


Caring for you when you need it most



Advice and support
before and after
a bereavement

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This booklet has been produced to help you through the practicalities at this difficult time. It aims to guide you through the necessary aspects and arrangements which need to be made or considered either at once or over the following weeks. As these decisions have to be made at a time of personal distress, it may be helpful to contact a friend or loved one to support you.

What happens after someone dies?

When someone dies in St Raphael's Hospice

People react in different ways following the death of someone important to them, some wish to spend time with them while others would rather not. It is important that you do what feels right for you.

Once you are ready, the nursing / medical team will gently examine your loved one to verify and confirm their death. This involves listening for the absence of heart and breath sounds, as well as checking the pupils for an absent reaction to light. The nursing team will wash and prepare your loved one before being transferred to the Hospice mortuary.

At a time that is convenient for you, an appointment will be made for you to return to St Raphael's Hospice to collect your loved one's belongings. You will be able to meet with one of our nursing staff who will be able to discuss any questions you may have. If you would like to speak to a doctor, please let us know and we will arrange an appointment for you at a mutually convenient time. One of the Hospice doctors will complete the Death Certificate after discussion with the medical examiner's office (please see the section below for more information on the medical examiner service). The death certificate will be sent electronically to the Register Office. The Register Office will contact you by telephone (we will pass on your contact details) to book a face to face appointment with you.



When someone dies in the community

When someone dies at home, their GP (General Practitioner) should be contacted if it is during the day, or if it is during the night, a weekend or a bank holiday, the district nursing team or 111 should be contacted. When death occurs in the early hours of the morning, you may feel more comfortable to wait until your GP surgery opens to contact your own doctor (or the doctor involved).

A doctor or trained healthcare professional will need to examine your loved one at home to confirm that they have died. Unfortunately, at busy times, you may need to wait a number of hours before a healthcare professional is available to do this.

Following the death of your loved one, you will need to contact a funeral director of your choice to arrange the transfer of your loved one to their mortuary. You may have specific religious needs, which your spiritual adviser can help with.

If there is a nurse present at the time (possibly a community nurse or a nurse from the Hospice at Home Team), they may offer to lay out the body. This may involve positioning your loved one on their back, closing their eyes and mouth, brushing their hair, gently washing them and changing their clothes. You or a family member can assist if you wish, or you may prefer the funeral director to do this following transfer to the funeral home.

The Medical Examiner Service in England

Since 2019, NHS hospitals have trained senior doctors to spend some of their time working as medical examiners. Alongside other specially trained staff, their job is to give independent advice about what caused deaths (except for deaths which have to be reviewed by a coroner).

Medical examiners and their staff (usually called medical examiner officers) offer families and carers of the person who has died an opportunity to raise questions or concerns about the causes of death, or about the care the person received before their death. This will usually be through a telephone call, or sometimes a meeting. They can explain what medical language means, and make it easier to understand. Medical examiners also look at the relevant medical records, and discuss the causes of death with the doctor filling in the Death Certificate.

You can be confident medical examiners and their staff will provide an independent view, as they will only work on deaths of people where they or their staff have not provided care for the patient.

This service is currently running for all patients who die on the Hospice Inpatient Unit and it is hoped the service will include all deaths in the community by 2023.

The Coroner

In certain cases, a doctor may be required to report the death to a Coroner. For patients who die here at St Raphael's Hospice, this may be for one of a few possible reasons:

- The patient had a traumatic fall
- The cause of death is unknown
- The death was sudden and unexplained
- An industrial disease may have contributed to their death, e.g Mesothelioma
- The death occurred in any other circumstances that may require investigation

The Coroner may decide that the cause of death is clear, in which case:

1. The doctor signs a medical certificate and you can register the death by making an appointment with the Register Office in the usual way.
2. The Coroner issues a certificate to the Register Office stating a post-mortem isn't needed. (Unless the patient has a diagnosis of mesothelioma in which case the Coroner writes and issues the death certificate and organises the cremation forms if required. They will liaise directly with the family).

Post-mortems

In some cases, the Coroner may decide a post-mortem is needed to find out why the person died. This can be done either in a hospital or mortuary.

You cannot object to a Coroner's post-mortem, however the Coroner can tell you (and the patient's GP) when and where the examination will take place.

After the post-mortem

The Coroner will release the body for a funeral once the post-mortem examination has been completed and no further examinations are needed.

If the body is released with no inquest, the Coroner will send a form to the Register Office stating the cause of death.

The Coroner will also send a 'Certificate of Coroner' form, if the body is to be cremated.

Medication

It is the responsibility of the carer or family to return all medication to the local pharmacy for disposal. This should be done at your earliest convenience.

Cremation

If your loved one died at the Hospice and you have requested a cremation, the paperwork will be completed by one of the Hospice doctors and shared with your chosen funeral director. If your loved one died at home, your GP will complete the cremation paperwork. We recommend that you discuss a reasonable timescale for your arrangements with the funeral director.



Registering a death

It is a legal requirement that the death must be registered within five working days. If you require a burial within 24 hours after death, please let your clinical team know. This should be carried out by either:

- A relative
- Someone present at the time of death
- Someone who will be arranging the funeral
- Should the person who has died be an overseas citizen, their embassy must be notified as soon as possible

What you need to take with you to the Register Office

Documentation needed when registering a death

Death Certificates are now electronically sent to the Register Office by secure email. If this is not possible, occasionally you may be asked to collect a paper certificate to take with you when you meet the Registrar.

Please find a list of a few suggested documents below. If you do not have any of these items but have other documents that might be helpful, please do take them along. It is not a problem if you cannot find the relevant documents, as the registration can still go ahead.

For the deceased person:

- Passport
- Utility bill
- NHS medical card
- All marriage / civil partnership certificates
- Birth certificate
- Change of name deed
- National Insurance Number

**For the person giving the information
(to confirm name and address)**

- Passport
- Driving licence
- Utility bill

Additional information on the deceased:

- Date and place of death
- Full name and any other names used, including a maiden name where relevant
- Date and place of birth
- The deceased's occupation
- Date of birth of surviving spouse

**If the deceased was a married woman, the registrar
will need to know:**

- Her maiden name
- Full name and occupation of husband
(even if deceased)

The registrar will give you:

- A green form (Form 9) which permits your chosen funeral director to move the deceased from the initial funeral directors.
- A certificate of registration of death
- The death certificate (if purchased)

It is advisable to purchase additional copies of the death certificate as they will be required by the deceased's bank, building society, insurers etc. We normally recommend around six certificates, depending on the number of institutions to be informed, as photocopies cannot be used. Each certificate is a certified copy of the entry in the death register and costs £11.00 per certificate at the time of registering the death.
(Price correct as of December 2022)



Contact details for your local Register Office

The contact details for the Register Offices in the London Borough of Sutton and the London Borough of Merton are shown overleaf - kindly contact the relevant borough where your family member died.

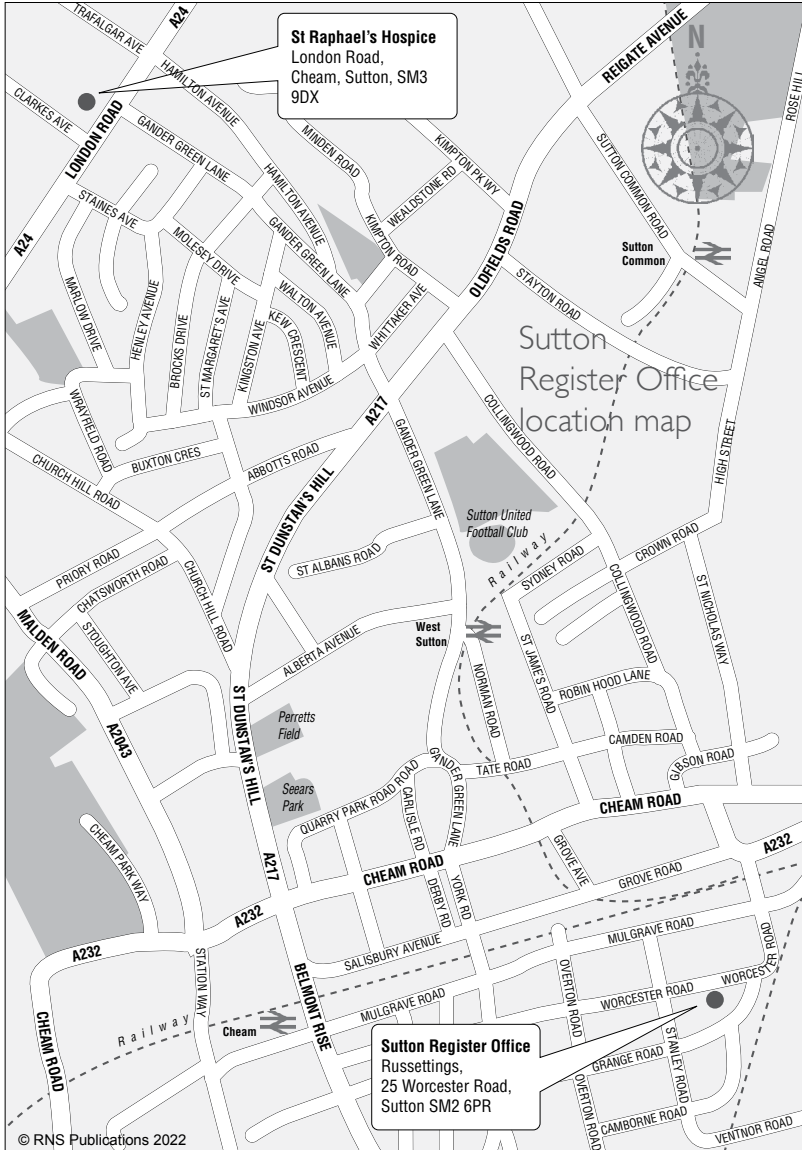
Please telephone the number shown for an appointment or alternatively, online:

www.sutton.gov.uk

www.merton.gov.uk

To register a death of a resident of the **London Borough of Sutton**. Website: www.sutton.gov.uk

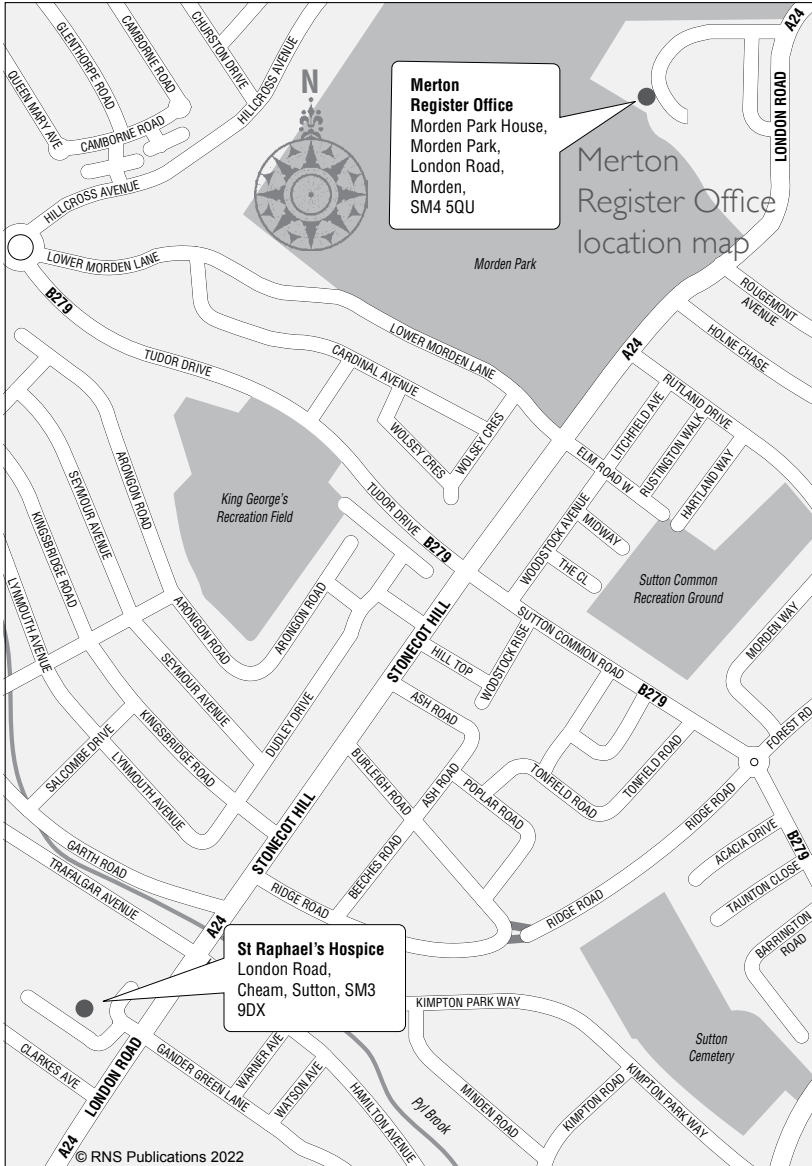
Sutton Register Office, Russettings, 25 Worcester Road, Sutton, SM2 6PR Tel: 020 8770 6790. Opening hours: 9:00 - 16:30.



To register a death of a resident of the **London Borough of Merton**. Website: www.merton.gov.uk

Merton Register Office, Morden Park House, Morden Park,
London Road, Morden, SM4 5QU

Tel: 020 8274 5777. Opening hours: 9:00 -16:30.



Planning the funeral

Funeral planning and legal requirements

Some people plan their funeral in advance. If your loved one has not done so, you can begin to prepare funeral arrangements as soon as you feel able to. You may prefer to let a few days pass before considering the funeral arrangements, this can be done in your own time. Before making plans, it is important to check whether any specific instructions were left, or if any funeral arrangements were made and paid for, in advance. Providing there is no requirement for a Coroner's Inquest following a death, the funeral plans can then be confirmed.

The main requirements in England and Wales are that the death must be certified by a doctor/s or Coroner, registered with a Register Office of births, marriages and deaths, and the body either buried or cremated. You do not need to have a ceremony, religious minister, or funeral director unless you wish to. If you want a ceremony, this does not have to take place in a crematorium or church unless this is your choice. It is however, advisable to check where the finance will come from before you make arrangements.



Types of funeral

There are more options concerning the content and duration of a funeral than many people realise. Generally, funerals contain both a 'service element' and a 'physical aspect'.

Many services have a religious element but Humanist or civil services are available for those who would prefer a funeral service without reference to a God or religion.

There are many different types of funeral including:

- Traditional - at a church or other place of worship, followed by a burial or cremation
- Direct burial or cremation
- Woodland Burial
- Humanist

Increasingly, people are selecting options such as eco-friendly coffins or shrouds.

Other things to consider

As with all events there are many aspects you may wish to consider, such as whether the body will be available for viewing, how your loved one should be dressed, whether to make announcements in a newspaper, and so on. In reality there is no such thing as a 'standard' funeral. Many people want the funeral to reflect an individual's character, their way of life, beliefs and ideals. Generally the simpler the funeral the less costly this will be. Although there are set charges such as the crematorium or grave etc, there are many aspects of a funeral which are optional. You don't have to accept all the options presented to you. It is important to select what feels right for you and your loved one.

Independent and ‘family organised’ funerals

Many people choose to make their arrangements through a funeral director. However, some people consider an independent or ‘family-organised’ funeral to be more personal and less expensive. If you would prefer this and you have the time to research and prepare, you can enquire at the Cemeteries and Crematorium department of your Local Authority for guidance. You can also get information from the Natural Death Centre or other agencies listed at the end of this leaflet.

Funeral directors

Funeral directors can manage all or part of the funeral arrangements. They can give advice on available options and provide support to help you make decisions. There are many different types of services that funeral directors provide. You may wish to contact more than one funeral director to help you find one that you feel comfortable with.

Complaints

To help you select a funeral director, please note that a licence to practise from the British Institute of Funeral Directors, or membership of a trade association, indicates that the individual or company should operate under a good Code of Practice. If you are not satisfied, either with the costs you’re being asked to pay or with the service provided, try to resolve it with the funeral director or service provider in question. If you cannot resolve the issue, contact any relevant trade association such as the National Association of Funeral Directors (NAFD) at info@nafd.org.uk or get advice on how to proceed from your local Citizens Advice Bureau.

Finances after someone dies

Paying for the funeral

Funeral costs are normally recoverable from the deceased's estate, but the person organising the funeral will be responsible for paying the bill. It is advisable to check where the money will come from before you make arrangements. Many people now purchase their funeral in advance through a pre-purchase funeral plan. You may need to check if this has been arranged and if the plan covers the entire cost of the funeral.

Some funeral directors require a deposit, therefore ensure you discuss payment from an early stage.

Many banks and building societies will release money to pay for the funeral before probate is granted, but not all. Contact the deceased's bank or building society where their funds to pay for the funeral are held, to inform them of the death. They will need a copy of the death certificate, the funeral directors can send their account directly to them or you can send the account to the bank for payment.

Where payment for the funeral is an issue, you may be entitled to help with the funeral costs through the Social Fund. Contact the Department for Work and Pensions (DWP) **(0800 731 0469)** on their bereavement line, **to discuss your eligibility**. They will also cancel the deceased's DWP benefits, as well as advise on your eligibility for other benefits. There is a time limit for claiming bereavement benefits and a funeral grant, so it is important to contact them as soon as possible or within **1 month** of the bereavement. Funeral grants have a maximum threshold and not everyone is given the full amount. It is essential to consider this when organising the funeral to prevent running up large costs.

Many funeral directors will set up a monthly/weekly payment plan to repay any shortfalls.

In cases where there is no one to arrange the funeral contact the local authority for advice.

Change in circumstances and benefits

If you were receiving Carer's Allowance prior to the bereavement this will continue for six weeks after the death of the person you were caring for. Check that Council Tax Benefit and Housing Benefit are in your name: if not these may need to be reapplied for. You will be given a number when you register the death, this will cancel the deceased's passport, driving licence etc. You can also contact Bereavement Support Network's Stop Mail service on 0333 240 0343 or go online to www.stopmail.co.uk to stop unwanted direct mail.

www.gov.uk has excellent advice on all benefits, or you can use the contacts suggested below. When a death is registered the registrar will offer to register you on the Tell Us Once Service. This will mean you can go online or contact them on 0800 085 7308 to cancel services such as passport, driving licence, library card etc.

If you are under pension age:

If you are a parent and any of the following benefits are in the deceased's name these will have to be changed or reapplied for: Child Benefit (**HMRC 0300 200 3100**), Child Tax Credit or Working Tax Credit (**HMRC 0345 300 3900**)

Contact Job Centre Plus, the DWP numbers on page 18 or your local Citizen's Advice Bureau for advice and support in finding out what is available and how to apply. Alternatively, check out the **www.turn2us.org.uk** website for information. If you are eligible for certain benefits you may be able to get support with your mortgage. This will be for the interest only and there is a limit to what they will pay. Job Centre Plus can advise you on this or go to gov.uk for information.

If your spouse/partner or you were on state benefits prior to the bereavement, or if you are now on a low income, you may need this reviewed.

If you have children and are working, available benefits will depend on your income and the age of the children. If you are unable to work or unemployed you may be eligible for benefits or increased benefits. You may also be eligible for a bereavement payment or support. The DWP will be able to advise you on their bereavement line.

If you are over pension age

If your spouse or civil partner dies then you may need a benefits review, particularly if you are now living alone. There is a minimum allowance for single people, which may be increased depending on which benefits you are eligible for.

A review is recommended at this stage as not all benefits are means tested. The DWP (0800 731 0469) bereavement line should be able to start this process when you ring them. Therefore, do make sure you discuss your pension and income when you ring them.

You can also contact your local Citizens Advice Bureau for advice or look up the fact sheets on www.ageuk.org.uk or www.gov.uk

Also see the Task Checklist in this booklet to help you contact the right people (see page 23). There is also step by step information available online at www.gov.uk/when-someone-dies

If you need guidance with regard to funeral benefits, please contact:

- **Money Advice Service www.moneyadviceservice.org.uk/en**
- **Citizens Advice Bureau**



Solicitors, wills and legal matters

Probate (administration of an estate)

This is the legal process for the distribution of the deceased's estate (money, property etc). You need to establish if the deceased had a Will in place. This may be found at their bank, solicitor, home, with family or a friend or if registered, Principle Probate Registry (0300 123 1072).

When a Will is in place:

The Will may include funeral wishes, wishes regarding the deceased's estate and the name of the executor/s or the person/s legally entitled to deal with the estate. The executor/s is/are legally responsible for administering the estate according to the wishes in the Will. If the Will is with a solicitor they should be informed of the death. Named executors can administer the person's estate on their own, information on how to do this can be found online at **www.gov.uk** or they may prefer to get the help of a solicitor to carry this out.

Another source of information on Wills can be found at **www.ageuk.org.uk**

When there is no Will in place:

When someone dies without making a Will, they are said to have died 'intestate' and different rules apply. When this happens the law sets out who should deal with the person's affairs and who benefits. This can be a complex situation and there is a list of people who may be entitled to the estate in turn. Further information can be found online at **www.gov.uk**. **This site also gives a step by step guide on how to proceed if you want to administer the estate yourself** or you can involve a solicitor to help you through the process.

Task checklist

People you need to consider

Informing:

- Child/Young Person's Teacher (if a parent has died)
- Bank/Building Society
- Credit Cards
- Insurance Companies
- Social Services (cancel care)
- Social Security/DWP (confirm they are aware)
- Employer (if applicable)
- Solicitor (if involved)
- Residential/Nursing Home
- Mortgage Lender
- Relatives/Friends
- GP and Dentist

If in the Person's Name:

- Cancel Appointments
- Telephone/Water/Electricity/AGs
- Car Insurance
- Newsagent/Milkman
- Clubs
- Landlord/Housing
- Television Licence
- Rental companies
- Loan company
- Inland Revenue (if self-employed)

To report a death to most government organisations in one go, you can use the Tell Us Once service. For more information please go to page 19.

Coping with grief

Grief is a normal reaction to any major loss in our lives. When someone dies there will be many practical things that need to be attended to. This can mean that you start to grieve once these things are completed and the people around you begin to return to their everyday lives.

It can be hard for us to accept the death of a family member, and we may feel overwhelmed and confused by our emotions. Part of the grieving process is trying to make sense of something that seems senseless.

We all grieve in our own way, and it may take many forms. For instance, grief may catch us by surprise and we might suddenly be overwhelmed by emotion. We may also feel anger or regret for things that we could have done differently.

There may be feelings of depression, a decreased appetite, tiredness without being able to sleep, and an inability to concentrate. Small tasks or problems may seem insurmountable and cause us to feel panicky.

We may also think that we hear or see a loved one, even though we know that they have died. We may feel numb and unable to cry, or experience a sense of relief. These are all normal reactions to the loss of a someone close to you.

If you have been caring for the person who has died, you may also feel the loss of your caring role. You may feel bereft and alone because the relationships that you have built up with different health care professionals have ended. You may have lost contact with friends while caring for your loved one, and meeting new people or re-establishing old friendships can seem daunting and tiring.

Things that may help

- Remember that there is no right or wrong way to grieve. Everyone is different.
- Try not to feel pressurised by the expectations of others.
- Do what feels right and comfortable for you.
- Allow yourself to laugh, cry, or feel angry – someone you love has died and that is painful.
- You may also feel numb and unable to cry.
- Take care of yourself and pay attention to your health.
- Try to accept help from others. This can be comforting for you and for them.
- Talking about the person who has died and about your experiences, can help you to begin to make sense of what is happening for you.
- You may find that people are awkward around you. They may want to give support but are afraid of saying the wrong thing. If you feel able, let them know how best they can help you.
- Do not be afraid to seek help either from our Bereavement Service, or from your GP, or other health care professionals.

With time you will find that memories become less painful, and that you will be able to remember without feeling distressed. People who are closest to you may be able to help the most – friends and relatives can share memories with you, which can be comforting. Sometimes, too, it can be difficult to share with family or friends.

If after several weeks you find that you are not coping with your emotions or your grief is overwhelming, it would be appropriate to seek help either from your GP or from St Raphael's Bereavement Service. You can also seek help at a later date, as and when you feel you would benefit from this.

Support for children and young people

Supporting children at this time can often feel daunting, particularly if you are struggling with your own grief. However, there are simple and straightforward ways which can make a real difference to you and to a grieving child.

- Make sure that you have enough support for yourself.
- Make sure that the nursery/school/college is aware of what has happened, as they may be able to offer support and sign post to other organisations.

Children 0-11 years:

- It is important for children to be able to continue with regular activities as far as possible, in order to help them to feel secure.
- Children and young people may see-saw in and out of grief, needing time to play and have fun as well as time to be sad.
- Talk to your child using simple straightforward language.
- Give your child as much information as he/she asks for.
- Answer your child's questions about death as honestly as you can.
- Encourage your child to talk about how he/she feels.
- Children often need help retaining their memories - share memories and stories with them.
- It's ok for your child to know that you are feeling sad.

Children's understanding of illness and death will vary according to their age and development. However, they will all need to come to some understanding about what has happened. With support and information, children and young people can be helped to understand what has happened and can slowly learn to live with their loss.

Young People 12 years+:

The teenage years can be a difficult time, in a bereavement situation this can feel even more difficult, as bereaved young people and teenagers:

- Often do not want to talk to parents, but prefer to talk to friends.
- Can be reluctant to grieve openly and may need to find their own private space.
- Are more likely to demonstrate their grief in a similar way to the adults around them.
- Young males and young females may show their grief in different ways.
- Young men may be more inclined to channel their feelings into aggressive behaviour.
- Young women may be more likely to talk and cry with their friends.
- Both may exhibit worrying or risk-taking behaviour.
- It is important to continue to provide firm but flexible boundaries.

If you are concerned contact your GP, our Bereavement Service, or other professional agencies for help and advice.



St Raphael's Hospice Bereavement Service

The Bereavement Service is part of the Psychological Support Services, Social and Spiritual Care, based at the Hospice. We provide a service for family and friends of patients who are under our care, and offer support through the experience of dying, death and bereavement.

For bereavement support:

You can be referred by the Community Palliative Care Team, Hospice at Home Team, or our Inpatient Unit.

We will send you a letter of condolence following the death of your loved one, you can expect the letter within 4-6 weeks. This will be followed up in about 12 weeks time by a telephone call from our Bereavement Team.

You may feel that you are currently well supported or that it is too soon to talk. If this is the case, you are welcome to get in touch with us in the future.

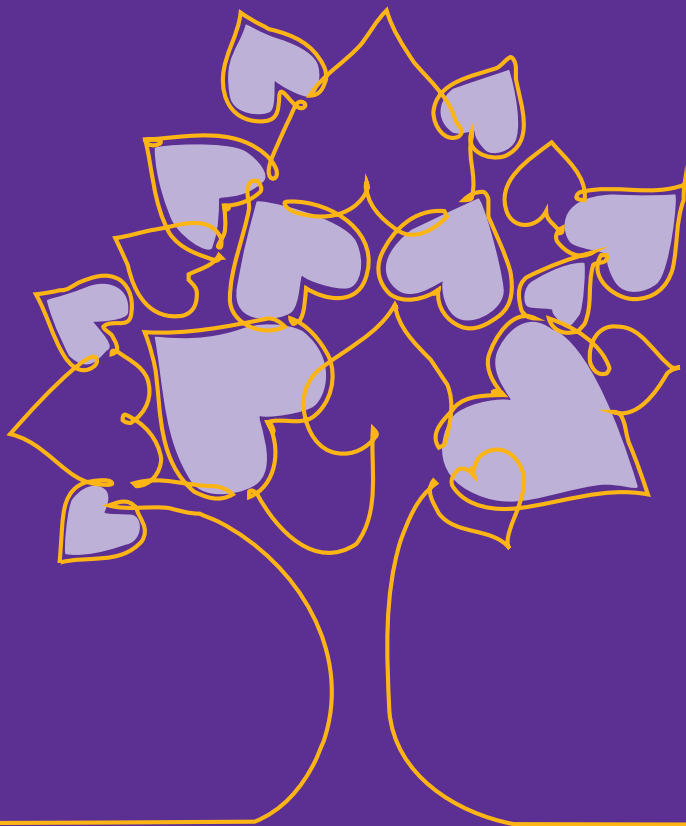
Please note that our Bereavement Service is available for all family and friends of patients who have been cared for by St Raphael's Hospice.



In-Memory Giving

Grow your love

Change lives



Get in touch to discuss how you could grow your love for someone you've lost into something really beautiful.

Supporter Care Team: 020 8254 2450; supportercare@straphaels.org.uk
www.straphaels.org.uk

How the services of the Hospice are paid for

St Raphael's Hospice Charity supports people in the two London Boroughs of Sutton and Merton who are living with a life-limiting illness. **Our care and services are provided to patients and families entirely free of charge, to help them and their loved ones make every moment count.**

We provide care for over 1,000 patients every year. This is delivered by our community team of Clinical Nurse Specialists, Doctors, Hospice@Home, our Inpatient Unit and Wellbeing Centre. We also provide counselling, bereavement and spiritual support.

The Hospice needs more than £6 million a year to run. We only receive 25% of our costs from the NHS, the remainder, £4.5 million a year, needs to be raised by ourselves through charitable fundraising, donations and legacies.

For further information visit: www.straphaels.org.uk

Remembrance

There are a number of ways you can remember your loved one, and for many, it is an important part of the healing process. Here are a few ways you might like to pay tribute through the St Raphael's Hospice.

A time to remember

All those who have experienced bereavement and have expressed an interest will be invited to an 'occasion of remembrance and thanksgiving' at St Raphael's Hospice near to the first anniversary of the death.

Light up a Life

Every year the St Raphael's Hospice organises a Light up a Life service in December. The Carol Service is held in the grounds of the Hospice and/or virtually. It is an opportunity to come together for the purpose of sharing the sense of loss, whilst celebrating those we have loved. The ceremony makes it a very special event, as do the hundreds of little lights that shine out from the Christmas tree.

Lavender Memories Walk

Our annual Lavender Memories walk in the Spring gives people the opportunity to walk in memory of a loved one and to raise money for the Hospice. The walk is in the morning on a Saturday. The route starts and finishes at Mayfield Lavender Farm and is approximately 6 miles / 10km. The aim is to have fun with family and friends.

Create a lasting legacy

If your loved one was cared for by St Raphael's Hospice, you may want to honour their memory by making a gift. There are two ways in which you can do this. The most immediate is by requesting that those attending the funeral make a *donation in lieu of flowers*. You can request an unlimited supply of special printed envelopes to give to families to distribute among the mourners and ask for them to use Gift Aid, if possible. Contact our Supporter Care Team on 020 8254 2450.

If you would prefer to do something more long-term, please take a moment to consider setting up a *Tribute Fund*. These memorial funds give relatives an opportunity to celebrate a person's life whilst helping others. The funds build up in a variety of ways, such as asking friends and relatives to make a donation on special anniversaries like your loved one's birthday or through getting involved in fundraising events. If you would like to set up or be involved in a fundraising event, our fundraising team will work with you to make it a success.



Online donations

Many people prefer to now donate online. Some Funeral Directors are able to set up an online giving facility for their clients or alternatively you can set up your own at:

www.justgiving.com/straphaels

and select “Fundraise for us” and then “In Memory”

You can personalise the webpage by writing a special message and include a photograph. Friends and family can also leave their own messages. You can email the link to your page to family and friends. Many people find online giving more convenient, particularly if they have been unable to attend the funeral, for example, those who may be abroad, and they appreciate the opportunity to remember someone and donate to the charity.

We do not expect anyone, patient or relative, to make a donation; however, the work of the Hospice is only possible with thanks to your support, generosity and goodwill.

If you would like to take part in any of our remembrance events, or would like further information about making a donation in memory of your loved one to St Raphael’s Hospice, please phone the Supporter Care Team on 020 8254 2450 or email: supportercare@straphaels.org.uk

National Organisations

National Association of Funeral Directors (NAFD)

618 Warwick Road, Solihull,
West Midlands, B91 1AA
Telephone: 0121 711 1343
Email: info@nafd.org.uk
www.nafd.org.uk

Natural Death Centre

In The Hill House, Watley Lane,
Twyford,
Winchester, SO21 1QX
Telephone: 01962 712 690
www.naturaldeath.org.uk

Samaritans

www.samaritans.org
Free national telephone
number 116 123

Society of Allied and Independent Funeral Directors (SAIF)

3 Bullfields, Sawbridgeworth,
Hertfordshire, CM21 9DB
Telephone: 0345 230 6777
www.saif.org.uk

WAY - Widowed and Young

Offers support to widows and widowers up to the age of 50. They provide social and support networks to help rebuild lives.

www.widowedandyoung.org.uk

Other sources of information

Age UK

Age UK's website offer fact sheets entitled 'Planning for a funeral', Instructions for my next-of-kin and executors upon my death'; a form on which people can record their wishes about funeral arrangements (e.g.: type of service, use of specific funeral director, etc)
Telephone: 0800 055 6112
www.ageuk.org.uk

The Good Grief Trust

Help, hope and advice in one place for the bereaved
www.thegoodgrieftrust.org

Good Funeral Guide

Independent not-for-profit funeral resource
www.goodfuneralguide.co.uk

Funeral Guide

Online funeral resource
www.funeralguide.co.uk

Quaker Social Action

Practical support for people struggling with funeral costs
quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth

National Organisations in relation to children

Child Bereavement Charity (Trust)

For children and young people's bereavement support services in your area.

Telephone: 0800 028 8840

www.childbereavementuk.org

OR

Childhood Bereavement Network

For children and young people's bereavement support services in your area.

Telephone: 020 7843 6309

www.childhoodbereavementnetwork.org.uk

The Child Death Helpline

For anyone affected by the death of a child

Telephone: 0800 282 986

www.childdeathhelpline.org.uk

Compassionate Friends

Bereaved parents offering friendship and understanding to other bereaved parents.

Telephone: 0345 123 2304

www.tcf.org.uk

Grief Encounter Project

For bereaved children and their families.

Telephone: 0808 802 0111

www.griefencounter.org.uk

Partnership for Children

Good mental health for children, helping your child to cope with bereavement.

Telephone: 0208 974 6004

www.partnershipforchildren.org.uk

SIBS

For brothers and sisters of disabled children and adults, with any disability, long term illness, or life limiting condition.

www.sibs.org.uk

Winston's Wish

Winston's Wish helps bereaved children and young people rebuild their lives after a family death. They also offer support and guidance to families, professionals and to anyone concerned about a grieving child. General Enquiries:

Telephone: 01242 515157

Help Line: 08088 020 021

www.winstonswish.org

Jigsaw

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Tel: 020 8687 1384

www.jigsaw4U.org.uk

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The Hospice would like to thank RNS Publications for publishing this information and the following pages contain some features from local services offering their help at this time.

Whilst the Hospice is grateful of their support it does not endorse or recommend any of the services that they provide.



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