

The Funeral Friend

Supporting bereaved children to
attend the farewell



A PRESENTATION BY



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THE SEDDON LEGACY PROJECT

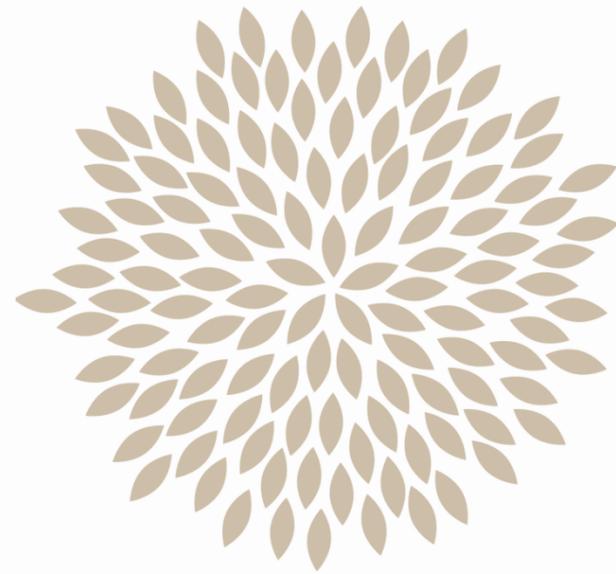
A community initiative based on our story of experiencing bereavement.

Here for the bereaved children of Northamptonshire.

Easy, simple, social support for the benefit of their future.

A monthly peer support group, a befriending service & more.

WHAT IS A “FUNERAL FRIEND?”



Experiencing a bereavement can be a complex and challenging time for anyone and especially for children.

Mostly, parents, guardians or relatives who have been bereaved make the decision for children to not attend the funeral. This can be for many different reasons and is a choice to be made when there are children concerned.

the most common reasons for this choice are:

- Too traumatic
- Too many sad people, people visibly upset or in distress
- Too long to sit in one place and quietly

The Funeral Friend is someone who can support families and bereaved children to attend the farewell of their loved one. The funeral friend can support with decision making, speaking to a child about a funeral and the process to gain a better understanding to make their own choice.

the funeral friend will attend the service in any way the family decide. It can be maximum support alongside the child, or in the background there if needed.

The funeral friend provides an opportunity for children to come away in the service gets too much for them and / or give moral support throughout. More information for parents / carers and professional staff within the funeral industry.

BEREAVEMENT BEFRIENDER

The Bereavement Befriender is a scheme that has just launched and is proving to be successful for bereaved families for their children.

It consists of the befriender attending the child's school to provide social support. (Counselling or therapeutic intervention not available)

It would be recommended that the befriender would visit the child in some capacity before the funeral to build, trust and rapport to achieve the aims of a Funeral Friend.

*Please note some schools across Northamptonshire cannot endorse the befriending scheme. In their setting. If this is the case, we can arrange an external session.

Bereavement
Befriender



DECISION MAKING

What age is suitable to attend a funeral?

The answer to this is very complex. Various ages, and the child's experiences are individual to them therefore it is a difficult decision to make.

How do you explain a funeral to a child?

This is an extremely difficult task especially when you, the adult is grieving too. There are so many resources available to support with these conversations. Please check out the signposting page of this document.

My child understands, they have decided not to, what if they change their mind?

As with any choice especially in this regard, the option must be kept open for the child to have the possibility to change their mind. As long as they are equipped with sincere and accurate information, the choice is theirs to make.



Break the Stigma

Children have as much right to attend a funeral as every other person who attends.

Children see the world differently and their level of understanding is usually age appropriate.

For years, funerals have been a place where children are deemed to not be. For many, along the line this creates an empty gap within the narrative for their grieving process.

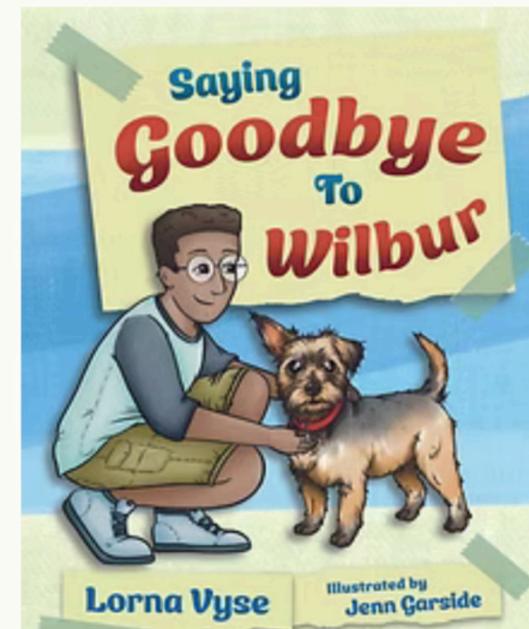
At the Seddon legacy project- we are set to change this.

Its not all doom & gloom

SEEK SUPPORT



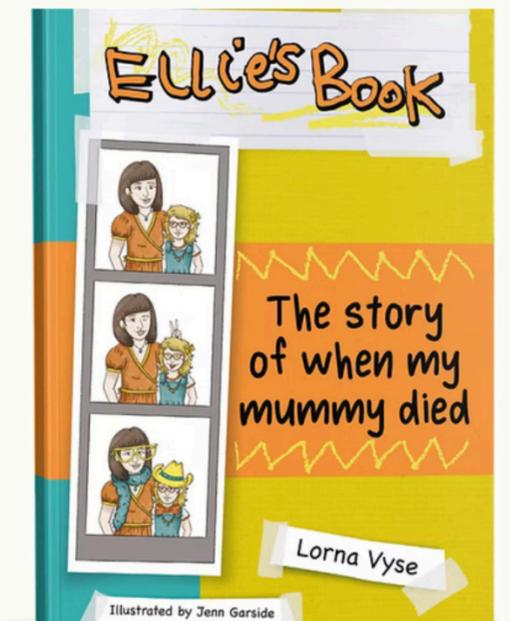
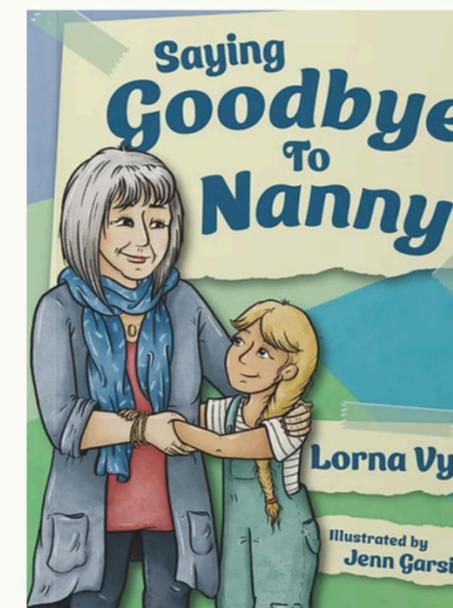
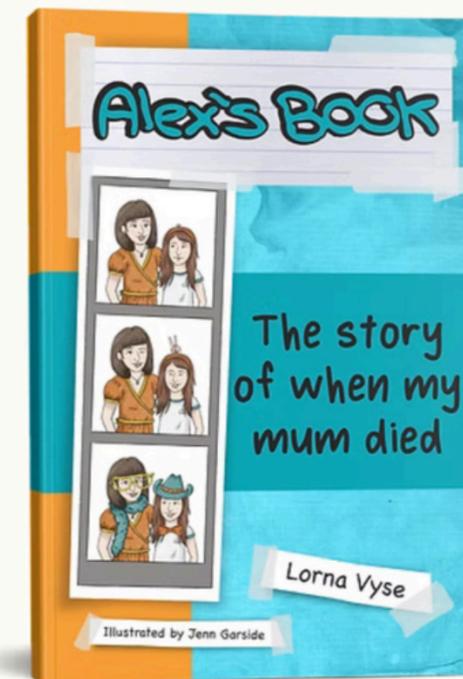
<https://www.childbereavementuk.org/how-do-i-explain-a-funeral-to-a-young-child>



<https://www.lornavyse.com/books>



<https://winstonswish.org/attending-the-funeral/>



FOR FAMILIES



For your peace of mind

The Seddon Legacy Project has been founded by a parent of two bereaved children. The children were aged 2 and 4 at the time and received minimal support socially or emotionally.

For the families reading who may be considering getting in touch, we would like to assure you that your child's wellbeing is at the forefront!

To know how it feels to ask all of these questions, to consider all options & protect your child from something that is inevitable in all of our lives, we get it.

To get in touch please visit www.seddonlegacyproject.co.uk
There is a contact form on the "contact" Page

Alternatively here are the other contact options -



Theseddonlegacyproject@gmail.com



07984 685 223

FOR FUNERAL
DIRECTORS,
FUNERAL SERVICE
PROVIDERS OR OTHER
PROFESSIONALS



How can you get involved?

Please mention us to families who approach your services. If you are a member of staff from a school who believes this to be beneficial, you can refer using the contact form on the website.

Funeral Directors / Service Providers etc.

We know this concept is extremely raw, it is new, daunting & perhaps against tradition, but your support to educate and create a new outlook on funerals would be greatly appreciated.

An opportunity to be increasingly involved within the community you serve & potentially improve a child's experience of a bereavement positively.

If you have a family who may be interested in this support, please signpost them to
www.seddonlegacyproject.co.uk/contact



CONTACT US

E-mail Theseddonlegacyproject@gmail.com

Website Www.seddonlegacyproject.co.uk

**Phone /
WhatsApp** 07984 685 223

Contact Times Monday - Friday 9.30am- 2.30pm



The Seddon Legacy Project



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