

Bereavement support in Morecambe Bay

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 deceased and 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 guides you to the extra help and support that is available. www.gov.uk/government/publications/support-for-the-bereaved

Across Morecambe Bay 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.

Most people who experience loss will only require low level 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 community groups, churches (all faiths and none), hospital and hospice bereavement teams, online forums and national support.

Age UK Lancashire : www.ageuk.org.uk/lancashire/about-us/news/bereavement-support/

Amparo support following suicide (Lancashire): Tel. 0330 088 9255 listening-ear.co.uk/amparo/

At a Loss: The UK's signposting website for the bereaved www.ataloss.org/

Child Bereavement UK: Includes online support including Live Chat via the website Tel. 0800 02 888 40 www.childbereavementuk.org/

Cruse Bereavement Care: Tel. 0808 808 1677 www.cruse.org.uk/

Dying Matters: www.dyingmatters.org/

Every Life Matters (Cumbria): Support for people bereaved by suicide: www.every-life-matters.org.uk/affected-by-suicide/

Grief Chat: Tel. 01524 782910 www.griefchat.co.uk/contact-grief-chat/

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

Interfaith: www.interfaith.org.uk/

Marie Curie: Tel. 0800 090 2309 www.mariecurie.org.uk/

National Bereavement Alliance: nationalbereavementalliance.org.uk/

NHS Bereavement Helpline: Tel. 0800 2600 400 www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/

Resources for Schools: localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs
www.lancashire.gov.uk/media/916175/eps-bereavement-and-loss-covid-19.pdf

Samaritans: Tel. 116 123 free from any phone 0330 094 5717 local call charges apply

St John's Hospice: Tel. 01524382538 www.sjhospice.org.uk/bereavement-support/

St Mary's Hospice: Tel. 01229 580305 www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/

Survivors of Bereavement by Suicide: Tel. 0300 111 5065 uksobs.org/

The Good Grief Trust: www.thegoodgrieftrust.org/

University Hospitals of Morecambe Bay: Tel. 01524 512406 www.uhmb.nhs.uk/our-services/services/bereavement

Way Widowed and Young: For people aged 50 or under when their partner died: www.widowedandyoung.org.uk/

Winstons Wish: Tel. 08088 021 www.winstonswish.org/about-us/

Bereavement and the coronavirus

The following is a list of nationally produced online information which families and carers can be signposted to during the Covid-19 outbreak about grief, funerals and support in exceptional times.

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 coronavirus.compassionindying.org.uk/making-decisions-about-treatment/

Cruse Bereavement Care: www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief

Books for children: www.cruse.org.uk/about-cruse/publications/recommended-books/books-for-children

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

Faith Action: www.faithaction.net/campaigns/coronavirus/

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

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

Irish Hospice Foundation: hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/

Marie Curie: www.mariecurie.org.uk/help/support/coronavirus

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

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

Quaker Social Action Organising a meaningful funeral when people cannot attend:

quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/information-and-guidance/coronavirus-organising-meaningful

School Resources: localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs

www.lancashire.gov.uk/media/916175/eps-bereavement-and-loss-covid-19.pdf

St John's Hospice: Specific coronavirus support for families not know to the hospice:

www.sjhospice.org.uk/coronavirus-bereavement

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

died: www.widowedandyoung.org.uk/news/offering-support-through-the-coronavirus-outbreak/

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

This list is not exhaustive and we are not endorsing or approving any specific organisation.