

BEREAVEMENT TOOLKIT



**Carers
Support**
West Sussex



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One of the certainties in life is that most of us will experience the loss of those close to us at some point. However, having this knowledge still does not prepare us for the complexity of the feelings we will experience when the time comes. The depth and breadth of the emotions felt will be different for everyone, no one can predict the intensity.

Read on for more information about a vast array of resources to help you on your journey..



**We can't get
around grief,
we have to
go through it**

General Support

Age UK

Coping with the death of a loved one

- www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig32_bereavement_inf.pdf

AtaLoss

Online Bereavement Advice Centre- a one-stop website for finding appropriate and local bereavement support

- www.ataloss.org

BAMEStream Bereavement Support Service

Offering therapeutic support in over 20 different languages and is committed to providing Covid-19 bereavement support to people from Black, Asian and other minority ethnic (BAME) communities.

- www.baatn.org.uk/bamestream-bereavement-support-service

Bereavement Advice Centre

Practical information, advice, and signposting on the many issues and procedures after the death of someone close

- www.bereavementadvice.org
- 0800 6349 494

Bereavement Care

A free service designed to help and support people struggling to deal with bereavement.

- bereavementcare.uk
- 08081 691 922

Carers UK

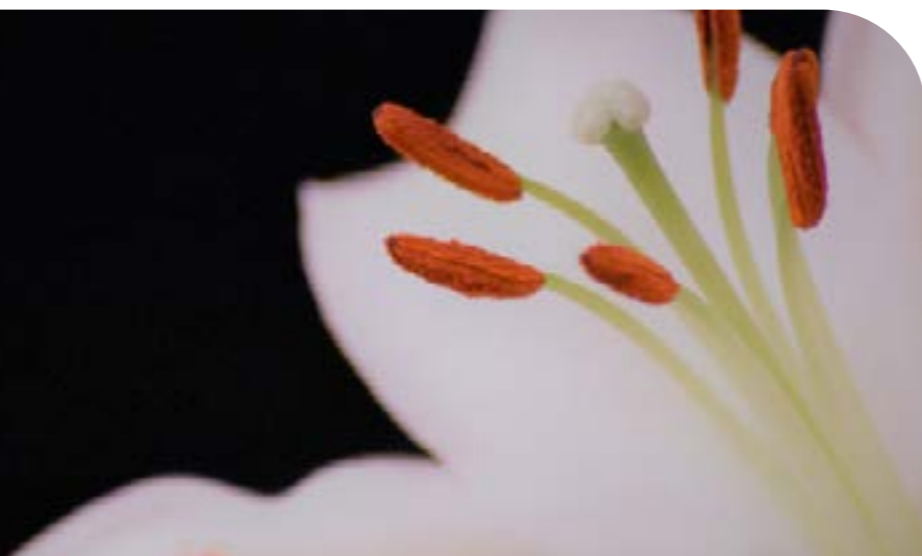
Provide guidance to help carers deal with the emotional and practical impact of losing someone.

- 0808 808 7777

Compassionate Friends

Provide general support for bereaved parents and families.

- www.tcf.org.uk
- helpline@tcf.org.uk
- 0345 123 2304





Compton Care

Offer bereavement guides in English, Urdu, Punjabi, and Hindi

- <https://www.comptoncare.org.uk/patient-and-family/bereavement-support/>
- 0300 323 0250

Cruse Bereavement Care

Our specialist bereavement experts have experience in all types of loss and can offer support however and whenever the death occurred.

- www.cruse.org.uk/about-cruse/contact-us
- 0808 808 1677

Death Cafes

Discussion groups (rather than grief support or counselling) where people, often strangers, gather to drink tea, eat cake and talk about death.

- deathcafe.com

Dying Matters

Leaflets, resources and podcasts available

- www.dyingmatters.org/overview/resources

Grief Encounters

Grief Encounters is a peer support group for LGBTQ people who have experienced a bereavement.

- www.switchboard.org.uk/what-we-do/grief-encounters
- 01273 204050

Macmillan Cancer Support

If your partner, relative or friend has died, you may find it hard to cope with your emotions and the practical things you have to do. We have information to help you cope with some of the feelings or questions you may have.

- www.macmillan.org.uk/cancer-information-and-support/supporting-someone/coping-with-bereavement
- 0808 808 00 00

Marie Curie - Bereavement Support Service

If you want to talk to someone following a bereavement, we're here for you. Whether your bereavement was expected, happened recently or was some time ago, we can help. We can also support you before your loved one dies.

- www.mariecurie.org.uk/help/support/bereavement
- 0800 090 2309

Martlets Hospice Care

Our bereavement service offers support to the family and friends of patients who have received care from Martlets - whether that's in the hospice itself or out in the community. Bereavement support and advice is available to all family and close friends of loved ones who were cared for by Martlets.

- www.martlets.org.uk/support-for-carers/#bereavement
- bereavement@martlets.org.uk
- Bereavement Team on 01273 273400 and ask to speak to the Patient and Family Support Administrator

Mind

You can find suggestions for helping yourself and others through grief. There is also information about the different feelings people can experience following a loss, and a section specifically about losing someone to suicide.

- www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/useful-contacts
- 0300 123 3393

“The size of grief is the same as the size of our love”

National Autistic Society

A page dedicated to the subject of bereavement, how it can affect autistic people and what we can do to help. Includes: guides for autistic adults/parents and carers/professionals.

- <https://www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement>
- 01689 800960

NHS Grief After Bereavement

It lists the common symptoms of grief and things that might help someone experiencing these feelings, plus how to get NHS help for stress, anxiety or depression.

- www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss

Sudden

Due to funding pressures, the Sudden service is now closed. If you are bereaved and in crisis, please use the resources on our website

- sudden.org



Sue Rider-Bereavement Support

Sue Ryder's Online Bereavement Support makes it easy to connect with the right support for you - whether that's information and resources, qualified counsellors or a community of others with similar experiences.

- <https://www.sueryder.org/grief-support/online-bereavement-support/>
- 0808 164 4572

Survivors of Bereavement by Suicide

Meets the needs and overcome the isolation of people aged 18+ who have been bereaved by suicide.

- uksobs.org
- 0300 111 5065



The Blue Cross

Support following the loss of a companion animal. If you are grieving for a pet, or facing loss, our free and confidential Pet Bereavement Support Service (PBSS) is here for you by phone, email or webchat.

- www.bluecross.org.uk/pet-bereavement-and-pet-loss
- 0800 096 6606 everyday 8.30am to 8.30pm

The Good Grief Trust

Support, signposting and advice for bereaved people.

- www.thegoodgrieftrust.org

LGBTQ funeral Guide

- www.thegoodgrieftrust.org/need-know-info/funerals/lgbtq-queer-funeral-guide/

Support for families and younger people

Child Bereavement UK

Support for families when a baby or child of any age dies or is dying, or when a child is bereaved

- www.childbereavementuk.org
- 0800 02 88840

Family Lives

Provides advice and links for how to cope when a child or baby dies; loss in pregnancy; supporting bereaved children and young people.

- www.familylives.org.uk/advice/your-family/family-life/coping-with-bereavement
- askus@familylives.org.uk.
- 0808 800 2222

Grief Encounter

National Support for children and their families with advice and info on grief for children who have lost a parent or sibling.

- www.griefencounter.org.uk
- 0808 802 0111

Hope Again

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Information about our services, a listening ear from other young people and advice



for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies

- www.hopeagain.org.uk
- 0808 808 1677

Jigsaw

Information, advice and guidance to help support bereaved children and young people and those facing the death of a loved one. We support families across Surrey, parts of West Sussex, Kent and surrounding areas.

- www.jigsawsoutheast.org.uk/
- info@jigsawsoutheast.org.uk
- 01342 313895 helpline is staffed between 9 am and 12 pm weekdays.

Just B

Just B offers emotional wellbeing and bereavement support to children, young people and adults across North Yorkshire, as well as supporting NHS, care sector and emergency service workers nationally through a dedicated helpline in response to the Covid-19 pandemic.

- justb.org.uk/
- info@justb.org.uk
- 0300 303 4434 (support for frontline staff)
- 01423 856 790 (children)
- 01423 814 480 (adults)

Let's Talk About Loss

Provide a safe space for 18-35 year olds to talk through taboos and address the reality of losing someone close to you when you are young.

- letstalkaboutloss.org

Lets Talk About Loss - Bereavement Book club

Welcome to Bereavement Book Club, a community of young people continuing the conversation around death through reading.

- letstalkaboutloss.org/projects-and-campaigns/bereavement-book-club

Miscarriage Association

If you've been affected by miscarriage, molar pregnancy or ectopic pregnancy, we hope this website will provide the information that you're looking for. We hope that family, friends, colleagues and health professionals will find the site helpful too.

- www.miscarriageassociation.org.uk
- 01924 200799

SANDS

Stillbirth and Neonatal Death Society (UK)

- www.sands.org.uk
- 0808 164 3332

“ Life throws us all kind of sufferings, but it is our responsibility to create joy

Sibling Link CIC

Bereaved by Suicide

Our Walk & Talk meetings are separate to the general meetings. They are specifically for those of us – not limited to siblings – who have been bereaved by suicide.

- www.siblinglink.co.uk/bereaved-by-suicide/
- To join us, just drop us an email at info@siblinglink.co.uk

The Childhood Bereavement Network

Signposts families, professionals and the public to sources of bereavement support for children.

- childhoodbereavementnetwork.org.uk

The Young Minds

Website has a section on Grief & Loss relating to the Covid 19 pandemic, which includes information for young people and signposts where to go for further support.

- www.youngminds.org.uk/

WAY-Widowed and Young

Support for bereaved people up to age 50, offering online support and social meetings nationally

- widowedandyoung.org.uk

Winstons Wish

Winstons Wish supports children and young people after the death of a parent or sibling

- www.winstonswish.org/
- ask@winstonswish.org
- 08088 020 021

Faith support

Ananda Network (The Buddhist Hospice Trust)

The Trust works through a network of volunteers to provide compassionate care and spiritual support for seriously ill, dying or bereaved people, their families, friends and carers.

- buddhishospice.org.uk

Burials and Funerals

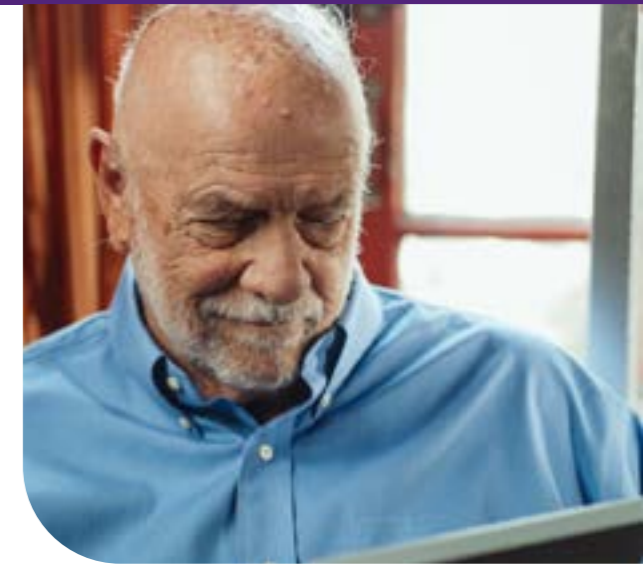
The Inter Faith Network for the UK office has now closed, and its outward-facing operations have ceased. IFN's Trustees are working toward strike-off. A Press Release issued on 22 February about IFN's closure can be found here. Further background can be found here. The content of this website is being retained as it stood in May 2024.

- www.interfaith.org.uk/news/covid-19-funerals.
- 020 7730 0410

Children of Jannah

Aimed at supporting bereaved parents, we hold at our core the Muslim belief that all children who die enter Heaven (called Jannah in Arabic). This belief is the guiding light that helps us to provide support through a faith perspective and education to thousands of families in the UK and beyond, who have been affected by the tragic loss of a child. We offer a range of specialist bereavement support services designed to help bereaved parents cope with their grief.

- www.childrenofjannah.com





Church of England

Open to all: a telephone service offering pastoral ministry of compassionate listening, and the opportunity for prayer in the Christian tradition for those who would welcome it.

- 0121 426 0405

Jewish Bereavement Counselling

Help and support Jewish individuals through loss and bereavement. Jewish Bereavement Counselling Service:

- jbcs.org.uk/
- 020 8951 3881

Muslim Bereavement Support Service

We are a non-profit organisation serving the Muslim community by supporting bereaved women who have lost a loved one.

- mbss.org.uk
- 020 3468 7333

Quaker Social Action's Down to Earth Project

Struggling to pay for a funeral can impact everything, from mental health to debt management. Quaker Social Action's Down to Earth project gives practical support, including a free helpline and a range of guides and factsheets.

- quakersocialaction.org.uk/project-tags/down-earth
- 020 8983 5030



Worthing and Adur

Brighton and Worthing SANDS

We are a group of volunteers offering help and support to bereaved parents in the Brighton and Worthing area.

- www.brightonandworthingsands.org.uk
- Support.BrightonWorthing@sands.org.uk
- 07502 763863

Caring Lady Funeral Directors (Brighton)

Bereavement support: Emotional, practical and social support to help you and your family through the difficult grieving process. Bereavement Care is a free service designed to support your emotional, practical and social needs, providing access to one to one bereavement counselling, friendship/social and support groups, walk and talk groups, life coaching and memorial services.

- www.caringladyfuneraldirector.co.uk/bereavement-support
- 08081 691 922

Friendship Group (Durrington)

Coffee Mornings and Quiz Evenings – A larger social group for bereaved adults seeking friendship and support after a bereavement.

Thursday Coffee mornings: from 10am to 12pm – Weekly - Chat,

Raffle & Outings. Tuesday Quiz afternoons: from 2pm to 4pm – Weekly – small group – Chat and Quiz. Durrington Community Centre, New Road, Durrington, Worthing BN13 3P. For further information about any of these groups please leave a message on the Cruse West Sussex answerphone:

- 0300 311 9959

HD Tribe Bereavement Service (Worthing/Goring by Sea)

Our aim at HD Tribe is to make the whole funeral process as simple and as stress-free as possible and provide bereavement counselling.

- www.hdtribe.co.uk/
- cb@tribe.co.uk
- 01903 234516

Martlets Hospice Care (Hove)

Our bereavement service offers support to the family and friends of patients who have received care from Martlets - whether that's in the hospice itself or out in the community. Bereavement support and advice is available to all family and close friends of loved ones who were cared for by Martlets.

- www.martlets.org.uk/support-for-carers/#BEREAVEMENT
- bereavement@martlets.org.uk
- 01273 273400

Sibling Link CIC (Hove)

Our Walk & Talk meetings are separate to the general meetings. They are specifically for those of us – not limited to siblings – who have been bereaved by suicide.

- www.siblinglink.co.uk/bereaved-by-suicide/
- info@siblinglink.co.uk.

Crawley and Midsussex

Jigsaw (East Grinstead)

Information, advice and guidance to help support bereaved children and young people and those facing the death of a loved one. We support families across Surrey, parts of West Sussex, Kent and surrounding areas.

- www.jigsawsoutheast.org.uk/
- info@jigsawsoutheast.org.uk
- 01342 313895. Our dedicated Helpline is staffed between 9 am and 12 pm weekdays.

St Catherines Hospice (Crawley)

We're a local charity with a big ambition: to help everyone face death informed, supported and pain free. Providing expert hospice care, we're there for people in West Sussex and East Surrey when life comes full circle.



Our expert team of counsellors and support visitors can support you in the days, months or even years after your bereavement. We can offer you support in two ways. One is over the telephone and the other is via an NHS secure system, using a mobile smart phone, which allows you to see each other face to face.

- <https://www.stch.org.uk/?s=bereavement+support>
- wellbeing@stch.org.uk
- 01293 447343 or email wellbeing@stch.org.uk

Seasons and Footsteps - St Peter and St James Hospice (Essex border)

The Bereavement Group is held once a month and provides a safe space for people to remember together. It is very informal, with plenty of tea and cake, and offers a chance to meet with others who may have similar experiences.

- <https://stpjhospice.org/our-care/carers-family-friends/>



Horsham

Henfield Bereavement Support

The group is intended for local people who have been working through their grief and feel they could benefit from social contact with other bereaved people. Venue: The Haven Café monthly (?) on a Thurs 4.15-5.15pm. To join please ring the Church Office on 01273 495532. Transport can be arranged if necessary.

Chichester

At a Loss

We provide the UK's signposting website for anyone bereaved and those supporting them

- www.ataloss.org
- office@ataloss.org

All of West Sussex

West Sussex County Council

A list of various Bereavement Resources available.

- <https://www.westsussex.gov.uk/births-ceremonies-and-deaths/deaths/what-to-do-when-someone-dies>

Andy's Angels

We provide safe spaces for adults and children who are navigating their grief journey after The loss of a loved one.

- <https://andysangels.org.uk/>
- 07465 24232

“ The living
close the eyes
of the dead, and the
dead open the eyes
of the living

Dying Matters

Dying Matters is working to create an open culture that talks about death, dying and bereavement. Dying matters to all of us - let's talk about it.

- www.dyingmatters.org

Samaritans - Facing the Future

Samaritans have created Facing the Future, support groups for people bereaved by suicide. Facing the Future gives you the opportunity to meet others who have lost someone to suicide and share your experiences and feelings. Support groups run weekly for six consecutive weeks and last for 90 minutes with a maximum of eight participants. Groups are free of charge and are run by two trained volunteer facilitators from Samaritans and

- www.samaritans.org

Sussex Health and Care Partnership

The Sussex Bereavement Helpline has been set up to provide you with information and guidance, and is run by a team of experienced support workers, who can talk to you about the tasks that need to be completed after a death – such as registration of the death, arranging a funeral or informing other people and organisations. The Helpline can also give you information about sources of help and support for you and your family and friends as you grieve.

- 0300 111 2141

Griefcast

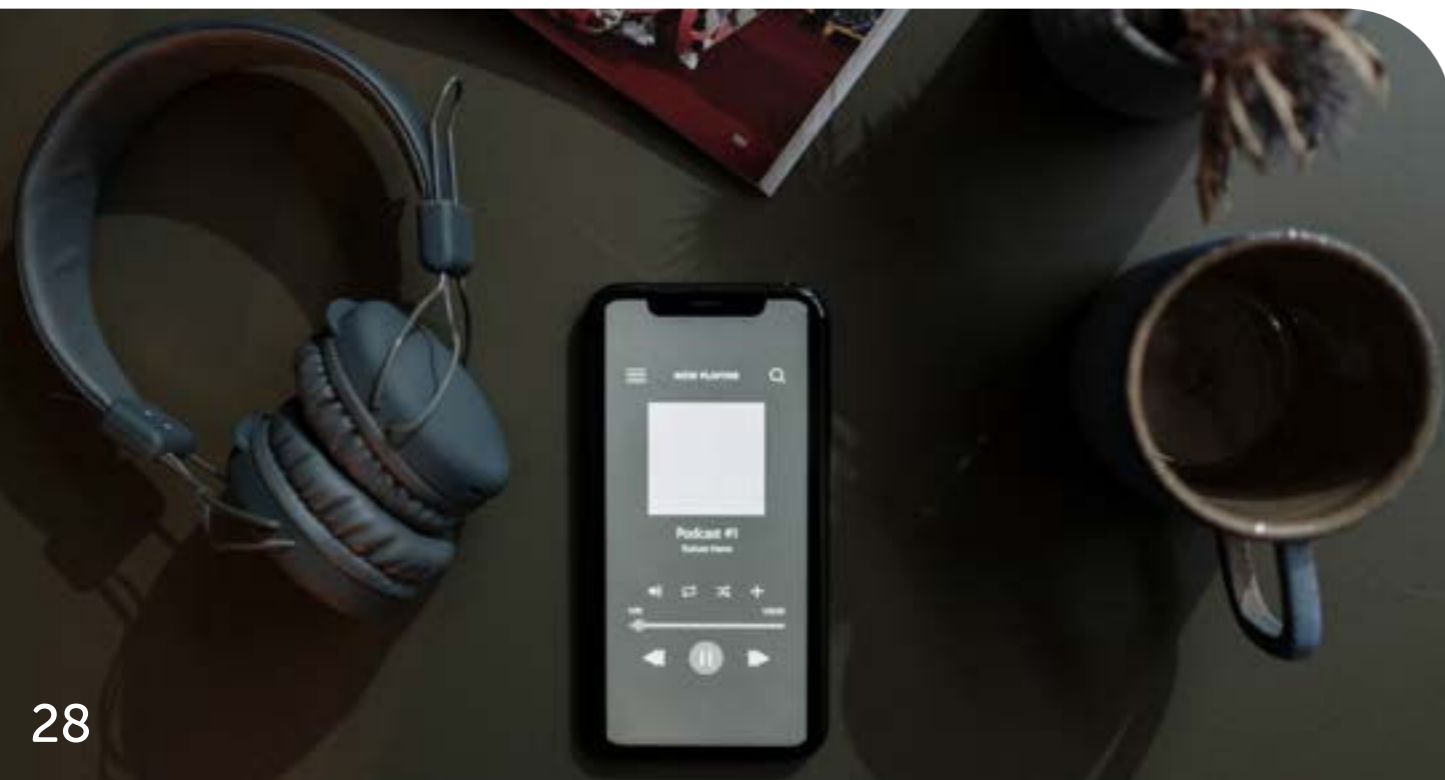
Griefcast is a podcast that examines the human experience of grief and death - but with comedians, so it's cheerier than it sounds.

- www.cariadlloyd.com/griefcast

A Living Loss

In each episode of the podcast I call on my 30 years of experience as a grief counsellor to explore what my guests have learned - from the first loss they can remember to the one that changed everything - and ask them to share how they've adapted and eventually thrived through the profoundly personal experience of grieving, and growing from, their living loss.

- www.juliasamuel.co.uk/podcasts/a-living-loss



Purple Ella

Youtube talk tackling: Autism and bereavement, including the impact of bereavement on autistic people and how best to support them.

- <https://www.youtube.com/watch?v=mzgtdejQCs>

Autistic Grief Is Not Like Neurotypical Grief by Karla Fisher

Article outlining some of the issues autistic people face when dealing with grief.

- <https://www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement>

Dying Matters

Whether you've been bereaved, have a family member who's approaching the end of life, want to support a friend, or just want to know how to start the conversation for yourself, this podcast is for you.

- audioboom.com/channels/4941503



Terrible, thanks for asking

In 2014, Nora McInerny lost her husband, her father, and miscarried in the space of a few weeks. After sharing her story with others, Nora was flooded with messages about other people’s experiences, and the idea for a podcast was born. Each episode, Nora asks people to share their grief stories.

- www.ttfa.org/

Marie Curie

We talk to celebrities including Adam Buxton and Dustin Lance Black about their experiences around death and bereavement.

- www.mariecurie.org.uk/talkabout/podcast

Surviving the Impact of Grief on Faith

- yaqeeninstitute.org/read/paper/i-shouldve-gotten-over-it-by-now-surviving-the-impact-of-grief-on-faith

Library books

West Sussex Library Lists

Booklists for adults, teens and children.

- <https://www.westsussex.gov.uk/education-children-and-families/>

Age-related books

Muddles, Puddles and Sunshine (Early Years)- Winston's Wish

Activity Book to help when someone has died.

Badger’s Parting Gifts- Susan Varley

All the woodland creatures—Mole, Frog, Fox, and Rabbit—love old Badger, who is their confidante, advisor, and friend. When he dies, they are overwhelmed by their loss.

The Fox and The star (age 3-17)- Coralie Bickford-Smith

An original fable about need and loss.

Huge bag of worries (age 5-7) - Virginia Ironside

A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

Easy Read Books

Beyond Words

A charity which produces books and other resources for people with a learning disability or communication difficulty, who may find pictures easier to understand than words.

Titles include: When Somebody Dies; When Mum/Dad Died; Am I Going to Die?; When someone dies from coronavirus

- <https://booksbeyondwords.co.uk/>

Fiction

PS I Love You- Cecelia Ahern

Some people wait their whole lives to find their soul mates. But not Holly and Gerry. Childhood sweethearts, they could finish each other's sentences. No one could ever imagine them without each other.

Say Her Name - Francisco Goldman

A novel chronicling great love and unspeakable loss, tracking the stages of grief when pure love gives way to bottomless pain.

Grief is the thing with Feathers- Max Porter

A moving story of a widower and his young sons becomes a profound meditation on love and loss.



Non Fiction

On grief and grieving- Elizabeth Kubler Ross / David Kessler

Explores the five stages of death: denial and isolation, anger, bargaining, depression and acceptance.

Finding Meaning: The Sixth Stage of Grief - David Kessler

A roadmap to remembering those who have died with more love than pain, how to move forward in a way that honours our loved ones and ultimately transform grief into a more peaceful and hopeful experience.

On death and dying- Elizabeth Kubler Ross

What the Dying Have to Teach Doctors, Nurses, Clergy & Their Own Families

The wheel of life- Elizabeth Kubler Ross

A Memoir of Living and Dying

Grief Works or This too shall Pass - Julia Samuels

Two books containing Stories of Life, Death and Surviving

Daring Greatly - Brene Brown

Explores vulnerability really well

The Body Keeps the Score - Bessel Van Der Kolk

Brain, Mind, and Body in the Healing of Trauma

With the End in Mind- Kathryn Mannix

Offers calm, wise advice on how to face death, live fully and find a model for hope in dark times.

It's Ok That You're Not Ok - Megan Devine

Helping people find a new way to deal with loss that honors our experience without trying to "solve" grief.

Wild Edge of Sorrow- Francis Weller

An essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving

Necessary Losses- Judith Viorst

The Loves Illusions Dependencies and Impossible Expectations That All of Us Have

Dying Well- John Wyatt

This is a book for those who are facing death. It is also for their relatives, friends and carers.

When Breath Becomes Air - Paul Kalanithi

A profoundly moving, exquisitely observed memoir by a young neurosurgeon faced with a terminal cancer diagnosis who attempts to answer the question 'What makes a life worth living?'

“ We run from
grief because
loss scares us, yet
our hearts reach
toward grief because
the broken parts
want to mend

The Souls Journey after Death (Islam/Muslim)- Ibn Qayyim al-Jawziyya

- www.amazon.co.uk/Souls-Journey-After-Death/dp/1643541366

Bereavement and Final Samskara in Hindu Tradition - Sri Dhira Chaitanya

- www.amazon.co.uk/Bereavement-Final-Samskara-Antyeshti-Tradition/dp/097770081X

A Comprehensive Guide to Religious and Spiritual Care for Sikh Patients in NHS Hospitals and Hospices - Satwant Kaur Rait

- www.amazon.co.uk/Comprehensive-Religious-Spiritual-Patients-Hospitals/dp/1838222391/



Blessing for the broken hearted (Let Us Agree)- Jan Richardson

- verse.press/poem/blessing-for-the-brokenheart-ed-6973785118333689337

Death is nothing at all - Henry Scott Holland

- www.familyfriendpoems.com/poem/death-is-nothing-at-all-by-henry-scott-holland

Grief is like a river- Cynthia G Kelley

- www.ellenbailey.com/poems/ellen_626.htm

The Guest House-Rumi

- anubha.medium.com/the-guest-house-by-rumi-a-poem-for-the-broken-hearted-56be432df3ca

When I come to the end of the Road- Christine Georgina Rossetti

- www.lifeanddeathmatters.ca/when-i-come-to-the-end-of-the-road/

Headspace

Aimed at promoting wellbeing through meditation and mindfulness techniques. Coping with grief is one area of mental wellbeing that you can sign up to receive helpful meditations for. You can begin with a 'basics' taster and choose to subscribe for regular updates.

- www.headspace.com

My Grief Angels

Connects and supports people who have lost a loved one. There is a grief chat feature, which allows users to chat with other 'grief angels'. The app also has a grief meetup feature which allows users the opportunity to create local events for other 'grief angels' to join. The Grief Support Network App is available on iPhone, Android, Amazon and HTML5.

- www.mygriefangels.org

Talk Grief

Talk Grief is a dedicated online space for grieving teenagers and young adults (13 to 25), powered by the children and young people's bereavement charity Winston's Wish.

- www.talkgrief.org/



Finding meaning in the life of a loved one who dies is part of grief - David Kessler

- www.theguardian.com

Loss in the pandemic: when a loved one dies, being cut off from the grieving process can make things harder

- theconversation.com/

Kirsten Neff - Circuit Breaker Exercise

Physical exercise to help deal with unpleasant feelings like the pain of bereavement.

- self-compassion.org/exercise-2-self-compassion-break/

Apart of Me

Apart of Me is a game, designed by grief experts and young bereaved people, to help children who have experienced loss.

- www.apartofme.app/

Sikh Ways of Grieving

- simranj Singh.wordpress.com/2015/04/18/sikh-ways-of-grieving/

Surviving the Impact of Grief on Faith

Blog post: Outlines how faith (Islam in particular) can help make sense of thoughts and feelings after suffering a loss. Also covers the topic of 'healthy guilt'.

- yaqeeninstitute.org/read/paper/i-shouldve-gotten-over-it-by-now-surviving-the-impact-of-grief-on-faith

