

Welcome to



GRIEF INSIGHTS
Week
30 minutes to understanding

www.cruse.org.uk

By *Cruse* Bereavement
Support

Introducing Grief First Aid



Grief First Aider skills are for the workplace,
as well as the homeplace.

Kirsty Slack

Therapist, Clinical Supervisor & National Trainer

Cruse Bereavement
Support

House keeping



You will be on Mute through the presentation

Confidentiality & Keeping Safe

Keep information safe and 'in the room', do not pass personal information shared in the webinar onto others.

Do not record the sessions, as sensitive content may be discussed.

Keep yourself safe

This topic can be intense, if you need to, at times, turn your camera off

Questions will be taken at the end

Place your questions in the chat box and we will review them at the end

Cruse Bereavement Support

We are the UK's leading bereavement charity reaching over 100,000 people across the UK each year. We help people through one of the most painful times in life – with bereavement support, information and campaigning.

- It is NOT dependent on cause of death
- Major incidents team
- National Helpline
- 1:1 Support





Our vision:

Our vision is that we live in a world where everyone grieving is supported, respected and understood.



Cruse
Bereavement
Support

Our volunteers

- 4000 fantastic volunteers!
- Clinical team
- Telephone & Zoom
- Face to Face
- Groups and one to one
- Social media and email



Bereavement is Everybody's Business

- 2 million people at any given time are experiencing profound and life altering grief.
- 1 in 3 workplaces do not have a bereavement policy.
- 57% would consider leaving
- 5% will leave within 6 months of bereavement



Our changing world & the challenge of Grief

56%

*said they would consider leaving their job if their employer did not provide support if someone close to them died
(ComRes)*

6.8

Million bereavements

750,000

Bereavements above the 5 year average.

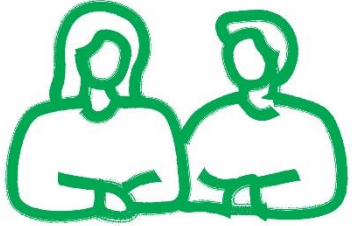
32%

of employees are not aware that their employer has a bereavement policy

£23 BILLION

The cost of workplace grief on the UK economy each year

Statistics



Over 30%

employees bereaved in past year not received any communication from managers re. bereavement



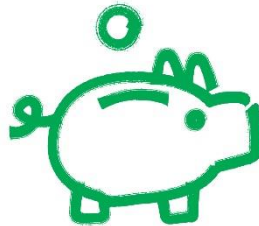
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Bereavement costs UK economy **£23bn a year** in lost Gross Value Added & UK treasury £8bn in reduced tax revenues, increased healthcare cost and income support payments

AN INTRODUCTION TO GRIEF FIRST AID

A concept to help organisations support their own people with compassion and respect

GFA are not counsellors, they will be equipped with the skills to confidently discuss grief, death & dying, set up peer support within their workplace and signpost effectively.

By creating a team of people within an organisation who can be a voice for bereaved people.

Comprised of three comprehensive modules delivered over three 4hr sessions.





COURSE OUTLINE

- 1** Understanding Grief: This module covers the basics of grief, its different reactions, effects in various settings, and some self-care techniques.
- 2** Becoming a Grief First Aider: This module teaches how to communicate, counsel, and support people who are grieving, what the role of a Grief First Aider entails, and why communication is vital in the grieving process.
- 3** Challenging topics in the workplace & signposting: This module explores how to support people who have experienced traumatic loss, such as suicide, how to integrate the Grief First Aider role in workplaces, and how to reflect on and cope with grief.

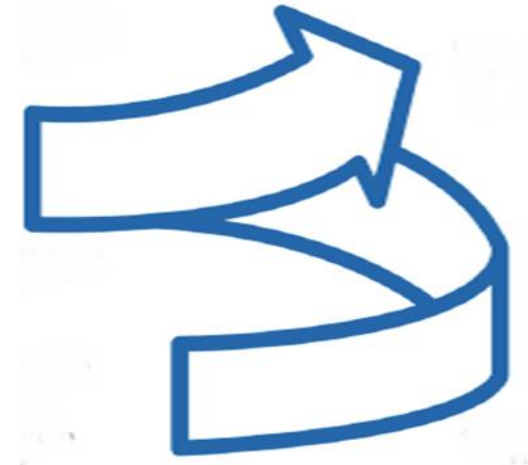
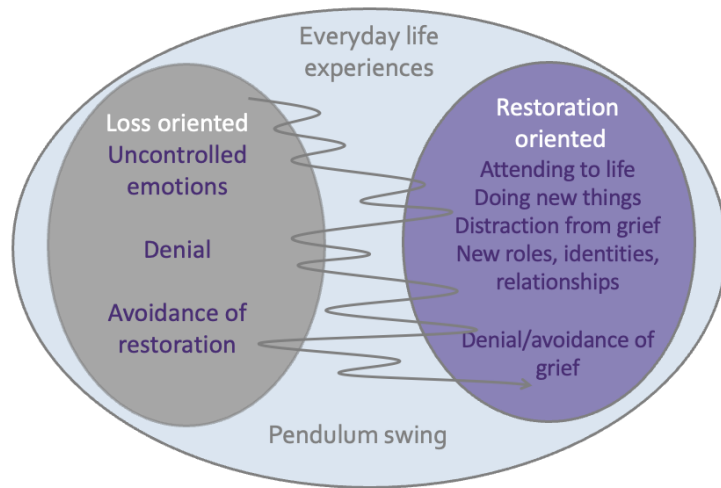
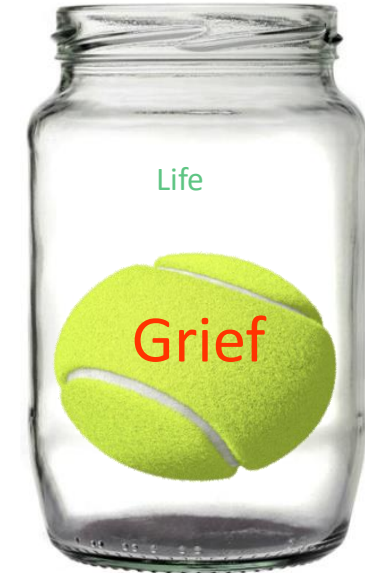
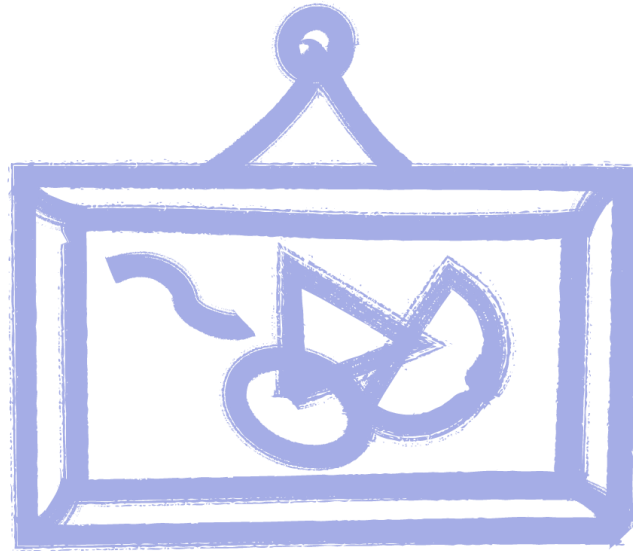
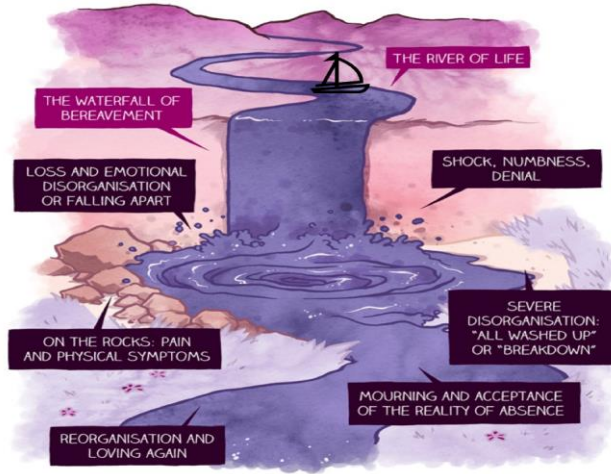


Grief First Aider



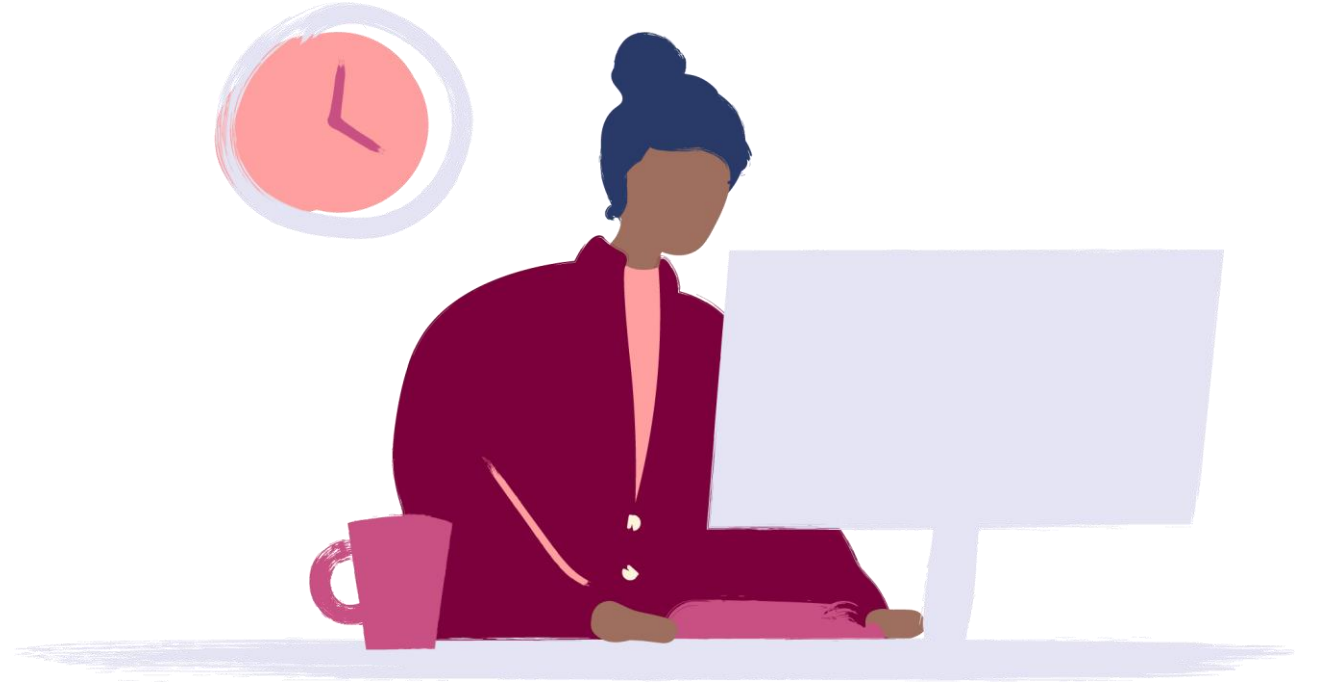
- Be a known source of contact within an organisation
- To have good, sound knowledge of grief
- To help strategise and add value to company culture & policy
- To stage “in-the-moment” interventions
- To provide “one-off” support
- Help establish peer-peer support groups
- To identify and signpost for ongoing support
- To add value and insight to support groups
- To be a point of contact for the bereaved
- Support fellow grief first aiders

Theories and models



What a bereaved employee may be asking

- How do I communicate with my boss
- How can I tell them my situation has changed
- I have different priorities now
- What should I tell people
- I must be realistic about what I can do
- Where can I go at work if I fall apart



Why is it important that we have these skills in the workplace?

How will I get my managers on board with this?

Do I have to be a counsellor to do this course?

Can I sign up as an individual?

How do I keep my skills refreshed?

Do you train blue light services?

I'm a counsellor will this course help upskill me?

Does this cover pet bereavement?

Will I get resources to help me afterwards?

Can I sign up as a business?

Can I do this virtually?

Why Grief First Aid?

Feedback

'One of the best courses that I have been on, and I have done counselling training!'

'The trainers are so knowledgeable, and make the training fun, for such difficult subjects'

'This will help me to enhance the MHFA role that I do within my workplace already, I feel I have just added a wealth of knowledge!'

'I have learnt far more than I expected to learn, the course was just brilliant'

'Some difficult subjects covered but the trainers kept the group safe'



Who can help? The following Organisations may be able to help.



Scan for the comprehensive
Cruse Bereavement Support
Signposting document

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GETTING
SUPPORT

We hope you found this seminar insightful & beneficial.

Your support can make a profound difference.
Please consider contributing to our
Life Changers Appeal. Your donation helps us
continue our vital work, ensuring that no one
faces grief alone.

**Every contribution, large or small, enables
Cruse Bereavement Support to provide essential
services to those coping with loss.**

Thank you

Cruse Bereavement
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Scan to
Give



TRAINING

For more information about our training and consultancy products & services please visit our website www.cruse.org.uk/workplace or contact us via training@cruse.org.uk

Cruse Bereavement Support



Working with Children &
Young People following a
Bereavement



Grief First Aid



Supporting those bereaved
by Suicide

IF YOU NEED SUPPORT

Call out helpline

0808 808 1677

Cruse Bereavement
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You're not alone

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