



Referral sources

Coroner	Police	GP	Self	Other	Total
0	20	1	5	1	27

Age

<18	18-25	26-35	36-45	46-55	56-65	66+	No Info	Total
0	2	7	4	1	8	2	3	27

Gender

Male	Female	Transgender	No info	Total
20	16	0	1	27

Active cases at the start of Q3

42

Points to note

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) Developed by researchers at the Universities of Warwick and Edinburgh, with funding provided by NHS Health Scotland, to enable the measurement of mental well-being of adults in the UK. We use WEMWBS, the 7 item scale, to help facilitate a better understanding of mental wellbeing. This offer greater credibility for mental wellbeing and help drive positive action and change. Scale is scored 1-5.

56 clients completed the scale and have shifted an average of **4.12** points pre and post intervention. **38** people showed a positive change, **6** people's score declined and **10** people showed no overall change.

Case overview

Both Clients had been encouraged to refer to Amparo by their respective GPs following death through asphyxiation of their child and relative.

> Both clients contacted within 24 hours of receiving their referrals both conversations were lengthy, forthright and focused. Issues of self-blame, anger, anxiety, sadness, guilt and their experiences of panic. Talked about coping skills and resilience.

> Copies of Help is at Hand, details of SOBS, copies of pillars of strength by Julia Samuel

> Offer signposting towards Barnsley Bereavement Support Services and SOBs

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- > When the inquest date had been fixed, discussed the procedure of the inquest and the means by which questions and issues can be raised to the attention of the Coroner
- > Further contact by text and email the day before the inquest wishing them courage. Both replied thanking me.
- > Spoke to both clients and both described the inquest as distressing, but less so than imagined. Both felt their feelings were less strained and that 'they might hopefully now enter a period of 'acceptance/recovery.'
- > Emails sent to both clients the following week praising them for how they had come through such an ordeal but reminded them that there would be days where things were far from good and that if on such occasions they felt like talking then please to contact us.