

HAWTHORN MEDICAL PRACTICE

A GUIDE TO HELP THOSE
RECENTLY BEREAVED

Grief is the last act of love we have to give to those
we have loved. Where there is deep grief,
there is deep love.

When someone close to you dies
You may be unsure what to do.

We hope this leaflet will help you
through the first few days.

It explains:

- What you have to do
- How you may feel



STAGES OF GRIEF

When someone you love or care deeply about dies it is very painful. You may experience all kinds of emotions and at times it may feel like the pain and sadness you're experiencing will never go away, you may try to pick yourself up and return to 'normal' but nothing in your world feels 'normal' anymore. You can surround yourself with people but still feel alone and isolated. The stages of grief are universal.

It is said there are 7 stages of grief and you may drift back and forth between different stages at different times throughout your life but it's important to state that people grieve in different ways and what is right for you may not be for someone else. Even members of your own family will grieve in different ways; there is no right or wrong way.

Shock and denial – When first hearing of a death many react to learning of the loss with numbed disbelief and some may even deny the loss at some level to avoid the pain. Shock provides emotional protection from being overwhelmed all at once and you may find you can be almost shutting down emotionally and simply functioning at a basic level, this may last for weeks or longer. You may be very weepy or not cry at all.

Pain and guilt – As the shock wears off, it is replaced with the suffering of pain which can to some manifest itself into physical pain. Although an extremely difficult period, professionals recommend that in order to move through the stages of grief it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs. You may spend a considerable amount of time analysing, thinking and re-thinking over things you did or didn't do with your loved one. You may feel in a constant state of anxiety and unease during this phase. Guilt may overwhelm you.

Anger – Anxiety and unease sometimes gives way to anger, and you may lash out and lay unwarranted blame for the death on someone else or even at the person who has died. You may be very angry at yourself and blame the death on something you did or did not do. During this grieving period, it is common to continually question 'Why did this happen to me? What have I done to deserve this?' particularly if it was a sudden and unexpected death.

Depression, loneliness – Eventually you will reach the point where the true magnitude of your loss will hit you and the impact can knock you sideways and leave you with a real sense of despair and loneliness. This can be some considerable time after the death and is often when well-meaning friends will try to 'snap you out of it'. Although well meaning, they must allow you to work your way through the grieving process in your own time and your own way. These feelings can ebb and flow in the following years but if you find yourself sinking deeper and deeper into depression you must seek help from a Bereavement Counsellor or your GP.

Upward turn – After time you will start to feel a little calmer and a little less anxious. You may even begin to smile and laugh again but don't feel guilty for doing so.

Getting there – You are starting to feel more in control and able to face the world and may start to think on a more practical level about what you have to do in order to continue your life without your loved one.

Acceptance and hope – You will start to look forward and actually plan things for the future. Eventually, you will be able to think about your lost loved one without incredible pain. You will always feel sadness but the wrenching pain will diminish. You will be able to talk about your loved one without crying and you will begin to function as a person again.

*Grief is like the ocean, it comes in waves- ebbing and flowing
Sometimes the water is calm and sometimes it is overwhelming.
All we can learn to do is swim. – Vicki Harrison*

WHAT DO I NEED TO DO FIRST?

- You will need to tell close family and friends what has happened.
- You will need to get the death certificate (sometimes called the 'medical certificate of cause of death') from the Doctor.
- You must register the death – you will need the death certificate to do this. See page 5 for more about this.
- You should think about the funeral. If you wish, you can contact a funeral director before you register the death. See page 8 for more about this.
- You should look for the will of the person who has died. If you can't find it, their Solicitor may have a copy.

The death of someone close can be overwhelming, and you may need help to do all these things. Relatives, friends or neighbours can support you.

A priest, minister or religious leader may be able to help you or tell you where you can find help. You can also get advice from a Funeral Director or a Solicitor.

THE FIRST STEPS

REGISTERING THE DEATH

Where to register a death

A death must be registered in the district where the death occurred within 5 days following the death, unless a Coroner is involved (**see section re Coroners**). If the death occurred in Lincolnshire it may be registered at any Registration Office in the county. You will need to make an appointment by contacting the Customer Service Centre on 01522 782244.

Where to register locally

Skegness Registration Office

Aura Skegness Business Centre
Heath Road
Skegness
Lincolnshire
PE25 3SJ
Tel: 01522 782244
Fax: 01522 589524
Email: regist@lincolnshire.gov.uk

Who can register

It is usual for the next of kin or close relative to register a death but if there are no relatives it is possible for someone else to register, such as:

A person present at the death

The person responsible for arranging and paying for the funeral.

Ask someone to attend the Registry Office with you since it can feel overwhelming and upsetting so you need moral support.

How it works

Your private appointment will generally last for 45 minutes. It is useful to bring the deceased's birth certificate, marriage certificate (if applicable) and NHS medical card.

The Registrar will ask for:

- The date and place of death.
- Full name of the deceased, including maiden name where applicable.
- The deceased's date and place of birth.
- The deceased's occupation, if applicable.
- If the deceased was married/widowed, the full name(s), occupation and date of birth of their spouse.
- The deceased's usual address
- Information on whether the deceased had been receiving benefits, i.e. disability or job seeker's allowance, pension.

Certificates

At your appointment, two forms will be issued:

Certificate for burial or cremation, sometimes called the green form. This is the certificate to give to the funeral director so that arrangements can be made for the funeral to take place

Certificate of registration of death, sometimes called form BD8, for Department of Work and Pensions purposes.

You will be able to purchase certified copies of the death certificate. You will need a Death Certificate in order to deal with the following:

Probate or letters of administration
Bank and Building Society accounts
Life insurance policies covering the deceased
Dealing with stocks and shares owned by the deceased
Applying for a tax rebate
Company pension scheme
Mobile phone contract
Social media accounts (Facebook, Gmail, Ebay etc)
Loan companies

This list is not exhaustive and there may be other Companies and organisations that require an original certificate. Some Companies will return the certificate to you but this is not always the case.

The majority of Companies will not accept photocopies and therefore it is advisable to obtain at least 10 or 12 certificates to avoid further costs since additional copies entail greater costs if ordered at a later date.

Tell Us Once Service

When someone has died there are lots of things that need to be done at a time when you least feel like doing them. At your appointment to register the death, the Registrar should offer you the **Tell Us Once Service** which helps you notify Government departments and local Council Services of the death. This is a free service.

To make sure the right information is given to the people they contact for you, you must take the following with you when you go to register the death.

Details of any benefits or services the deceased was receiving.

Their driving licence and passport and, if applicable, Blue Badge.

The National Insurance number of the deceased and their spouse would be useful but is not essential.

The organisations that can be contacted include, the Department of Work and Pensions, HM Revenue & Customs, Identity & Passport Service and Local Authority services such as Council Tax, Adult Social Care and Housing Benefit.

Coroners

In certain circumstances the death may be referred to the Coroner by the Doctor or the Registration Office.

When is a death reported to the Coroner?

- When the deceased was not seen by a Doctor during their final illness
- When a Doctor is unable to certify the death
- When a Doctor has not seen the deceased within 14 days of the death or after death

- When the certifying Doctor has not been in medical attendance of the deceased
- When the deceased dies within 24 hours of being admitted to hospital
- When the cause of death is unknown
- Where death occurs during an operation or during recovery from anaesthetic

- When death is sudden, unexplained or in suspicious circumstances
- When the death may be due to industrial injury or disease; accident; violence, neglect; abortion or any kind of poisoning
- Where the deceased has been retained in Police Custody or prison
- Where there is a deprivation of liberty involved (DoLS)

What will the Coroner do?

The Coroner may be able to establish that the death was due to natural causes and that a doctor is able to issue a medical certificate giving a cause of death.

If the Coroner is unable to establish that the death was due to natural causes, then they will arrange for a post mortem examination to be performed which may show that the death was due to natural causes. The Coroner will then issue corresponding paperwork to the Registration Officer. The Next of Kin will need to attend a Registration Office in order to register the death and obtain a Death Certificate.

Who removes the deceased? The Police or Coroner's Officer will contact a local Funeral Director on behalf of the Coroner to arrange removal of the deceased from the place of death. They may then transfer them to the hospital for post mortem examination if required. You are not obliged to use this funeral director to carry out the funeral arrangements and can contact your own choice of funeral director with regards to the funeral.

What happens if a natural cause of death cannot be established immediately? If a natural cause of death cannot be established immediately the Coroner will carry out further investigations. The Coroner may ask a pathologist to examine the body and carry out a post mortem examination (also known as an autopsy). This examination must be carried out as soon as possible. He may also request toxicology, histology, and reports from organisations and doctors involved with the deceased. The Coroner will be able to issue a Fact of Death Certificate which can be used in place of a Death Certificate.

Depending on the outcome from the further investigations the cause of death may still be natural causes. In these circumstances, the death will still need to be registered at a Registration Office. If the outcome of further investigations finds that the death is not from natural causes, then an inquest will have to take place.

Inquests

What is an inquest? An inquest is a public court hearing held by the Coroner to establish who died and how, when and where the death occurred. The purpose is to discover the facts of the death, not to apportion blame on any individual or organisation.

Why is there an inquest? If it was not possible to find out the cause of death, the death was unnatural, or the death occurred in state detention the Coroner has to hold an inquest to complete the investigation. The only exception will be if there is a police prosecution in relation to a death.

Opening an inquest Where an inquest is required the Coroner will open the inquest as soon as possible. This hearing is normally very brief; the Coroner will then immediately adjourn the inquest until a later date when the necessary reports and documents are available.

What is a pre-inquest review? Occasionally, the Coroner will hold one or more hearings before the inquest which are known as pre-inquest reviews. This would normally happen when the circumstances of the death are complex and there needs to be a legal discussion about the scope of the inquest.

Who can attend an inquest? Inquest hearings are always held in public. A Coroner's Officer may be in attendance and relatives of the deceased will be invited to attend. Witnesses who have been summoned to give evidence will also attend. Members of the public and the media are allowed to attend.

What happens at an inquest? The Coroner will introduce the inquest explaining who everyone is and what will be happening. The Coroner will then call and question the relevant witnesses who have to give evidence either by swearing an oath or making a declaration.

Family members and other Properly Interested Persons can ask questions of the witnesses after the Coroner has done so. The Coroner will read out any statements that are to be taken as documentary evidence.

The Coroner will then summarise the evidence and pronounce the conclusion (or where there is a jury, give them directions as to the range of conclusions which they can consider). The Coroners Court Support Service may be present to provide the family and witnesses with practical and emotional support throughout.

Will the inquest be reported by the press? Journalists may attend the inquest and report on what has taken place. Anything read out at the inquest may be reported on. The Coroner's Office will not release any information to the media which has not already been made public through the inquest.

Must a witness attend an inquest? If a witness lives in England or Wales they must attend if they have been summoned. It is an offence not to attend and the Coroner may issue a warrant enforcing the witness to attend or issue a fine for non-attendance.

Am I a Properly Interested Person? A Properly Interested Person can include, but is not exclusive to, direct relatives (spouse, siblings, children and parents), executor, a person or organisation who may have contributed to the death, and medical personnel who were involved with the deceased prior to death.

Inquest conclusions: The Coroner comes to a conclusion at the end of the inquest. This will include determining who died, and where, when and how they died. The death will usually be recorded as accident, misadventure, natural causes, industrial disease, suicide, open or narrative.

How do I get a death certificate after an inquest? If the relatives of the deceased are in attendance at the inquest, the Coroner's Officer or a member of the Coroners Support Service will give them a form to complete and send into the Registration Service applying for a death certificate. If the relatives are not in attendance at the inquest, they will be written to informing them of the conclusion and how to apply for a death certificate. After an inquest a relative does not need to attend an appointment to register the death.

What happens when someone has been charged with causing the death? In these circumstances the Coroner will adjourn the inquest until after the criminal court proceedings have been concluded. It may then be unnecessary to reopen the inquest.

What if future deaths may be prevented? Sometimes at an inquest evidence will show that something could be done to prevent other deaths. If this is the case the Coroner will inform the inquest. The Coroner must write a report to the organisation or person that may have the power to take action. A copy of this report will be sent to Properly Interested Persons. The organisation or person must respond within 56 days. The Coroner must send the report and the response to the Chief Coroner. Can I get a copy of the documents used at the inquest? Properly Interested Persons can apply in writing to the Coroner for copies of the following: the Record of Inquest, all other documents used as evidence during the inquest, the Coroner's inquest notes, and a recording of the inquest may all be supplied for a fee. An estimate of the costs can be provided if requested.



PLANNING THE FUNERAL

At a time of great sadness, the last thing you want to do is 'plan' and it may seem rather mercenary to think about and discuss how much or how little you wish to spend on a funeral. Unfortunately, this is a necessary evil and it may seem that you have no time to think but do not feel pressurised; be guided by others if necessary but you must have the final say. Have no regrets.

Your loved one may have discussed with you their wishes regarding their choice of funeral and service and it really is a personal choice. If you are religious then obviously you would want a religious funeral, if you have no beliefs or even lost your faith during this traumatic time then there are alternative, but still beautiful ways to say a final goodbye.

Try to include close family members in the planning, especially children or siblings of the deceased. Not only will it ease the burden and provide moral support but it will give everyone an opportunity to say or include something meaningful and special in addition to helping their own grief.

FUNERAL COSTS

Funeral costs can include:

- Funeral Director fees, including cars for the mourners
- Things the Funeral Director pays for on your behalf (called 'disbursements' or 'third-party costs'), for example Crematorium or Cemetery fees, or a newspaper announcement about the death
Local Authority burial or cremation fees
- Flowers for the service, catering for guests afterwards, (sometimes called 'discretionary costs' if not included elsewhere is the funeral quote)

Funeral directors may list all these costs in their quote.

Paying for a funeral

The funeral can be paid for:

- From a financial scheme the person had, for example a pre-paid funeral plan or insurance policy
- By you, or other family members or friends
- With money from the person's estate (savings, for example) - getting access to this is called applying for a 'grant of representation' (sometimes called 'applying for probate')

You can apply for a Funeral Payment if you have difficulty paying for the funeral. However, there are certain criteria you must meet and you will need to contact the Bereavement Service Helpline for advice:

Bereavement Service helpline

Telephone: 0345 606 0265

Textphone: 0345 606 0285

Monday to Friday, 8am to 6pm

BURIAL OR CREMATION

Deciding between cremation and burial will affect everything to do with the funeral. Many families have conventions about burial or cremation which will determine the decision. For others, cost and the advice of the appointed Funeral Director will help them make the choice between burial or cremation.

Cremation

The majority of people these days choose to have a cremation. A Service may be held at a place of worship prior to cremation or the Service can be held at the Crematorium. Some people find it less harrowing to hold the Service at the Crematorium rather than hold two Services in different places.

When someone is buried there is a finality to the funeral element of the grieving process which a cremation does not necessarily provide. Cremated remains, or ashes as they are commonly referred to, will be available if you wish.

What do I do with the ashes?

The simple answer is whatever you want. Many people do not really think about this aspect until after the Cremation and they have the opportunity of doing something. Many take them home and keep them safe until such a time as the family decides just what to do with them. Some people find it strangely comforting to feel their loved one is still 'with them'.

The law in the UK is fairly relaxed as to where you can and cannot scatter ashes and often they are taken to a favourite spot of the deceased and scattered either with a simple ceremony or a relative or friend saying a few words.

Burial

Burials are more traditional, and often the choice of those wanting a religious funeral. Burials are more likely to be emotional events, given the longer time they take and it may be particularly distressing at the Cemetery.

Obviously with a burial there is the comfort of being able to 'visit' the loved one, lay flowers and 'talk' to them. However, it must be remembered that even after Cremation it is possible to have a memorial plaque in the Cemetery, but this will incur costs.



THE SERVICE

Religious Services

As a county we are a melting pot of faiths and cultures and it is impossible to provide detailed information on everything and this is intended to be a general guide only and will vary dependent on different cultures/faiths.

If it is your intention to have a religious element to the funeral service it will be necessary to contact your preferred place of worship.

If you use a Funeral Director they will be familiar with many and help liaise between you all to confirm and establish dates and funeral requirements.

Christian Churches – Website with details of and links to the majority of local Christian churches.

Muslims in Britain – Provides information on the many mosques in the area.

Jewish Communities & Records (JCR-UK) – Provide information on Jewish communities and places of worship.

Civil Celebrant

A Civil Celebrant is a trained professional and will perform funerals as well as weddings and naming ceremonies. They will work with you to make the service personal to the deceased and can include prayers and hymns if you so wish. A Civil Celebrant may or may not have a personal religious belief or could be an atheist, but this won't be apparent in the ceremony. Any choice of music can be played at a funeral ceremony led by a Civil Celebrant.

Humanist Celebrant

A Humanist Celebrant is a trained professional who will perform weddings, naming and funeral ceremonies. Humanist Celebrants are non-religious and won't generally include any hymns, prayers, readings, poems or anything mentioning religion or referring to an existence after death. Humanists do not believe in the afterlife and believe death is the end.

WHAT IS A EULOGY?

A eulogy is a speech given at a Memorial or Funeral service normally given by a close relative or friend. Although it can be daunting, it is considered to be an honour to be asked to perform this for the deceased. However, if no-one feels strong enough to do so it can be read by the person conducting the service.

How long is a eulogy expected to be?

The general rule is no more than 5 to 6 minutes but ask for guidance from the person organising the service.

What to include in a eulogy:

Write from the heart. Remember the happy times, mention special people who meant a great deal to them and how they fitted in to the person's life. Comment on any great achievements, perhaps they were an 'unsung hero', wrote poetry or worked tirelessly for others. Perhaps they had a talent for music or art.

If you're speaking on behalf of others ask friends, family or work colleagues for their recollections and stories to add to your own. Let others share in the privilege of shaping the speech to honour the deceased's life.

This is meant to be a respectful, loving and enlightening part of the Service, where mourners can reflect and imagine the person's life and achievements.

HYMNS, POEMS & READINGS

This is very much a personal choice. You may want to have a special hymn; perhaps the deceased had a favourite poem or a song that was special to them.

Ask close family members if there is something they would like to include. It is widely accepted that popular and classical music is played at the ceremony since many songs reflect the person, the memories and the life they lived.

There are many beautiful poems to reflect the solemnity of the occasion, many of which can be found via the internet or local library.

Don't be afraid to ask the Funeral Director for help and guidance.

FLOWERS OR CHARITABLE DONATION

It is becoming increasingly common for relatives of the recently deceased to request family flowers only at the Funeral Service with donations made to their chosen charity or organisation. In this case you can either provide a link so people can send money direct or a plate will be available at the place of the funeral for people to make a donation.

CLOTHING

Even deciding what to wear can be an overwhelming decision. Traditionally, black is usually worn by mourners but it is becoming increasingly popular for a final tribute to be a 'Celebration of Life' and mourners are requested to wear bright or a particular colour of clothing or even memorabilia, i.e. colours of a favourite football team.

Wear what you feel most comfortable in, did your loved one like you in a particular outfit; did they have a favourite colour. There is no right or wrong rule.

COPING WITH LIFE AFTER THE FUNERAL

Working your way through

For many people, the first weeks and months following the funeral of a loved one are more difficult than the funeral service. Friends and family have gone home and, for them, life returns to normal. However, for the immediate family, the real grieving has just begun.

Following the death of a loved one there are additional things to attend, often with little time to do so. Financial affairs often need to be settled quickly and, at the same time, grief is demanding attention and the realisation of a deep and permanent change begins to materialise. In addition, family members grieve in different and sometimes surprising ways. Tensions and misunderstandings often arise.

Many people put unreasonable pressure on themselves caused by the expectation that life should return to normal quickly. It won't. You may feel that life will never be 'normal' again. It will.

Be patient and deal with things with slowly. Sometimes the belongings and mementos of the deceased need to be sorted out, often dividing things amongst family members. If there was no will, this can become a struggle of "who gets what". It is important to be sensitive to each other's feelings and try to respect the uniqueness of one another's experiences.

Sometimes there is an overwhelming desire to hang on to everything that belonged to that person. Know what to let go and what to keep, sometimes it can be easier to let go in the early stages of grief. However, don't be rushed, take your time, don't make hasty decisions you may regret.

Every substance of a grief hath twenty shadows" - William Shakespeare

Acknowledge the many level of loss. The person you love is gone and the grief is raw, but in addition there can be the loss of a home, the loss of a certain way of life, the loss of friendships and a way of relating to others. There are many layers of loss and it is difficult to know which layer you are dealing with at times.

Recovery is not immediate, it is a long, slow process and if you try to get back to routine too quickly you will only delay the true grief. Don't be fooled by the numbness that often sets in during the first few days and weeks. People often refer to a feeling of being 'in limbo' or that 'life is moving in slow motion' or that 'life is on hold'.

Recognise and deal with feelings of guilt. In the busy weeks after the funeral, clearing out the house, removing personal items, trying to get back to work, smiling or laughing again may seem like a betrayal of the person who died. Ask yourself what the deceased would have wanted. He or she would want you to carry on almost as before and to do whatever it takes to deal with the challenges that loss brings. The many obligations that come with the death of a loved one are never easy, but they are better dealt with without the added burden of guilt.

Take heart. The early weeks and months after the funeral are a time for grieving and rebuilding. It may be some time before you enter this new cycle of life. Life will never be the same again, it will be different. You will never be the same, losing someone you love changes you but you can learn to live again and make the most of the life you have. After all, life is precious and you owe it to those who have gone before to live it to the full.



A CHILD'S GRIEF

If you are supporting children after a death, it is important to remember that children grieve too. They often express their grief through their behaviour. They may become quieter, or more easily tearful or angry in everyday situations. They may have physical symptoms, for example a sore tummy. When someone dies, children usually realise something is wrong. They need help to understand what has happened and to express their feelings.

It's important to be honest with children – you should tell them the person has died, and explain what this means using words they understand. Help children understand that death is natural: all living things die, accidents happen, and illness and old age are all part of the life cycle of people and animals.

Children may feel hurt or angry that the person has gone, or may feel it happened because of something they said or did. It is important to allow children to express these feelings, and to reassure them that they are not to blame

Children will move in and out of their grief – sad and tearful one moment, and maybe playing the next. It is important to recognise this is normal and to try and support them.

After the death of someone close children will worry that they, or others close to them, could die too. Again it is important to be honest with children: everybody dies some time, but most people live a long time.

Adults often worry about letting children see the person who has died or attend the funeral. Every child is different, but if they are going to be present you can help them prepare by explaining what will happen. A Funeral Director may be able to help you with this. Younger children might like to draw or write something to be placed with or in the coffin. You could ask older children for ideas for the funeral, for example a special piece of music, or a favourite memory to share with other people.

You should try to keep children to their routine – this will help them feel more secure.

You could look through photos with them and share stories about special times: sharing memories can help all the family feel stronger.

Above all, be loving and patient. You need each other.



DO IT YOUR WAY

We are all different, and we react to death in different ways. There is no right or wrong way to grieve. Just try to do what feels right for you. There is no time limit.

It is important to look after yourself. For example, you should try to eat well, and avoid drinking too much alcohol.

It's also important to know that it's normal to feel afraid, have nightmares or struggle to see the point of life. However, if you are worried about your feelings, you can speak to your Doctor

Remember:

Grief is normal – it is part of what it is to be human and to have feelings.

Grief is a journey – it is often hard, but it will slowly get easier.

Grief has no shortcuts – grief takes time. It often takes much longer than you and many people around you may expect.

It is normal both to grieve and live – when you find yourself not thinking about the person who has died, don't feel guilty .

Grief can be scary – and can lead to depressing thoughts and even thoughts of suicide. It is natural to think this way and okay to talk about it.

Finally – it is important not to expect too much of yourself, and know when to ask for help. The death of someone close is a major event in anybody's life and there are no quick ways of adjusting. It can be helpful to find someone you trust that you can talk to, for example a friend, your Doctor, or a religious leader. If after a while you feel you are still not coping, you may want to speak with your Doctor or a Bereavement Counsellor.



I'm always around

*I am the stars twinkling at night,
I am the moon glowing and bright
I am the sunshine rising at dawn
Giving you light and keeping you warm*

*I am the rainfall caressing your cheek
Sending you rainbows to brighten your week
I m the wind drying your tears,
Blowing away troubles, smoothing your fears*

*I am the clouds, so look to the sky
Check out the shapes as I'm passing by
I am that butterfly hovering above
That feather, that robin, bringing you love*

*I am the songs and the music you hear,
Sending sweet memories, keeping you near.
I am the flower that sends out its scent
I'm still around you, I never went*

*So whenever you're lonely or feeling down,
Remember I'm with you,
I'm always around*

- Mary Jac



SUPPORT GROUPS & HELPFUL CONTACTS

Aching Arms
T: 07876 504042
www.achingarms.co.uk
Bringing comfort after pregnancy and
baby loss. In memory of babies lost
too soon

Age UK Lincoln
T: 01522 696000
www.ageuk.org.uk/lincoln
Advice for senior citizens, carers
and friends

Bereavement Advice Centre
T: 0800 634 9494
www.bereavementadvice.org
A personal and web-based information
service offering support, information
and advice

Bereavement Benefit
T: 0345 606 0265
[www.gov.uk/bereavement-allowance/
howtoclaim](http://www.gov.uk/bereavement-allowance/howtoclaim)
To claim for Bereavement Benefit, contact
the Job Centre Plus

The Bereavement Register
T: 0800 082 1230
www.thebereavementregister.org.uk
Stop unwanted mail. Register for free

Child Bereavement UK
T: 0800 028 8840
Email: enquiries@childbereavement.org.uk
www.childbereavementuk.org

The Compassionate Friends
T: 0345 120 3785 or
T: 020 8469 0022
Email: info@tcf.org.uk
www.tcf.org.uk
A UK nationwide self-help group for
bereaved parents

Cruse Bereavement Care
T: 020 8939 9530
National Helpline: 0808 808 1677
Email: helpline@cruse.org.uk
www.cruse.org.uk
Provides nationwide service of
bereavement counselling

The Miscarriage Association
T: 01924 200799
(answerphone out of office hours)
Email:
info@miscarriageassociation.org.uk
www.miscarriageassociation.org.uk
UK support network and information on all
aspects of pregnancy loss

Samaritans
T: 116 123 (UK) 24/7
Email: jo@samaritans.org
www.samaritans.org
Confidential and emotional support
helpline for anyone in crisis

Stillbirth & Neonatal Death Society
(SANDS)
Helpline: 020 7436 5881 (answerphone
out of office hours)
Email: support@uk-sands.org
www.uk-sands.org
Self-help organisation offering
understanding to parents

St Barnabas, Lincolnshire Hospice
T: 01522 511566
www.stbarnabashospice.co.uk
Family support service, fully trained
counsellors

Winston's Wish
T: 08452 03 04 05
www.winstonswish.org.uk
Practical support and guidance for
bereaved children

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Lincolnshire County Council
Footprints Bereavement Services
Child Bereavement.org.uk
Gov.UK

Special thanks to the people who have shared their own experiences in order to help others cope with the devastating loss of a loved one.

If you can remember me, I will be with you always