticipating the joy of pleasant and enjoyable times with family and friends. The good and pleasing memories of previous Christmas seasons strengthen our expectations and we indulge in an occasional daydream about gifts we hope to receive; the parties to which we have already been invited; the emotions which will be aroused and exercised by Carol services, the smell of a sparkling, tinsel-covered, freshly-cut conifer Christmas tree, and the awe-struck faces of children the first thing on Christmas Day morning.

The flip side is the children and young people and many an adult for whom Christmas is not viewed optimistically, ones who do not feel easy about spending so much time with mum's boyfriend, the one who becomes violent with alcohol consumption, the teenager whose mother has walked out and abandoned him and his younger siblings, a lady who's just learned of her husband's unfaithfulness, the families of the Worcestershire firemen who lost their lives in early November, for whom this Christmas is going to be especially painful.

Bereavement is the most sorrowful experience of loss, but is not the only form of loss that many will take into this Christmas season: the loss of a job; the loss of a home through repossession; the loss of a secure family through divorce; the loss of a sense of self esteem; the loss of an unborn child; the loss of hope in depression - so many different forms of deprivation.

In preparing to celebrate the birth of the Christ-child, the one of whom it was written: 'Light and life to all he brings', could we together determine to remember, consider, and be willing to be personally involved in helping those whose greatest need is for light in their darkness and life for their hope?

With best wishes for Christmas and the New Year,

Dr Gordon Bailey



Please note that the illustrations in this publication are royalty-free stock photographs and are not pictures of children involved in the cases mentioned

Visit our website
www.schoolsoutreach.org
for case studies &
further information

Focus on ... bereavement

One of the many issues brought to our workers by children and young people is the loss of a loved one



The following are extracts from our specialists' reports:

"One of the girls I have worked with from Year 3 (aged 7) has been talking with me regarding two members of her family dying and one close family friend dying - they died within weeks of each other. I was amazed about how openly the girl spoke about how she was feeling - she was able to talk very maturely and obviously valued the time we spent together."

"A Year 6 girl (aged 10) asked if she could come to chat to me one break time. Her grandfather was terminally ill and her mother was living with him at this time to help her mother in taking care of him. This girl was very anxious for her grandfather and missing her mother too. She shared that she doesn't want to cry because it feels that she's not strong enough. We talked about this and how bottling up emotions is certainly not good for her emotionally or physically. These visits became weekly. This time we shared appeared to be her outlet for these emotions she was experiencing. We talked about her grandfather and what was happening to him. It was preparation for the grief that she was going to experience. He died a few weeks later. We talked about his funeral and what the family is going through at this time. Her visits started to become less until she stopped coming. At this age children tend to experience their first death / bereavement, usually grandparents. It is important to be there for them and teach them to cope with these new and strange emotions."

"This term I have been on a course looking at grief and loss. The course was to train the participants to be able to deliver the course 'Lost & Found' with individuals or small groups of children. This training was great and I have since been able to begin using it with several children in the school."

A look at Winston's Wish

Another organisation working individually and in groups with bereaved children is **Winston's Wish**. They also have a helpline and provide training and resources to schools and other organisations. The following extract is from their website:

"Every 30 minutes, the mother or father of someone under 16 dies, which means that:

- Approximately two children and young people under 16 are bereaved of a parent every hour of every day in the UK
- Around 53 children and young people are bereaved of a mother or father every day
- Approximately 20,000 children and young people are bereaved of a parent every year
- 4% of 5 to 16 year olds have experienced the death of a parent or sibling; this equates to 358,300 young people in the UK
- 6% of 6 to 16 year olds have experienced the death of a close friend of the family; this equates to 537,450 children in the UK
- 13% of 5 to 16 year olds have experienced the death of a grandparent, this equates to 1,105,000 children in the UK

Children often tell us they feel isolated during their grief experience. They are usually unaware of another bereaved child their age, and think that nobody understands their feelings. In the playground they may face taunts about 'not having a mummy now', or face difficult questions about why their Dad has stopped picking them up.

Phrases such as 'they'll bounce back', 'kids are resilient' and 'be big and brave' are carelessly uttered and even believed by some adults. All this reinforces the bereaved child's impression that no one understands them.

The needs of bereaved children have also largely been missed by governments, policy makers and statutory authorities. As a result charities, hospices and volunteers have often been left to 'pick up the pieces'."

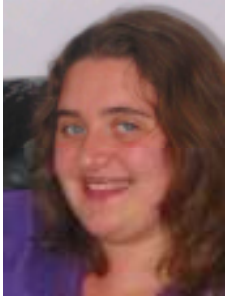
Many Thanks!

We are very grateful to **Winston's Wish** for allowing us to reproduce this article from their website

Please visit their website for further information:
www.winstonswish.org.uk

Helpline Number:
08452 03 04 05

Who's Who?



Name
Rebecca (Becky, bexs, bec, becca) Hayward

Occupation
Pastoral Care Specialist

What is your connection to Schools Outreach?

Worker

How did you first become involved with Schools Outreach?

When I heard about role in primary school and applied for the job!

Which class did you like most at school?
Hmmm that's hard, I loved English, History, French, RE.....subjects where I could discuss and explore

What was your least favourite class at school?

That's a little easier, PE closely followed by maths

What is your fondest childhood memory?

Something you've probably learnt about me, it is so hard to pick just one thing.....

Playing in snow with family, friends and our dog, pulling my dolls along on my sleigh!

Christmas Shopping!

If you're like me you're a last minute Christmas shopper! So if you haven't got everything sorted and wrapped yet and have internet access, what about shopping online? It is quick and easy and takes the stress out of overcrowded shops and standing in line.

A way you can beat the Christmas rush whilst helping Schools Outreach in its work with children and young people is to buy through our online shop at www.fundappeal.com/schoolsout Every purchase made via this website will raise funds for Schools Outreach without costing you a penny extra. Here are just a few ideas for your shopping list this year:

Gifts for children

ToysRUs - toys, baby care and family leisure

All Posters – music, vintage, fine art, and movie posters

Great Little Trading Company – personalised toys and gifts, children's storage and educational items

Gifts for Her

Hotel Chocolat - quality chocolate gifts

Send Me Scent – discounted designer fragrances for men and women

Natural Collection - natural, organic, energy efficient, fairly traded and hand crafted products

Gifts for Him

Firebox - gadgets, games and boys' toys

HMV - music, dvd/video, computer games, with free postage

Thruxton Motorsport Centre - gift experiences in the UK including driving, flying, boating, karting and 4x4 driving

Please visit www.fundappeal.com/schoolsout to see these and over 600 other online stores. Hopefully these sites will give you some ideas for the presents you need to get this year.

Thank you.

Andrea Bailey—Company Secretary



WIN a luxury weekend break at a Champneys Health Resort in the UK (courtesy of Recycling Appeal) when you recycle your old mobile phones or ink jet cartridges. Please phone Andrea on 01527 574404 for a freepost envelope.





Case Study - 'Robin'

(To protect the person(s) involved names and locations have been deleted or changed)

Robin was referred to me at the start of my first term in the Junior School. He was showing strange behaviour in class and was very aggressive during break times. A day would not go by without Robin being in trouble of some sort.

Robin is an intelligent boy but in the class he would be very silly and be flippant about his work. He did not try in his schoolwork and would make an effort to be noticed by his teacher, doing things like shouting out or leaving his chair and sitting under the table. His aggressive behaviour was the main concern resulting in the referral.

Robin's teacher invited his mother to come into school to talk about his work, I was also invited to attend. His mother just said that she didn't know what to do with him – he was being difficult at home.

Robin's father died two years previously and the mother now had a new relationship. I checked if it was okay to do some grief counselling with her son to which she agreed. She mentioned that he never talked about his father at home.

At first I started to work through some anger management with Robin, showing him how to deal with his pent-up emotions. However, knowing that anger is a secondary emotion, I believed his grief was the main concern.

We started to work on a memory book so that we could talk about his dad in more depth. He found it hard at times but he eventually took to the idea and shared a lot.

At the same time, Robin was telling a few stories that seemed unlikely and when questioned he would continue in the tale until he got stuck. The really

sad concern was that he appeared to believe in them.

Also, on a number of occasions I found Robin in hysterical tears. He was beside himself and he couldn't understand why. When asked he would reply that he wanted to kill himself.

I rang his home to arrange an appointment with his mother. She asked why and I had to explain some of Robin's problems of recent times and what he had been saying. She dismissed it as attention seeking but I pursued with my concerns. His mother cancelled my appointments. I expressed my concerns to the Head Teacher and then to the SENCO (Special Educational Needs Co-ordinators). They agreed with me to refer him to CAMHS (Child & Adolescent Mental Health Services). They acted quite swiftly, visiting the family, and they have now taken them under their wing.

As this was going on, my time with Robin continued. His behaviour improved greatly and he was able to control his emotions much better. I joined Robin with another boy that had lost his father recently which seemed to increase Robin's esteem. You could see a light come on as he realised someone else was in the same circumstances as himself. They freely talked about their loss and worked on their books together. In this term, we will have a day where we will release balloons as a tribute to their fathers. It is a day that Robin is looking forward to. At the end of last term Robin received a letter of achievement from the Head and the Governors. They commended him on his behaviour and attitude to work.

SCHOOLS OUTREACH

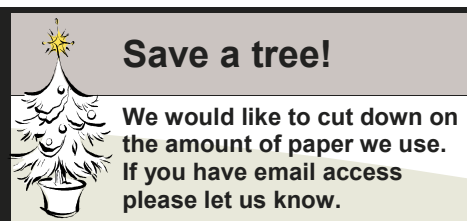


Schools Outreach offers recruitment, training and employment of pupil pastoral care specialists for placement into primary or secondary schools across the UK as well as training to schools, youth organisations and churches.

Our aim is to incarnate unconditional care in the lives of children and their families. In the first instance children are referred to the pastoral care specialist by members of the teaching staff. By offering the precious gift of time (time the caring teacher longs for but cannot find) the specialist offers friendship, a confidential listening ear and whatever help is practicable. This has meant deep involvement with children and families where serious physical, emotional, and spiritual deprivation exists.

In brief, our specialists work one to one and in groups with children and young people who are exhibiting signs of disadvantage, neglect or abuse, or are suffering from the loss of a loved-one. They also provide support to struggling parents and help build a good relationship between the parent and the school.

Further information is available on our website or from the Schools Outreach office.



Schools Outreach Ltd
Registered Charity 516184
Company Limited by Guarantee 1144035

Contact us:

Chief Executive: Dr Gordon Bailey

Schools Outreach
10 High Street, Bromsgrove, Worcs
B61 8HQ, UK
Telephone—01527 574404
Email—schoolsoutreach@aol.com
Website—www.schoolsoutreach.org