# Invitation to children and young people to take part aged 5 – 12 years old

Hello

We are finding out about support for children when someone close to them has died. We are really sorry this has happened to you. We hope that you have trusted friends and adults around you to support you.

At the moment, a group of people called the United Kingdom Commission on Bereavement are asking lots of people what happened when someone close to them died. We want to find out how we can make help and support better for children and young people like you when someone close to them dies.

We would like to ask you some questions about how it has been for you and get your ideas about how support can be better for children in the future – because you are one of the experts. The questions will take you about 10 minutes to answer.

Here are some questions you might have about taking part.

**Do I have to take part?**

No – it’s up to you. Please don’t take part if you don’t feel up to it – we won’t mind!

**What if I get upset?**

Taking part might make you feel different feelings like sad or angry, because we are asking questions about the person who died. It’s ok to feel those feelings. Have an adult you trust nearby. They can help you fill out this form or can be around to talk, so if you need to take a break, ask questions or stop completely, you can do so with someone to support you. You don’t need to answer all the questions.

**What will you do with the things I say?**

We will put all the answers together from everyone who takes part. We’ll use them to write a report about how help and support could be improved, to make it easier for children and young people if someone close to them has died. We won’t use anyone’s name. We hope that government and other people will read the report and help improve support for children and young people in the future.

**Will my answers be private?**

Yes, we will keep the things you say private unless we are worried about you or someone else.

**What if I change my mind?**

You can stop doing the survey at any time. And if you decide afterwards that you don’t want to take part, your parent or carer can email us at UKCB@mariecurie.org.uk by 31 January and we will delete your answers.

**What if I need more support?**

At the end of the survey there is some information about people and organisations that can offer help and support. Please contact them if you need some help – they are there for you.

If you or your trusted adult has any other questions, you can contact us at:

ukcb@mariecurie.org.uk

Phone number?

Thank you so much for your time and your thoughts. We really appreciate it.

And remember – this isn’t a test and there are no right or wrong answers!

If you’re ready to get started, please tick the box to say you are happy to take part

* I have read and understood the information about taking part and I want to do so

## About the person who died

Who was it that died? If more than one person close to you has died in the last three years, please tick all that apply:

This could include step or adopted relatives

* My mum
* My dad
* My brother
* My sister
* My grandparent
* My aunt or uncle
* My cousin
* Another member of my family
* My friend
* Someone else – please tell us:

The next answers are about one person who has died. If more than one person has died, please tell us about the person who you were closest to, or choose one person.

Please tell us when they died – the adult helping you will know if you’re not sure:

If the person who died was poorly before they died, were you one of the people who looked after them?

* Yes
* No
* I don’t know
* I don’t want to say

## Your experiences and ideas

Who helped you after your close person died? Please tick any that apply:

* a family member like your parent, uncle, aunt or grandparent
* a close friend of your family, like a neighbour or a friend of your parents
* your friends
* people from your faith community
* your teacher
* someone else at your school like a teaching assistant or school counsellor
* someone from the hospital
* someone from the hospice
* the doctor you usually see (your GP)
* the funeral director (who helped to organise the funeral)
* someone from a bereavement support service (where children and young people can go to for help about feeling sad, angry or worried about the death of someone close to them)
* someone else helped you – please tell us who:

What helped you after they died? This could be things that family, friends, school, a bereavement service or someone else did to help

What didn’t help you after they died?

We would like to know about any ideas you have to make things better for other children in the future when someone close to them dies. Please tell us any ideas

Is there anything else you’d like to tell us about what it is like to be bereaved?

## About you

These questions will help us understand who answered our survey (eg different age groups). You won’t be identified as we will combine the answers from everyone.

How old are you?

* 5
* 6
* 7
* 8
* 9
* 10
* 11
* I don’t want to say

Are you a…?

* Girl
* Boy
* I identify as
* I don’t want to say

Which part of the UK do you live in?

* Channel Islands
* East Midlands
* East of England
* Greater London
* Isle of Man
* North East England
* North West England
* Northern Ireland
* Scotland
* South East England
* South West England
* Wales
* West Midlands
* Yorkshire & the Humber
* Currently living overseas
* ‘I don’t know’
* ‘I don’t want to say’

Which languages do you speak at home?

Which of these best describes your ethnic group?

* White: English / Welsh / Scottish / Northern Irish / British
* White: Irish
* White: Gypsy or Irish Traveller
* White: Any other White background
* Mixed / Multiple ethnic groups: White and Black Caribbean
* Mixed / Multiple ethnic groups: White and Black African
* Mixed / Multiple ethnic groups: White and Asian
* Mixed / Multiple ethnic groups: Any other Mixed / Multiple ethnic background
* Asian / Asian British: Indian
* Asian / Asian British: Pakistani
* Asian / Asian British:  Bangladeshi
* Asian / Asian British: Chinese
* Asian / Asian British: Any other Asian background
* Black / African / Caribbean / Black British: African
* Black / African / Caribbean / Black British: Caribbean
* Black / African / Caribbean / Black British: Any other Black / African / Caribbean background
* Other ethnic group: Arab
* Other ethnic group: Any other ethnic group
* I don’t want to say

Do you consider yourself to have a disability?

* Yes - please tell us what it is if you feel comfortable sharing this information:
* No
* I don’t want to say

## Final page: signposting to support

Thank you again for your time in completing this survey.

We are so grateful to you for sharing your experiences and ideas. These will help the Commission to understand how we can continue to improve the support offered to bereaved children, young people and adults across the UK.

We know that some of these questions may have been hard to answer. You might like to try one of these ideas on the next page to help you relax.

If you would like further support around your bereavement, the following services can help. The Childhood Bereavement Network has a searchable map for local services:

<https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death/finding-support-local-you>

These national charities are also available for help and support.

**Child Bereavement UK** Tel: 0800 02 888 40  [www.childbereavementuk.org](http://www.childbereavementuk.org/)

**Childline:** Tel: 0800 1111 Website: [www.childline.org.uk](http://www.childline.org.uk/)

**Cruse Bereavement Care (England, NI and Wales)** Freephone National Helpline: 0808 808 1677 Website: [www.cruse.org.uk](http://www.cruse.org.uk/)    [www.hopeagain.org.uk](http://www.hopeagain.org.uk/)

**Cruse Bereavement Care (Scotland)** Telephone: 0808 802 6161 Website: [www.crusescotland.org.uk](http://www.crusescotland.org.uk/)

**Grief Encounter** Telephone: 0808 802 0111 Website: [www.griefencounter.org.uk](http://www.griefencounter.org.uk/)

**Winston's Wish** Telephone: Family Line 08088 020 021 Website: [www.winstonswish.org.uk](http://www.winstonswish.org.uk/)

