

Looking after your family during the Grenfell anniversary



Anniversaries can bring up painful feelings and memories. Strong emotions or feeling numb or disconnected are natural and people will respond in different ways.

As we approach the sixth year anniversary of Grenfell, we understand that people may be concerned about the wellbeing of their children and other loved ones. We welcome you to make contact with us if you need or wish to.

The past few years have been very difficult. The events of June 14th 2017 have been followed by the Covid pandemic, wars in the world, ongoing increases in the cost of living and other challenges in our lives. Many people may have experienced additional losses, stress and worry. You may be concerned about your own health or the health of a loved one.

Many people have also shared how current events remind them of things that happened before, during and after Grenfell, making it harder for them in the weeks leading up to the anniversary.

Some people have also expressed concern about justice, the outcome of the Grenfell Inquiry and the future of the Tower.

All of these things might make the upcoming anniversary even harder, but there are things you can do to look after yourself, your friends, and your family.

Children and young people also have similar worries and we hope that this leaflet will provide information on how you are able to help them with their worries.



Helping children and young people

During unsettling times like these it is normal to experience difficult emotions like anxiety or worry. You have all already lived through a dreadful life changing experience and many of these feelings will probably remind you of what you have already gone through. This is also true for your children and young people.

Leading up to the anniversary event you may see the resurgence of strong emotions or disturbances to your usual patterns of living, like eating and sleeping. In addition to this, following frightening and worrying news, it is normal for children to experience emotional difficulties.

Each child's experience will be different but these are some common responses that you may notice in your child:

- They may appear to be reverting to younger behaviour
- Feeling very sad and missing those they have lost
- Nightmares and disturbed sleep
- Feeling angry or easily upset
- Becoming more clingy with parents and carers
- Physical complaints like headaches or tummy upsets
- Worrying a lot and feeling like they cannot stop thinking difficult thoughts
- Difficulty concentrating.



How can I support my child at home?

Do encourage your children to talk about (or draw) their worries and questions. This opens up conversation and prevents them from 'bottling up' all these feelings.

Talking with children and answering their questions also helps prevent them from 'filling in the blanks' with their imagination, which can be distressing and often more scary than the reality of the situation.

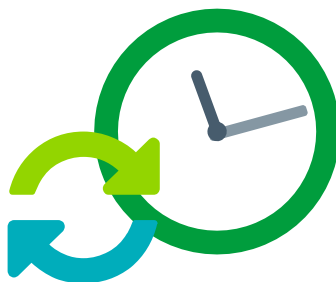
Positive coping is contagious – by taking care of yourself, you're making sure you are well enough to care for your children, and you're also modelling positive self-care behaviour that your children will learn as well.

There are lots of little things you can do as a parent to help children to feel contained and supported as they learn to deal with their own worries.

Here are some simple things you can do to make a difference for you and your family.



- Talk to your children and answer any questions they may have in an age-appropriate way. It's okay if you don't have all the answers, simply having a conversation about their worries is helpful in itself



- Make a schedule with your child putting together a daily/weekly routine. Be as creative as you like! A routine will help your child feel in control and minimise conflict at home, stick it on the wall for all the family to see and try to stick to it as a family



- Taking care of your physical health will impact positively on your emotional wellbeing. Make sure you and your family are eating nutritious food, exercising when you can, and keeping a good sleep routine



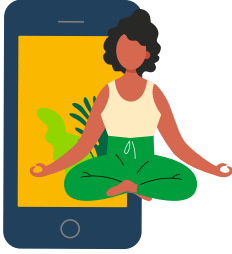
- Try to add something meaningful to your day that you enjoy. Maybe set a task for yourself or start a hobby you enjoy like drawing, cooking or creative writing, and remind yourself each day of something you did really well or are grateful for



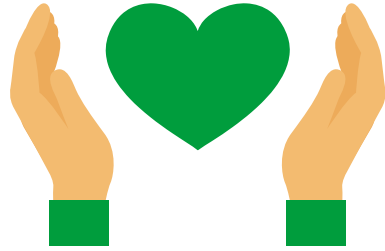
- Limit your exposure to news and social media. There is a lot of fake news circulating at the moment that can really raise your anxiety. Protect your emotional space and limit your news time. Maybe allocate a slot in your day to check the news and not check again until the allocated time the next day



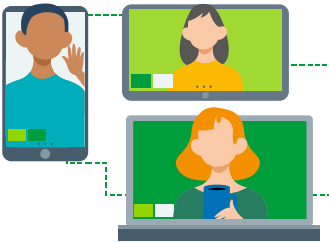
- It can be helpful to find time to be together as a family, doing things which help you to feel connected to one another



- Take time out to breathe. If you or your child have a spiritual practice, such as prayer, this can also be very helpful. You could integrate calm time into your routine and allocate a time in the day to relax. There are plenty of apps like Calm Panda, Headspace or relaxing sound apps that can help you and your family to take some time out



- Be gentle. Yours and your family members' lives have changed significantly. Virtual learning, working from home, worrying and caring for older and vulnerable family members are all difficult things you and your family are having to adjust to. Try not to worry too much about academic achievement or productivity at work. Now is a time to connect, stay safe and well.



- Stay connected to friends, families and loved ones

Remember we are here to help

Getting some ideas, advice and support on how you can help your child is a positive step.

If you have any worries about yourself, your children, young people or family you can call us on:

020 8637 6279

Our team will also be supporting events in the community on and around the anniversary.

Keep an eye on our social media pages and our website to get up to date information on where we will be and what other support you can access:

 @GrenfellNHS  /GrenfellNHS

 @GrenfellNHS

www.grenfellwellbeing.com



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعة الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও ট্রিপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால். இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish