

Tom's Story

Universal

Presenting Concerns:

Tom is 14 years old and doing well at school. There have never been any concerns regarding his wellbeing and he participates in lots of school activities. The school received a call one morning to say that Tom would not be in that day as his grandfather has died. Tom was off school for 2 days and when he returned he was quiet and withdrawn. Tom's Named Person was made aware of the situation and arranged to meet with him, his first morning back. They talked and Tom said he was OK. The Named Person met with Tom regularly over the next few weeks and although he said he was coping his Named Person felt he was still very withdrawn.

Family background:

Tom lives at home with his mum and dad and younger sister. His grandfather lived in the same street and they were very close. His parents both work in Edinburgh and his grandfather looked after him and his sister before and after school every day.

Response:

The Named Person contacted Tom's parents to ask how he was coping at home and his dad stated they were still worried about how subdued and sad he appeared. The Named Person suggested to his parents that there were some online resources to support with bereavement and suggested a Seasons for Growth group that was taking place in the school, which helps children cope with loss. Tom's parents agreed that this might be good for him and the Named Person mentioned it to Tom that afternoon.

Tom agreed to attend the group and said he would talk to his parents about it. Throughout this period Tom's Named Person liaised with Tom's sisters Named Person to ensure there was awareness of the support in place for Tom and his family.

Outcome:

Tom attended the Season's for Growth group and reported that it really helped him work out the emotions he was dealing with after his grandfather's death. It also helped him to open up to his parents about how he was feeling. Tom admits that he still has moments when he feels upset, but he no longer dreads finishing school and going home knowing his granddad isn't there. He has also been able to help his sister with her emotions and they have long chats remembering all the things they used to do together with their grandfather.

Tom's Named Person still checks in with him from time to time to make sure he's ok but he says he is much happier.