



An Online Conversation for Grief Awareness Week

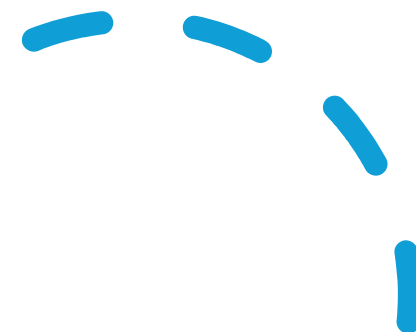
A free webinar from IP Inclusive

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What causes grief?



The death of a loved one

The death of a pet

The loss of a job even if
you chose to leave
or if you are retiring

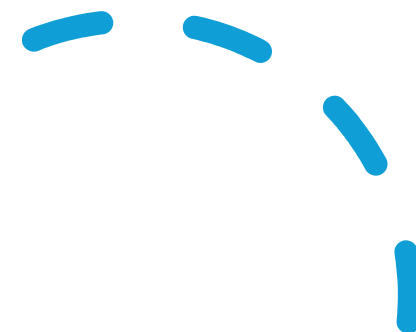
Chronic illness

Miscarriage

An impending loss
(anticipatory grief)

Divorce or the end of
another close relationship





Breakout rooms





Resources

- The Good Grief Trust - <https://www.thegoodgrieftrust.org>
- Cruse - <https://www.cruse.org.uk>
- Child Bereavement UK - <https://www.childbereavementuk.org>
- Child Death Helpline - <https://www.childdeathhelpline.org.uk>
- Sands helpline - <https://www.sands.org.uk/support-you/how-we-offer-support/helpline>
- Survivors of Bereavement by Suicide - <https://uksobs.com>
- Samaritans - <https://www.samaritans.org>
- LawCare - <https://lawcare.org.uk/>



Resources

- Books:
 - Sad Book by Michael Rosen
 - You Are Not Alone: A New Way to Grieve by Cariad Lloyd (she also had a podcast: “griefcast”)
 - The Madness of Grief: A Memoir of Love and Loss by Reverend Richard Coles
- TV programmes and films:
 - Good Grief with Daniel Levy (Netflix)
 - After Life with Ricky Gervais (Netflix)
 - Joey Essex: Grief and me (BBC)
- Apps
 - Grief Works by Julia Samuel



Advice for employers

- There is no “right” way to grieve, so treat bereavement on a case-by-case basis, e.g. some people may want to take time off straight away whilst others may welcome the distraction of work
- Offer phased returns and/or increased flexibility
- Provide support, e.g. checking in with employees or access to counselling via an employee assistance programme (EAP)
- Provide paid time off work

Thank you