

**Hull Child Death Overview Panel
e-Bulletin – MARCH 2024**

**Learning from child deaths, child accident prevention
and bereavement/support services**

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

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 - Safer Sleep Week is here! 11-17th March
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 - Nuffield Trust report on ‘Understanding differences in infant mortality rates across local areas.
 - NCISH Report: Suicide and safety in mental health: UK patient and general population data 2011-2021
 - Healthier Together website – child health advice for parents and professionals
 - Vitamin D supplements for babies who are exclusively breastfed and vitamin supplements for all infants
- **[Child Death Review process/procedure information for professionals](#)**
 - Who to contact to notify a local child death
 - Learning environment from National Child Mortality Database (NCMD) for CDOPs, and health and social care professionals
 - NCMD ‘one stop shop’ website and learning resource for child death review process guidance, training webinars, research publications/reports
 - New Working Together statutory guidance 2023
 - NCMD Newsletter March 2024
- **[Published national learning/reviews](#)**
 - Safeguarding Practice Reviews published on the NSPCC repository in February

➤ **Training, Bereavement support and Wellbeing services**

- Lelley Fields' children's memorial service on 3rd July 2024
- Child Death Review Joint Agency Response Training for professionals responding to an unexpected child death
- Hull City Council's Healthy Holidays Easter programme is coming soon!
- Hull City Council 2-day Youth Mental Health First Aid training on 17 and 20th May
- FREE suicide prevention training for individuals working in community-based sectors across Humber and North Yorkshire
- Fitmums and Friends offer a range of bereavement support for adults and children through their Together in Grief programme: The Forest Project, Yoga and Walking groups
- Local training in 'Engaging parents and carers in child safety and accident prevention and safer sleep'.
- Contacts and helplines for bereavement support for families and professionals
- Winston's Wish - How to support a bereaved family involved in a sudden and unexpected infant death – Lullaby Trust advice
- Lullaby Trust Bereavement trauma booklet
- Together for Short Lives-national charity -offers financial support for parents arranging a funeral for a child
- NSPCC's new online training course on preventing non-accidental head injuries for professionals working with expectant and new parents
- Hull Public Health team's substance misuse support services
- Local stop smoking service - SmokeFree Hull
- FREE smoking cessation Brief Intervention Training and learn how to start a conversation that could save a life
- Resources and Webinar recording of local "Children and young people-facts about vaping"
- Early Help recording of Child and Family Poverty Webinar
- New National Advocacy Helpline - Safety Net, commissioned by the DfE
- Hull City Council's 'cost of living rescue package'
- Hull THRIVE Training offer and Directory of local support services
- ANDYSMANCLUB - confidential space for men through free weekly peer support groups.
- Men in Sheds support group
- 'Together - Bereaved By Suicide Service' delivered by Hull and East Yorkshire Mind
- FREE Suicide Prevention Training
- Online safety resources from Samaritans
- Dawn Bereavement Support –supporting people whose loved ones died in Hull hospitals
- HEY MIND - Work Well Project to support individuals and employers in Hull
- The Youth Hub Hull - a dedicated centre to support unemployed 16-29 years old
- HENRY Raise Engage Refer online training to develop and practice skills in raising sensitive lifestyle issues with parents
- The Coroners Court Support Service for families and witnesses
- UK Trauma Council resources
- Young Minds' Crisis Messenger crisis support
- BBC bitesize article and short film for young people dealing with boredom and low motivation.
- Home Office list of sources of support for victims of domestic abuse.
- ReachDeck is a digital inclusion solution that helps organisations improve the accessibility and readability of their website and to reach a wider audience.

Reducing accidents and preventing child deaths

East Riding and Hull's Safer Sleep Steering Group is supporting Safer Sleep Week 11-17th March.

This is The Lullaby Trust's national awareness campaign targeting anyone looking after a young baby. It aims to raise awareness of sudden infant death syndrome (SIDS) and the simple advice that reduces the risk of it occurring.

The theme for this year's Safer Sleep Week campaign is the safest place.

Babies' airways are vulnerable, particularly in the first few months of life, so it is important that parents and carers are aware of this and the actions they can take to protect them. The simplest way to do this is by sleeping a baby on their back on a firm, flat surface with no padded or cushioned areas. This will help to keep their airways open and reduce the risk of suffocation and SIDS. A cot, Moses basket, bassinet, carry cot, or crib all fulfil these criteria.

Local teams have developed new, **easy-read Welcome to the World and Planning for New Baby cards**. The new accessible resources include everything you need to know about safer sleep, to reduce the risk of Sudden Infant Death Syndrome. The cards provide visual and easy to read information to support families in making the right choices for their baby's sleep that will help to protect their vulnerable airway and reduce the risk of SIDS and accidents.

An updated card will be provided to families at their first health visitor post-birth appointment across Hull and the East Riding. The cards allow safer sleep advice to be left in the home and will act as a tool to bridge gaps in knowledge and keep all caregivers updated information of safer sleep good practices.

Safer Sleep Week aims to reach as many people as possible and local agencies have activities and social media coverage with families and professionals during the campaign week.



See [local press release](#) and associated resources and the [Lullaby Trust's website](#) for advice and [downloadable information](#).

[See also Humber 0-19 services website](#)

[See also Family Hubs website](#)

[How to keep a sleeping baby's breathing tube \(airway\) open - The Lullaby Trust](#)

[Lullaby Trust media information pack for SSW 2024](#)

South West Peninsula CDOP have produced a number of resources brought about by reviews of children on holiday in their region who sadly died unexpectedly. Their main concern was around travel cots and/or unplanned sleep spaces.

They have worked with **Lullaby Trust to create a poster aimed at holiday makers or those who find themselves in an out of routine situation away from home.**

Staying away from home poster



Winter safer sleep - With winter fast approaching, it's important that anyone caring for a baby familiarises themselves with advice on safer sleep in cold weather.

Please take a look at Lullaby Trust's handy webpage for tips on preparing a baby's sleep space during the colder months, and download our 'Safer Sleep In Winter' guide.

[Safer sleep in winter - The Lullaby Trust](#)

[Safer Sleep winter resource / Guide](#)



Advice on infection in babies - Signs and symptoms to look out for and how to help prevent infections in babies

It is very important to try and keep babies safe from infection, particularly in the first few weeks of life. Babies have immature immune systems, which means that they are particularly at risk from infections. Infections that may be mild in older children or adults can be life-threatening for babies.

There are some key things that everyone can do to reduce the risk of serious infections in babies. It's important to follow **THANKS – Think Hands And No KisseS**

[Advice on infection in babies – The Lullaby Trust](#)



Lullaby Trust advice on Immunisations and SIDS - **vaccinating a baby reduces the risk of SIDS so advise parents/carers to make sure their baby receives all their scheduled vaccinations.**

Vaccination during pregnancy will be highly effective in protecting babies against flu and whooping cough for the first few months of life.

It's best for babies to be vaccinated at the recommended age, as they are then protected from serious diseases as early in life as possible.

[Immunisations and SIDS: advice from The Lullaby Trust - The Lullaby Trust](#)

Encouraging take up of childhood immunisations and vaccinations

Health leaders in Humber and North Yorkshire are backing a major new campaign to remind parents and carers of the risk of their children missing out on protection against serious diseases – with an urgent call to action to catch up on missed vaccinations. The UK Health Security Agency (UKHSA) campaign has released a powerful video advert. It is told from the perspective of children and in their voices.

[UK Health Security Agency video advert](#)

[NHS England » NHS launches catch up campaign for missed MMR vaccines](#)

[Visit the NHS Let's get better website for more details](#)

“Our generation’s risk of illnesses like measles and whooping cough is rising” they tell their parents and carers looking straight into camera – “If we’re not vaccinated, we’re not protected.”

Uptake levels of childhood vaccines offered through the routine NHS vaccination programme in England have been falling over the past decade across all vaccines.

This includes whooping cough, measles, mumps and rubella, polio, meningitis and diphtheria – with England no longer having the levels of population immunity recommended by the World Health Organization that is needed to prevent outbreaks.

Crucially, lower vaccine uptake within communities is directly linked to wider health inequalities.

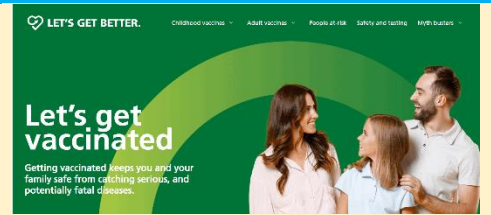
Louise Wallace, Director of Public Health at North Yorkshire Council, added: “While the majority of York and North Yorkshire is protected, there are still high numbers of children in some areas that continue to be unprotected from preventable diseases. It is not just their own health that can suffer, but other unvaccinated people around them such as school friends, family and those in their community could also experience serious infections.”

Jack Lewis, consultant in public health with the Humber and North Yorkshire Health and Care Partnership, said: “While we would strongly urge parents to make arrangements for their child to get up-to-date with their vaccinations, it’s worth emphasising the MMR vaccine isn’t just for children. It is important at any age, particularly if you have a weakened immune system or long-term health condition.

“So if you or your child are not up-to-date with your vaccinations, please make an appointment with your GP practice to catch up.”

The UKHSA is co-ordinating its national marketing campaign with an NHS operational MMR catch up campaign. In addition to the TV advert, the campaign will be seen across a range of channels and formats including radio advertising, digital display, online and on social media.

The World Health Organization recently repeated its warning on the growing measles threat due to sub-optimal vaccination rates well below the 95 per cent target, highlighting that more than half the world faces high measles risk. This includes Europe, where it warns of the high probability of importation from areas experiencing high circulation and the fact that the seasonal peak of the virus could be seen in the coming months.



What do grapes and mini eggs have in common?



It's that time of year again when mini eggs are lining the supermarket shelves. But, did you know that, **just like grapes, mini eggs are the perfect size to block a small child's airway and choke them?** And, their hard shell can make it difficult to dislodge with standard first aid techniques.

With whole grapes we advise cutting them in half lengthways and ideally into quarters to create thin strips. But

chopping up mini eggs isn't as easy. So, what can you do?

Advice from the Child Accident Prevention Trust:

1. Hide them from the children and eat them yourself – good luck with that!
2. Put the mini eggs into a sealable plastic bag and smash them into small pieces with a rolling pin. Or, crush them in a pestle and mortar.
3. Opt for a different treat. Larger, hollow eggs are much safer for little ones.

Visit CAPT's choking hub to learn more about common choking hazards and what you should do in an emergency: <https://capt.org.uk/choking-prevention/>

February saw the launch of the Born and Bred (BaBi) in Hull and East Yorkshire study.

Families across Hull and the East Riding will be invited to help shape a healthier generation by taking part in a unique study.

The BaBi project is a significant study specifically looking at children's health in their early years. They want to connect up all the information which health, education, social care and other organisations hold about young children and families to try and identify patterns which could then drive improvements in the lives of the next generation and beyond.

Sarah Collins, Research Lead Midwife based at Hull Royal Infirmary explains: "Like many other northern towns and cities, Hull is subject to some stark health inequalities. We're keen to use the BaBi study to look at the factors which may impact children's health and then use this data to make service improvements or to highlight societal changes which could give future generations the chance to grow up healthier and happier.

"The BaBi project was first rolled out in Bradford, and what the team there was able to do, for example, was to divert a bus route in area where pollution and childhood asthma were both noted to be particularly high. They also pushed for, and achieved, more green spaces across the city, as study data showed that those with access to grass and parks had better mental health overall.

[BaBi Hull and East Yorkshire - Hull University Teaching Hospitals NHS Trust](#)



BORN & BRED IN
Hull and East Yorkshire

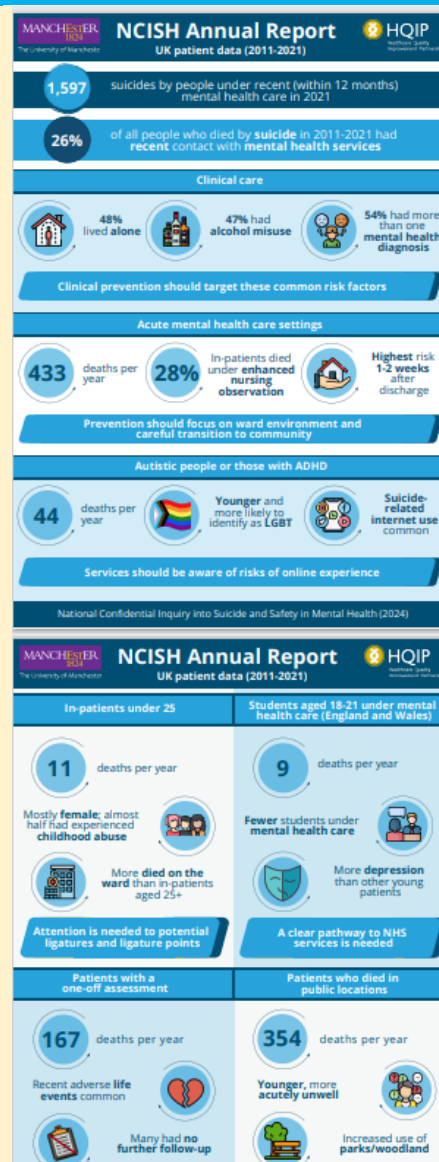
<p>“BaBi Hull and East Yorkshire genuinely has the potential to help us improve the lives of future generations and it’s exciting to think where this study could take us.”</p> <p>From 6th February, all pregnant women and birthing people booked for care with Hull Women & Children’s Hospital will be invited to take part in the study. People at any stage of pregnancy up until the community midwife discharges them after birth will be eligible to take part.</p>	
<p>Understanding differences in infant mortality rates across local areas</p> <p>A new report published by the Nuffield Trust provides a novel method for understanding how local authority characteristics are associated with different rates of infant mortality in England.</p> <p>Improvements in infant mortality rates in England have stalled since 2014 and there has been limited policy focus on infant mortality beyond maternity services, perinatal and neonatal mortality, despite post-neonatal deaths driving more than a quarter of the overall infant mortality rate.</p> <p>Applying their analysis approach, they found that 2017 infant mortality rates were likely to be higher in areas where there were fewer households with central heating and where households were more likely to be crowded; there was a greater proportion of the population who were severely obese; and where there was lower spend on early years provision and Sure Start. The health of children is determined by more than health care – therefore understanding the broader determinants of infant mortality is crucial to reducing it.</p> <p>Many previous studies on risk factors for infant mortality have focused on data at an individual level, but this hypothesis-generating piece of research, using an adjusted regression model, covers the whole population and analyses publicly available data from 2017 in a novel way. This report provides a new methodology for local authorities to better monitor and interrogate data that might not be available nationally. Focusing specifically on influences at this level will also help local authorities to build area-specific evidence to support better local decision-making and the development of targeted policies to tackle infant mortality.</p>	<p>Understanding differences in infant mortality rates across local areas Nuffield Trust</p>
<p>NCISH Annual Report 2024: Suicide and safety in mental health: UK patient and general population data 2011-2021</p> <p>The National Confidential Inquiry into Suicide and Safety in Mental Health has published an annual report with findings relating to people aged 10 and above who died by suicide between 2011 and 2021 across all of the UK.</p>	<p>Annual Report</p> <p>Infographic</p>

There were 69,420 suicides in the general population in the UK in that period, an average of 6,311 deaths per year. The rate of suicide decreased by 4% in 2020 and 2021, the first years of the COVID-19 pandemic, compared to 2019. The decrease was particularly seen in men.

Other key findings relating to general population suicide numbers and rates include:

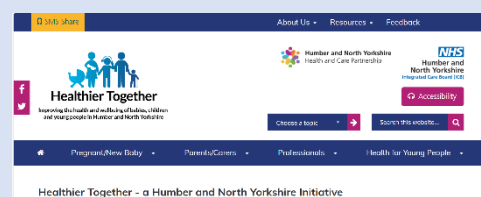
- In England and Wales in 2018 there was a lowering of the standard of proof required for a suicide outcome at inquest – this is likely to have contributed to the recorded rise in suicide rates in 2018 and subsequent years. Rates have been lower in Northern Ireland since 2015 following a Review of Suicide Statistics subsequent to the identification of a classification issue in its suicide statistics.
- There has been an overall rise in deaths by hanging/strangulation, although the number has fallen in 2020 and 2021. Deaths by self-poisoning also increased in 2018 but then fell in 2019-2021. There was no change in deaths by jumping/multiple injuries. Of the less common suicide methods, the number of deaths by cutting/stabbing has continued to increase since 2016.

This report also contains findings relating to: mental health patient suicides and acute mental health care; suicide by patients following one-off assessment; suicide by autistic people and/or patients with ADHD; suicide by in-patients aged under 25; suicide by students in England and Wales; and patients who died by suicide in public locations. It also shares findings on social and clinical characteristics.



Healthier Together website, a Humber and North Yorkshire Initiative, provides **information and advice about common childhood illnesses, including advice on what 'red-flag' signs to look out for**, where to seek help if required and how long a child's symptoms are likely to last. It also has a text facility to send messages to families.

[Healthier Together website](#)



Vitamin D - NCMD have been alerted by a CDOP concerned about inequality of access to healthy start vitamins, and inconsistent guidance being given to families.

Having flagged this concern to NHS England, an updated *Healthy Child Programme Schedule of Interventions Guide* was published, including action for provision of advice on vitamin D supplements for babies who are exclusively breastfed, vitamin supplements for all infants and the provision of information about free Healthy Start vitamin drops.

[Healthy Child Programme Schedule of Interventions Guide](#)

Child Death Review process/procedure information for professionals

“The NHS is failing some parents whose children die unexpectedly”, a leading paediatrician has told BBC Panorama.

Programme highlighting lack of support for some bereaved families.

[Parents of sudden-death children 'let down by NHS' - BBC News and Panorama film](#)

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

If you were involved with the child and family, requests for agency Reporting Forms will be sent via eCDOP for completing online – (after registering as a user of eCDOP).

Contact for queries:
Cathy.eccersley@hullcc.gov.uk
Tel: (01482) 311085

NEW Learning Environment for CDOPs, and health and social care professionals working in Child Death Review from the National Child Mortality Database (NCMD).

- Recordings of all of the NCMD quality improvement webinars. Soon to be added:
 - Child Death Review data analysis 2022/23
 - Whole Genome Sequencing for sudden child deaths
- PDFs of the PowerPoint slides for each webinar
- Thematic learning reports
- Advice sheets for completing the NCMD analysis and reporting forms.

[NCMD webinars - UCLPartners](#)

The password to access the page is:
NCMD1Webinar*

NCMD website – ‘One-stop shop’ 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

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

[Notification guidance](#)

[CDRM guidance](#)

<ul style="list-style-type: none"> • 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. • 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, baby feeding pillows) • 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. • NCMD Thematic Reports: <ul style="list-style-type: none"> - Infection related deaths of children and young people in England (2023) - Deaths of children and young people due to traumatic incidents (2023) - Sudden and Unexpected Deaths in Infancy and Childhood (2022) - The Contribution of Newborn Health to Child Mortality across England (2022) - Suicide in Children and Young People (2021) - Child Mortality and Social Deprivation (2021) • List of National CDOP contacts for child death notifications 	<p>NCMD postcard</p> <p>Safety notices/alerts</p> <p>Child death review forms</p> <p>NHS England leaflet</p> <p>NCMD publications</p> <p>Child death overview panel: contacts - GOV.UK (www.gov.uk)</p>
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<p>National Child Mortality Database newsletter – March 2024 Information about latest thematic reports, ongoing work by the programme and forthcoming Webinars to register on.</p>	<p>NCMD Newsletter, March 2024</p>
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Published national learning and reviews

<p>Child Safeguarding Practice Reviews published on the NSPCC repository in February</p>	<p>NSPCC Repository</p>
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Training and Bereavement and Wellbeing Support Services

Lelley Fields are holding a children's memorial service on 3rd July 2024 to tie in with National Bereaved Parent's Day which was started by [A Child Of Mine](#) in 2020.

This will be Lelley Fields' first service dedicated specifically for those whose children and babies have died (where the child was under 18 years old at the time of death).

They are looking to involve local maternity team(s), paediatric team(s), bereavement services / chaplaincy team and any charities in the area, e.g. SANDS, Child Bereavement UK, CRUSE etc.

If you are interested in supporting/promoting the memorial service, please get in touch with:

Christine Walker-Kelley
Crematorium Manager
Lelley Fields
Sproatley Road
Preston
East Riding of Yorkshire
HU12 8FX

Web: www.lelleyfields.co.uk
Email: lelleyfields@eastriding.gov.uk
Phone: 01482 392910

Joint Agency Response Training for professionals responding to an unexpected child death in Hull and East Riding of Yorkshire

Target audience:

- On-call professionals from all sectors of health services, police and children's social care
- Any other professional involved with a child/family before or at the time of a child's unexpected death

Dates:

- Tuesday 14th May @ 9:00–12:30 - Clough Road Police Station
- Wednesday 3rd July - @ 9:00–12:30 – County Hall, Beverley
- Thursday 26th September @ 9:00–12:30 - venue tbc
- Friday 29th November 'Grand Round' – Hull Royal Infirmary (afternoon - time tbc)

See attached flyer and application details



The Healthy Holidays Easter programme is coming soon!

There will a variety of sessions taking place across the city including free family events, sports, arts, dance, outdoor education, Special Educational Needs and Disabilities (SEND) specific activities and so much more.

All sessions are open to school aged children and young people in the city and are all free to attend. The free activities all come with a food offer such as a hot meal, a packed lunch, or snacks.

The website www.healthyholidayshull.org went live to targeted families on Monday 26 February 2024.

Click [here](#) for more information.

<p>Hull City Council Youth Mental Health First Aid training on 17th and 20th May 2024</p> <p><u>Target Group:</u> Staff working across all phases including inclusion, pastoral, SENCO and all other staff working with children and young people to support mental health and wellbeing.</p> <p><u>Course Details</u> This course will help participants to be able to spot signs, offer support and keep young people safe when they are experiencing mental health difficulties</p> <p><u>Learning Outcomes</u> This two-day course trains you as a Youth Mental Health First Aider (MHFAider®), giving you:</p> <ul style="list-style-type: none"> - An in-depth understanding of young people’s mental health and factors that affect wellbeing. - Practical skills to spot the triggers and signs of mental health issues. - Confidence to reassure and support a young person in distress. - Enhanced interpersonal skills such as non-judgemental listening. - Knowledge to help a young person recover their health by guiding them to further support – whether that’s through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers, and external agencies where appropriate. - Ability to support a young person with a long-term mental health issue or disability to thrive. - Tools to look after your own mental wellbeing. <p>Times: 9:30am – 4:30pm</p> <p>Venue: Brunswick House</p> <p>Facilitator: Various (all nationally qualified trainers)</p> <p>Email learninganddevelopment@hullcc.gov.uk or call 01482 612442</p>	<p>How to apply:</p> <ul style="list-style-type: none"> - Hull City Council Staff: Log on to OLM (Oracle Learning Management System) and enrol on the date suitable for yourself - External to Hull City Council: Complete an Application Form and Return to: Learning & Development, Brunswick House, Strand Close, Beverley Road, Hull, HU2 9DB
<p>Hull City Council CBT Skills for Anxiety for school and community staff on 21st May 2024</p> <p><u>Target Group</u> All staff who work with and support children, young people, and families.</p> <p><u>Course Details</u> This course provides you with an understanding of anxiety.</p>	

Learning Outcomes

A 2.5 hour workshop suitable for those who work with children and young people and their carers.

- Understand what anxiety is and it's signs and symptoms
- Understand what we mean by CBT
- Safety behaviours – what are they and how to reduce them
- Techniques and tools for managing and reducing anxiety
- Avoid reinforcing anxiety

Venue: Brunswick House

Times: AM 9:30am – 12:00pm

‘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.



For more information, or to take the training, please visit www.talksuicide.co.uk

FREE Suicide Prevention Training organised by HNY with funding from Health Education England.

Target audience is wider workforce - to target/upskill those who have more meaningful connections with people who may open up and discuss mental health or be in an environment which allows them to do so.

Anyone interested can sign up as an expression of interest, it is simply a case of sharing this amongst networks. Sessions will be scheduled using the information gathered to look at the most appropriate venue(s), or via online methods.

Express an interest

PUBLIC HEALTH

DO YOU
FIND YOURSELF HAVING
CONVERSATIONS ABOUT
MENTAL HEALTH?

Suicide is one of the most preventable deaths. Suicide First Aid (SfA) training will equip you with valuable skills, knowledge and tools that will assist in helping others to deal with thoughts of suicide and keeping them safe.

Sign up to register your interest in taking part in FREE Suicide First Aid training: bit.ly/suicide-first-aid

Sign up to register your interest in: bit.ly/suicide-first-aid

Fitmums and Friends offer a range of bereavement support for adults and children through their Together in Grief programme

They are running activity sessions to help people cope with losing loved ones. This includes ten weeks of easy-paced walks or **gentle yoga sessions**. See poster below and [click here for further information](#).

The Forest Project is for children and young people who have experienced the death of someone special to them. It will provide an opportunity to participate in outdoor activities and talk about their grief with the support of trained bereavement facilitators. See below and [click here for further information](#).

For additional information, please contact admin@fitmums.org.uk or visit the [Fitmums and Friends website here](#).



The Forest Project supports children and young people who have experienced the death of someone special to them.

They will have the chance to take part in outdoor activities such as den building, camp fire cooking, tool making, tree climbing, forest games and rope work. They will also have opportunities to talk about their grief with the support of trained bereavement facilitators.

If Together in Grief – The Forest Project could help you or someone you know, please email admin@fitmums.org.uk, call 07870 654586 or visit our website www.fitmums.org.uk/support

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.

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 or Sam at 07870 654586.

Below is a link to a short feedback film from the Forest Project, which has been running for a year now. The project has been really successful and had a glowing report from all of the children attending.
https://www.youtube.com/watch?v=JXm4_J0clSE



Bereavement walks for people who have lost a child or young person

LiLY (LIVES LOST YOUNG) walks are for anyone (aged 16+) who has been affected by the death of a child or young person. Parents, siblings, other family members and friends are all welcome.

- Walk and talk with others who share your experience.
- Feel the health benefits of being active outside with others.
- Walks are FREE and take place monthly in Beverley.

To find out more and/or register, please email heather@fitmums.org.uk, call **07870 654586**, or scan the QR code.



www.fitmums.org.uk/support



Group walks for those who are bereaved



Together in Grief (TiG) walks are easy-paced, group walking sessions to help people cope with the loss of loved ones. They offer some gentle exercise and the chance to talk with others who share your experience.

When: every Wednesday at 9.30am

Where: Art Gallery, Brynmor Jones Library, University of Hull

Cost: FREE


The walks are safe, supportive and suitable for all – men and women, and all abilities.

No need to book – just turn up. Come along whenever you feel a walk and talk might help – every week or just occasionally.

For more information, scan the QR code or email heather@fitmums.org.uk.



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<p>Hull's Unintentional Injuries and Safer Sleep service (commissioned 0-19s Service) is offering training in 'Engaging parents and carers in child safety and accident prevention and safer sleep'.</p> <p>The session is about 2 hours and is flexible if only accident prevention training is required. It comprises of a powerpoint presentation with some interactive elements. The service can attend individual settings through staff meetings or via MS Teams or arrange another venue to suit the needs of the setting.</p>	<p>Contact Alicia Anderson or Angela Burns, Health and Development Practitioners</p> <p>For details and bookings: Hull 0-19 Service Humber Teaching NHS Foundation Trust T: (01482) 259600 M: 07790882502 E: aliciaanderson@nhs.net</p>									
<p>Contacts and helplines for bereavement support for families and professionals</p>	<p>National and local bereavement contacts and helplines</p>									
<p>Winston's Wish - new hubs aimed directly at grieving young people, parents and carers, professionals and schools, packed with information, advice and resources. You'll also find clear descriptions of on-demand services, bereavement support and counselling and how to access them.</p>	<p>Bereavement support for children and families Winston's Wish (winstonswish.org)</p>									
<p>How to support a bereaved family involved in a sudden and unexpected infant death – Lullaby Trust advice to anyone working with bereaved parents and families.</p>	<p>How to support a bereaved family as a professional - The Lullaby Trust</p>									
<p>Lullaby Trust Bereavement trauma booklet New, downloadable booklet for families about how the human body responds to trauma. There's also information about accessing extra support through a GP.</p> <p>Single downloads are free and available from the Lullaby Trust website.</p>	<p>Trauma Resource (lullabytrust.org.uk)</p> 									
<p>Brief Intervention Training and learn how to start a conversation that could save a life</p> <p>Sessions are FREE and aimed at health and social care frontline and support staff who want to find out more about the health effects of smoking and quitting, smoking interventions and pathways for referrals to smoking cessation support services.</p> <p>Based on feedback from previous attendees we've now included more information on e-cigarettes, the impact of tobacco addiction on Hull and a video of one of our successful clients telling his story.</p> <table border="1" data-bbox="105 1883 959 2002"> <thead> <tr> <th colspan="3">March 2024</th> </tr> <tr> <th>DATE</th> <th>TIME</th> <th>DAY</th> </tr> </thead> <tbody> <tr> <td>19th</td> <td>3pm</td> <td>Tuesday</td> </tr> </tbody> </table>	March 2024			DATE	TIME	DAY	19th	3pm	Tuesday	<p>To book: complete the online form on our website training page or email SmokeFreeHullTraining@cgl.org.uk with your preferred date and time</p> <p>Additional Training and information:</p> <ul style="list-style-type: none"> • Visit our website training page for details of all of our courses • Our Very Brief Advice Video is a great resource for basic smoking and referral information that you can share with your contacts.
March 2024										
DATE	TIME	DAY								
19th	3pm	Tuesday								

April 2024

DATE	TIME	DAY
3rd	10am	Wednesday
8th	3pm	Monday
16th	10am	Tuesday
24th	2pm	Wednesday
29th	11am	Monday

May 2024

DATE	TIME	DAY
7th	3pm	Tuesday
15th	11am	Wednesday
20th	2pm	Monday
28th	11.30am	Tuesday

June 2024

DATE	TIME	DAY
5th	10am	Wednesday
10th	2pm	Monday
18th	10am	Tuesday
26th	2pm	Wednesday

Format: Online using Microsoft Teams

Duration: 90 minutes



More than 100 frontline professionals from across Hull Children, Young People and Family Services and colleagues from the VCSE sector attended a 'Facts about vaping' workshop.

At the session attendees learned about CYP vaping rates, the role of trading standards, the current evidence on the impact of vaping, what action colleagues can take to support CYP, resources that are available to help and myth busting. The key take away message was: **'Don't Smoke? Don't start to Vape'**.

- View the recording of the event: <https://www.youtube.com/watch?v=s2Om8h7WK88>
- Check out Sheffield Council's website which has useful resources available to download: [Vaping: The Facts | Smokefree Sheffield](#)
- Visit Hull's Stop Smoking Service: [Hull stop smoking service - SmokeFree Hull](#) (changeGrowLive.org)
- Read the study undertaken by King's College: [Nicotine vaping in England: 2022 evidence update - GOV.UK](#) (www.gov.uk)

<p>Stop smoking service - SmokeFree Hull offer free advice and behavioural support to help people stop smoking. The service helps adults and young people aged 12 and over living in Hull find their own way of stopping smoking. A 12-week programme, with an advisor to help and encourage as well as free products for nicotine cravings, like patches and gum.</p>	<p>How SmokeFree Hull helps you</p>
<p>Together for Short Lives charity – helpline, resources, emotional and financial support for parents or carers who look after or know a child or young person expected to have a short life.</p> <p>They also support professionals caring for seriously ill children, young people and families, by bringing professionals together, share practice and offer resources and tools to support your work with children and families.</p> <p>Their Butterfly Fund offers financial assistance towards a child's funeral.</p>	<p>https://www.togetherforshortlives.org.uk/</p>
<p>NSPCC Learning has launched a new online training course on preventing non-accidental head injuries for professionals working with expectant and new parents. The course aims to support professionals with: understanding the prevalence of non-accidental head injuries in babies under one; identifying the risk factors within families; recognising early warning signs that parents and carers may be struggling; and engaging with male carers.</p>	<p>Take the course: Preventing non-accidental head injury training</p>
<p>The Public Health team, in partnership with CYPFS colleagues, have been working hard to improve local substance misuse support services</p>  <p>As part of the Government's grant funding for substance misuse services our team will expand to include two new Treatment Practitioners – one of whom will work directly with the Youth Justice Service. Plus, a new Engagement Worker role will provide support to young people accessing the service.</p> <p>ReFresh have also been working closely with Hull's Paediatric Emergency Department to develop a dedicated pathway between the two services to support young people. The team continue to work closely with specialist services areas to further develop the support available for young people with substance misuse problems.</p>	<p>How to book</p> <p>Name: Mariana Suarez</p> <p>Email: Mariana.Suarez@cgl.org.uk ReNew.Training@cgl.org.uk</p> <p>Mobile: 07442 369 718</p> <p> @CGLHull</p> <p><small>Change Grow Live</small></p>

ReNew are offering training to those wanting to improve their knowledge of alcohol and drug misuse issues:

- Understanding Alcohol and Drug Misuse (2 hours. Face to face or online)
- Brief Advice and Intervention for Alcohol and Drugs (1.5 hours. Face to face or online)
- Naloxone training (1.5 hours. Face to face exclusively)
- Harm Reduction training (1.5 hours. Face to face or online)
- Novel Psychoactive Substances (1 hour. Face to face or online)



Early Help have produced a recording of their Child and Family Poverty Webinar.

With the current cost of living crisis it is vital that we're all aware of the support services available to help mitigate impact of poverty and cost of living.

The session was delivered in collaboration with 'Hull's Financial Inclusion Network, with the aim of:

- Helping staff find out about what services are available working in the city to support families with cost of living and poverty and what they do.
- Hearing direct from partners on how to access these services.
- Understanding what further actions the city are taking place to tackle poverty.

[Watch the Early Help Child and Family Poverty Webinar \(September 2022\)](#)

Hull City Council has set out a significant 'cost of living rescue package' of measures in response to the cost of living emergency.

The Council has launched a dedicated telephone hotline, online hub and email address to help local residents access the help they need. These will connect people with advice, information and support, including how to check they are claiming any benefits they are entitled to, food bank details, grants and more.

The council has also pledged to work with local businesses and local community and voluntary organisations to create 'warm spaces'. These are free to use places where people can stay warm, charge phones and have hot drinks.

A comprehensive package of measures will also be put forward to the council's cabinet which, subject to cabinet agreement and confirmation of additional government funding, will help residents.

#HullTogether
 We'll support you with the **cost of living crisis**

Food
 Fuel and Energy
 Health
 Money and Debt
 Employment
 Housing
 And much more...

Visit: www.hull.gov.uk/costofliving
 Email: costofliving@hullcc.gov.uk
 Call: 01482 300 303

Hull City Council
 working in partnership


Hull Daily MAIL
 Hull Live



[Council support for residents - Cost of Living](#)

<p>The council is working with partners in the Hull Cost of Living Network, including Citizen’s Advice Bureau (CAB) and voluntary sector support group Forum to agree the emergency support. Measures which could be given the go-ahead include:</p> <p>Food</p> <ul style="list-style-type: none"> • £15 per week food vouchers during school holidays for people who usually receive free school meals (FSM) • A £25,000 boost to local food banks, to help improve local food networks. <p>Health</p> <ul style="list-style-type: none"> • A £25,000 fund to help create warm spaces – local businesses will be able to apply for funds to create spaces <p>Fuel</p> <ul style="list-style-type: none"> • A boost to a funding pot for those on low incomes to access a new boiler or improved insulation • Additional funding for the Warm Homes project <p>Money and Debt</p> <ul style="list-style-type: none"> • A one-off £100 payment to under-25s who are care leavers or receiving housing benefit or council tax support • £100,000 in tenancy support for those living in private rented and council homes <p>Other measures around housing, finance, health, debt and fuel and energy are also under consideration.</p> <p>A high-profile campaign, titled Hull Together, has been launched to ensure people understand how to ask for help and advice. Information including the advice hub email, phone number and web address, will be advertised on posters, leaflets, online, and in public spaces, including translations in languages commonly spoken locally.</p>	<p>Warm Spaces in Hull - interactive map</p>
<p>THRIVE Hull Training offer is now live!</p> <p>THRIVE Hull training offer is available to all those in Hull whom are working with children, young people and families. There are a broad range of quality training opportunities to equip you with the skills to support children and young people’s emotional health and wellbeing.</p> <p>Courses include: Youth Mental Health First Aid (2 day) / Make Every Contract Count (MECC) for Mental Health (1/2 day) / Self-Harm Awareness & Response (1/2 day).</p>	<p>Thrive Hull Framework — How Are You Feeling?</p> <p>Training Programme Page — How Are You Feeling?</p> <p>https://www.howareyoufeeling.org.uk/professional-resources</p> <p>Directory of local support services</p> <p>Watch the video (17 min watch) which features a range of professionals across Hull explaining how they fit into the Thrive model.</p>

 <p>A new video has been produced to show professionals the wide range of emotional wellbeing and mental health support available through the Thrive model to children and young people in Hull.</p> <p>The Thrive Steering Group made the video and it was commissioned by colleagues from NHS Humber and North Yorkshire Integrated Care Board (ICB).</p> <p>The video is intended to show how children and young people's emotional wellbeing and mental health is 'everyone's business' ...not just that of traditional mental health professionals and that we all have a role to play. The video also showcases a number of the services that are available in the city as part of the Hull Thrive approach to emotional wellbeing and mental health for our children and young people.</p>	
<p>ANDYSMANCLUB, want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. They aim to achieve this through weekly, free-to-attend peer-to-peer support groups for men aged over 18. Watch the video below to find out why.</p>	<p>Andy's Man Club</p>
<p>Men in Sheds Hull, The Pavilion, Oak Road Playing Fields, 786 Beverley Road, Hull HU6 7EY</p> <p>The Walking Talking group meet on Wednesdays at 1pm. A gentle stroll, some fresh air, exercise and meet some new people. Walk finishes at 2pm then back to the shed for a brew. Come rain or shine, the walk will be fine!! The group is open to all, including doggies. It's completely free.</p>	<p>www.meninshedshull.org/</p> <p>Link to video on Facebook about the walk</p> <p>Tel: 01482 803700 for more information.</p>
<p>Samaritans – support for ANYONE SUFFERING WITH DISTRESS</p> <p>Online safety resources from Samaritans The tragic case of Molly Russell, who <u>died by suicide</u> following repeated exposure to suicide-related content on social platform TikTok, is a reminder of how important online safety is for children.</p>	<p>Tel: Freephone 1161123</p> <p>https://www.samaritans.org/how-we-can-help/contact-samaritan/</p> <p>Free resources from Samaritans give professionals, families and children much-needed tips to help them stay safe.</p>
<p>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.</p> <p>The group meets the last Monday of the month (except bank holidays) at Castle Hill Hospital at 6pm – 8pm.</p>	<p>Contact us - Dawn Bereavement Support</p>

<p>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.</p> <p>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>HEY MIND - Work Well Project Hull and East Yorkshire Mind have launched a project to support individuals and employers in Hull. The Work Well service is here to help individuals to improve their mental health, raise aspirations, and achieve their personal goals.</p> <p>This includes helping young people aged 16-24 into to education, training or employment, helping people already in work to improve their mental health and retain their employment as well as engaging with local employers to help them to make mental health a priority in the workplace.</p>	<p>MIND's Work Well service</p>
<p>Youth Hub Hull</p>  <p>The Youth Hub Hull - a dedicated centre to support unemployed 16-29 years old.</p> <p>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.</p> <p>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.</p>	<p>To access the new Youth Hub Hull, young people are being encouraged to speak to their job centre work coach.</p> <p>They are now taking face-to-face referrals for anyone who has found themselves out of work and needing support to access employment.</p>
<p>The Healthy Lifestyle Team would like to offer you a training opportunity called HENRY Raise Engage Refer.</p> <p>The online training is 2 x 2 hour modules.</p> <p>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.</p>	 <p>Watch the animated explainer video to find out more about the HENRY approach to enabling healthy, happy childhoods – and why it matters</p>

<p>Aim of the training</p> <ul style="list-style-type: none"> • 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 <p>Top tips visit www.henry.org.uk</p>	<p>If you have any families that would benefit by this free course, forward details to Audrey Campbell audrey.campbell@hullcc.gov.uk</p> <p>For more information on parenting courses visit www.hull.gov.uk/children-and-families/family-support/parenting-courses or contact your local Children's Centre or email healthylifestylesteam@hullcc.gov.uk</p>
<p>The Coroners Court Support Service for families and witnesses</p> <p>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.</p> <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 volunteer helpline is in place to support anyone due to attend prior to the day of inquest or answer questions about the coronial process (recent or historic) and local court volunteers will speak to families and witnesses due to attend the court where they provide support.</p>	<p>Home-based volunteers provide a beneficial service to bereaved families and witnesses: Weekdays - 9am to 7pm Saturday - 10am to 2pm</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 helpline@ccss.org.uk</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>UK Trauma Council resources - Free, evidence-based resources to support schools, colleges and practitioners working with traumatically bereaved children and young people.</p>	<p>UK Trauma Council</p>
<p>Young Minds' Crisis Messenger provides free, 24/7 crisis support across the UK.</p>	<p>Young people in need of urgent support with their mental health can text YM to 85258</p>
<p>Children and young people's mental health 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: Feeling bored, flat and unmotivated? Here are some things that can help</p> <p>Read the research briefing: Evidence-informed recommendations for supporting young people with feelings of boredom, flattened emotion and low motivation (PDF)</p>

	<p>Read about the Co-RAY project: Co-RAY project</p>
<p>The Home Office has published a list of organisations offering specialist sources of support for victims of domestic abuse. The guidance includes getting help for children and young people and adolescent to parent violence.</p>	<p>Domestic abuse: get help for specific needs or situations</p>
<p>ReachDeck is an all-in-one digital inclusion solution. It helps organisations improve the accessibility and readability of their website and to reach a wider audience.</p> <p>Some local Government and NHS websites have this function which enables their content to be read out loud and translated into other languages.</p>	<p>ReachDeck - Digital Marketplace</p> <div style="display: flex; align-items: center;">   </div> <p>Hull University Teaching Hospitals NHS Trust - Hull University Teaching Hospitals NHS Trust</p> <p>https://www.hull.gov.uk/#</p>