

Bereavement



“One thing we know from talking to people who’ve been bereaved is that no one experiences grief in the same way. Whatever you’re feeling, try to remember that it’s normal and there are people who can support you if you need it.”

The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact ShropshireFIS@shropshire.gov.uk and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website www.shropshire.gov.uk/early-help

Support Agencies in Shropshire

Lifelines:

Lifelines is a Shropshire Council service based within the Early Help team. The work takes place 1:1 and within the school environment. It provides therapeutic support to children and young people aged 5-16 years who are suffering from unresolved grief following the death of a significant person to them. The work takes place 1:1 and within the school environment.

Unresolved grief is what can happen if the child/young person has been unable to grieve naturally due to not having an appropriate outlet to work through their bereavement after the time of the death. To understand what to look out for with a child/young person suffering with unresolved grief you need to look out for a **change** of character. They may be:

- withdrawing from people/activities
- angry outbursts
- overly emotional
- showing a lack of emotion
- distracted (possibly affecting their studies)
- difficulty sleeping

Lifelines practitioners respond to children and young people who have been affected by any type of bereavement, including; suicide, murder, road traffic accidents, illness, preparing children and young people for expected deaths and support for unexpected deaths.

Lifelines practitioners offer a wealth of knowledge and expertise in the field of bereavement and grief. Practitioners offer advice to concerned professionals, parents and carers throughout the county.

Email: lifelines@shropshire.gov.uk

Telephone: 01743 210940

Hope House

Bereavement support and counselling is also offered to families in the wider community who have lost a child through illness or trauma. This support can also be given to children and young people who have experienced the death of someone close in traumatic circumstances

Based: Hope House, Nant Lane, Morda, Nr Oswestry, Shropshire, SY10 9BX

<http://www.hopehouse.org.uk/care/care-services/bereavement-support.html>

Telephone: 01691 671999

Cruse

A national charity. Shropshire, Telford & Wrekin Cruse offers free bereavement support services to adults and young people living in Shropshire, Telford & Wrekin who have been

affected by the death of someone close. They also offer pre-bereavement support to those who are expecting to lose a loved one through illness.

Referral Line: 0845 606 6812

Email: shropshiretelford&wrekin@cruse.org.uk

Based: The Roy Fletcher Centre, 12-17 Cross Hill, Shrewsbury, SY1 1JE

<https://www.cruse.org.uk/shropshiretelfordandwrekin>

Cruse hope again bereavement Youth Support

What is Hope Again?

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place, where young people who are facing grief can share their stories with others. If a young person had died and wants some support they can send a private email to hopeagain@cruse.org.uk to one of our trained volunteers.

If you want to talk to someone directly, call our FREE phone helpline on 0808 8081677 Monday-Friday, 9:30am - 5:00pm.

Website: <http://hopeagain.org.uk/>

National helpline: 0844 477 9400

Email: helpline@cruse.org.uk

Elephants never forget:

This service is provided by the social work team at Severn Hospice and covers the Shropshire, Telford and Mid-Wales regions. It aims to help children and families where there is a serious illness in the family or when there has been the death of significant family member.

Based: Severn Hospice Bicton Heath, Shrewsbury SY3 8HS

<http://www.severnospice.org.uk/wp-content/uploads/2010/02/Elephants-flyer.pdf>

Telephone: 01743 236565

Omega

Omega exists to tackle the wider determinants of health, including social and economic issues. They achieve this by providing access to opportunities, information and a range of other non-clinical support. They work with family carers, people nearing the end of life, the bereaved, socially isolated individuals, the frail and the elderly.

<http://www.omega.uk.net/>

Based: Freepost RSGB-CYBY-HSCX, Omega care for life, London House, Town Walls, Shrewsbury SY1 1TX

Telephone: 0845 259 3163

Email: info@omega.uk.net

National Support Agencies

Marie Curie

Marie Curie offers a wide range of support services for bereaved families & friends on this site is useful information.

<https://www.mariecurie.org.uk/help/bereaved-family-friends/dealing-grief>

Marie Curie Support Line: 0800 090 2309

Supporting a child when someone dies: Children can tell when adults are upset, so it's best to be honest with them about what's happened as soon as you can. This section is for adults who are supporting a grieving child. If you're a child who has recently lost someone close

<https://www.mariecurie.org.uk/help/bereaved-family-friends/supporting-grieving-child>

Macmillan

For carers, friends and families of people with a terminal diagnosis to discuss their emotions about the prospect of losing their loved ones, as well as practical issues about palliative care and end of life.

<http://www.macmillan.org.uk/information-and-support/coping/at-the-end-of-life/after-death/bereavement.html>

Shrewsbury and Telford Branch: http://www.macmillan.org.uk/in-your-area/index.html?latitude=52.7073029&longitude=-2.7553268&location=Shrewsbury&keyword=&radius=30&tridionpromocount=0&nationalorgansationcount=0&nationalresultcount=0&page=1#/?&_suid=142859285816307230325692673

Telephone: 01743 261000 ext. 1957

Winston's Wish

The death of a parent or sibling is one of the most fundamental losses a child will ever face. At Winston's Wish, they believe that bereaved children need support to make sense of death and rebuild their lives – and that is why they exist.

<http://www.winstonswish.org.uk/about-us/>

Helpline 08452 03 04 05 (Monday – Friday 9am to 5pm and Wednesday evenings 7pm to 9.30 pm)

Child Death Helpline.

At the Child Death Helpline they're here to listen. They understand that the death of a child is one of the most devastating events that anyone may experience. Sometimes the feelings of grief can be so overwhelming that they make everyday living very difficult – they're here to help. Calls will be answered by a trained volunteer who has also lost a child and understands the feelings that surround the death of a child.

Ring free phone 0800 282986 or: 0808 800 6019 (free phone number for all mobiles)

Opening hours: 365 days a year, at these times: Every evening 7pm to 10pm Monday - Friday
10 am to 1pm & Wednesday afternoons 1pm to 4pm

Email: contact@childdeathhelpline.org.uk

Website: <http://childdeathhelpline.org.uk/>

Net Mums Parent Supporters: Loss and bereavement forum

This loss and bereavement forum is staffed with trained parent supporters for members who need help, advice or support coping with the loss of someone close to them. Members can share their thoughts and feelings with other members who may be going through similar experiences.

<http://www.netmums.com/coffeehouse/advice-support-40/loss-bereavement-51/>

Aching Arms.

Aching Arms is a baby loss charity run by a group of bereaved mothers who have experienced the pain and emptiness of leaving hospital without their much wanted baby.

Website: www.achingarms.co.uk **Email:** info@achingarms.co.uk

Aidan's Elephants: Supporting bereaved parents in the UK

If you are a family member or friend of someone who has lost a baby, you may be looking for help and advice about how to support your loved one.

<http://aidanselephants.co.uk/>

Miscarriage Association:

Miscarriage can be a very unhappy and frightening and lonely experience. If you have been affected by miscarriage, ectopic pregnancy or molar pregnancy, we hope you will find here the information and support that you need to help.

Tel: 01924 200795 Helpline: 01924 200799 Email: info@miscarriageassociation.org.uk

The Miscarriage Association, 17 Wentworth Terrace, Wakefield, WF1 3QW

<http://www.miscarriageassociation.org.uk/contact/>

Child Bereavement UK

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Their vision is for all families to have the support they need to rebuild their lives.

<http://www.childbereavementuk.org/>

Support for children and young people

[A teenage guide to coping with bereavement](#)

[How children and young people grieve](#)

[Building resilience in bereaved children](#)

[Children's understanding of death at different ages](#)

[Explaining to young children that someone has died](#)

[Supporting bereaved children under 5](#)

[What helps grieving children and young people](#)

[When someone special dies – under 7](#)

[When someone special dies – 7-11](#)

[When someone special dies – young people](#)

[Understanding Grieving Teenagers](#)

[When your partner has died: supporting your children](#)

[Viewing a body with a child](#)

[Explaining funerals, burial and cremation to children](#)

Death of a baby

[When your baby dies – a particular sort of grief](#)

[Explaining miscarriage and stillbirth to young children](#)

[When a newborn dies – explaining to young children](#)

[Saying goodbye to your baby or child](#)

Death of a child

[When a child dies – a loss like no other](#)

Traumatic and sudden death

[Supporting children after a frightening event](#)

[Bereavement by suicide](#)

[Young children bereaved by suicide: what hinders, what helps](#)

[Supporting children and young people bereaved by murder or manslaughter](#)

Pre-bereavement

[A guide for parents of terminally ill children](#)

[Special babies, special care](#)

[When a parent is not expected to live: Supporting children](#)

[When a sibling is not expected to live: Supporting children](#)

Grandparents

[The death of a grandchild](#)

[When a grandparent dies: the impact on children and young people](#)

Forces' families

[Supporting Forces' Families](#)

Gypsy and traveller families

[Grief and Bereavement in Gypsy and Traveller Families](#)

Special educational needs

[Children with special educational needs and their grief](#)

[Supporting bereaved children and young people with Autistic Spectrum difficulties](#)

Schools

[Children at school with life-limiting illness: guidance for healthcare professionals](#)

[Grieving children and young people – the role of school, 'Guidance for parents and carers'](#)

Childhood bereavement network.

Collectively, we share a vision that all children and young people in the UK, together with their caregivers, can easily access a choice of high quality local and national information, guidance and support to enable them to manage the impact of death on their lives.

<http://www.childhoodbereavementnetwork.org.uk/>

Local Bereavement Counselling Services

Where to get expert help:

If you're experiencing any lingering mental or physical manifestations of bereavement, talk to your GP. Counselling may be offered which can be a very useful way to work through grief and come to terms with new circumstances. There may be a local support group to meet with other people going through a similar situation.

Local Counselling services: This is a national directory for counsellors, this link is to local counsellors in Shropshire.

[http://www.counselling-directory.org.uk/search.php?search=sy25de&services\[5\]=1&session_type\[face\]=1&distance=25&uqs=1021060](http://www.counselling-directory.org.uk/search.php?search=sy25de&services[5]=1&session_type[face]=1&distance=25&uqs=1021060)

Confide.

Confide is a Shropshire based registered charity, currently operating in Shrewsbury and Telford. It was established over 25 years ago by a group of counsellors who believed in the importance of counselling and that it should be more widely available.

<http://www.confide.org.uk/>

Help with finances and benefits

A useful resource for all matters relating to finances and bereavement is the Directgov website. This has a dedicated section of resources, including information on benefits (such as the Widowed Parent's Allowance), wills, and debts owed to the deceased and dealing with tax affairs. There is also a useful guide on the Citizen's Advice Bureau website on dealing with the financial affairs of someone who has died.

<https://www.gov.uk/browse/benefits/bereavement>

<https://www.gov.uk/bereavement-payment>

<http://www.cabshropshire.org.uk/>

Supporting Information

Loss and bereavement

Supporting leaflets and information:

<http://www.netmums.com/parenting-support/miscarriage-and-loss/loss-and-bereavement>

Miscarriage Association Leaflets

<http://www.miscarriageassociation.org.uk/information/leaflets/>