



Chorley and South Ribble Clinical Commissioning Group
Greater Preston Clinical Commissioning Group

Bereavement support in Central Lancashire

The death of a loved one can be among the most difficult moments that any of us will face in our lives, and it often falls on those closest to the person they have lost and who is grieving the most to organise the funeral.

The government have produced a leaflet which shares important information to help bereaved families, friends or next of kin make important decisions during this national emergency and explains the next steps, answers some of your questions, and guides you to the extra help and support that is available

www.gov.uk/government/publications/support-for-the-bereaved

Across Central Lancashire there are many organisations that offer bereavement support and it is important that following a death we are able to signpost and guide people for appropriate help.

Level 1 – General support that everyone can access

The first level of bereavement support represents general support and information. Most people who experience loss will only require this level of support, which involves providing people with information on the grieving process, practical help with tasks, and social support. Family, friends, and colleagues will provide much of this support. For those offering support, this is a time of watchful waiting, active listening, reminding people that grief is normal, exploring the emotions they may feel, the person's thoughts about that and how everyday behaviour or skills might be affected.

This level of support would also include churches- all faiths and none, hospital and hospice bereavement teams, online forums and national support.

Healthier Lancashire & South Cumbria: www.healthierlsc.co.uk/suicide/bereaved-suicide

At a Loss: Provide the UK's signposting website for the bereaved <https://www.ataloss.org/>

Cruse Bereavement Care Lancashire: Tel. 01772 433645 www.cruselancashire.org.uk/

Child Bereavement UK: <https://www.childbereavementuk.org/>



Local Bereavement
Support Leaflet.pdf

Lancashire Teaching Hospitals (Leaflet):

St. Catherines Hospice: <https://www.stcatherines.co.uk/>

Derian House Children's Hospice:

<https://www.derianhouse.co.uk/care-support/bereavement-support/>

Winston's Wish: <https://www.winstonswish.org/about-us/>

Marie Curie: Tel. 0800 090 2390 www.mariecurie.org.uk/

National Bereavement Alliance: <https://nationalbereavementalliance.org.uk/>

Survivors of Bereavement by Suicide: <https://uksobs.org/>

Amparo support following suicide (Lancashire): <https://listening-ear.co.uk/amparo/>

Dying Matters: <https://www.dyingmatters.org/>

Way Widowed and Young: WAY a national charity in the UK for people aged 50 or under when their partner died: <https://www.widowedandyoung.org.uk/>

Grief Chat: <https://www.griefchat.co.uk/contact-grief-chat/>

The Good Grief Trust: <https://www.thegoodgrieftrust.org/>

Interfaith: <https://www.interfaith.org.uk/>

Samaritans: Tel. 116 123 free from any phone <https://www.samaritans.org/>

Level 2 – Extra support that some people may need to access

A small percentage of people may need extra support through their bereavement. Although this can still be offered by people and networks known to the person, it may be helpful to create opportunities to consult with professionals who have had more direct experience of working with bereaved people. This could be because of the nature of the loss – the death of a child, for example, or a sudden death – or because of other circumstances in the person's life

Cruse Bereavement Care Lancashire: Tel. 01772 433645 www.cruselancashire.org.uk/

St. Catherines Hospice: <https://www.stcatherines.co.uk/>

Derian House Children's Hospice: <https://www.derianhouse.co.uk/>

Child Bereavement UK: <https://www.childbereavementuk.org/cumbria>

Cancer Care: <https://www.cancercare.org.uk/BereavementLeaflet>

Amparo support following suicide (Lancashire): <https://listening-ear.co.uk/amparo/>

Every Life Matters: Bereavement support for people bereaved by suicide: www.every-life-matters.org.uk/affected-by-suicide/

Samaritans: Tel. 116 123 free from any phone <https://www.samaritans.org/>

Level 3 – A few people may need more complex grief support

A few people who have experienced trauma or severe/extended and complicated grief reactions after bereavement may need some individualised 1-1 specialist bereavement support. This level is most likely to be provided by bereavement specific charities and organisations.

Cruse Bereavement Care Lancashire: Tel. 01772 433645 www.cruselancashire.org.uk/

Cancer Care: <https://www.cancercare.org.uk/>

St. Catherines Hospice: <https://www.stcatherines.co.uk/>

Derian House Children's Hospice: <https://www.derianhouse.co.uk/>

Amparo support following suicide (Lancashire): <https://listening-ear.co.uk/amparo/>

Samaritans: Tel. 116 123 free from any phone <https://www.samaritans.org/>

Bereavement and the coronavirus

The following is a list of nationally produced online information which we can signpost families and carers to during the Covid-19 outbreak. This list is not exhaustive and we are not endorsing or approving any specific organisation

Child Bereavement UK: www.childbereavementuk.org/coronavirus-supporting-children/

Compassion in Dying: helping people prepare for the end of life. How to talk about it, plan for it, and record your wishes Tel: 0800 999 2434

<https://coronavirus.compassionindying.org.uk/making-decisions-about-treatment/>

CRUSE: Cruse Bereavement Care have produced helpful resources about grief and coronavirus

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

National Bereavement Alliance: <https://nationalbereavementalliance.org.uk/covid-19/>

<https://nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/>

Oxford Health: Coping with the Coronavirus - Bereavement (one of a series about Coronavirus and mental health)

<https://www.oxfordhealth.nhs.uk/wp-content/uploads/2020/03/OH-008.20-Coronavirus-and-bereavement-Local-v2.pdf>

Way Widowed and Young: WAY a national charity in the UK for people aged 50 or under when their partner died

<https://www.widowedandyoung.org.uk/news/offering-support-through-the-coronavirus-outbreak/>

Compassion in Dying: helping people prepare for the end of life. How to talk about it, plan for it, and record your wishes <https://coronavirus.compassionindying.org.uk/making-decisions-about-treatment/> Tel: 0800 999 2434

Dying Matters: aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life. <https://www.dyingmatters.org/page/updated-resources>

The **Irish Hospice Foundation** have produced a resource on grieving in exceptional times

<https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/>

Quaker Social Action have produced a guide to organising a meaningful funeral when people cannot attend: <https://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/information-and-guidance/coronavirus-organising-meaningful>

Faith Action: <https://www.faithaction.net/campaigns/coronavirus/>

Inter Faith: <https://www.interfaith.org.uk/news/covid-19>

Humanist UK: <https://humanism.org.uk/2020/04/20/humanists-uk-welcomes-updated-guidance-on-funerals-during-the-pandemic/>

Mental Health & Wellbeing during Covid-19: www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf