

Information on Grief and Bereavement Support

What to do after a death

- Citizens Advice: <https://www.citizensadvice.org.uk/family/death-and-wills/>
- Derbyshire County Council has links to how to register a death <https://www.derbyshire.gov.uk/community/births-deaths-marriages-and-civil-partnerships/deaths/bereavement-and-loss/bereavement-and-loss.aspx>
- Tell us once Service: <https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once>
- A short guide from the Government: <https://www.gov.uk/government/publications/support-for-the-bereaved>

Getting support

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

The number is 0808 808 1677 or email helpline@cruse.org.uk.

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when the line closes at 8pm.

Cruse also have advice online on looking after yourself if you are bereaved <https://www.cruse.org.uk/get-help>

There may be an organisation linked to the illness or situation of the death you are grieving. For example, such as death by suicide Survivors of Bereavement by Suicide (SOBS) <https://uksobs.org> and Papyrus Prevention of Young Suicide <https://www.papyrus-uk.org> .

Funerals

- Cruse have information about funerals in the current situation of social isolation: <https://www.cruse.org.uk/coronavirus/funerals>
- Citizens Advice: <https://www.citizensadvice.org.uk/family/death-and-wills/>

Supporting someone who is bereaved

South Derbyshire CVS is registered in England & Wales as a charity (number 1101450), and a company limited by guarantee (number 4958843). Registered office: 46-48 Grove Street, Swadlincote, DE11 9DD. Website: <https://sdcvs.org.uk/>.



- Cruse give advice if you are supporting someone who is bereaved: <https://www.cruse.org.uk/get-help/coronavirus/coronavirus-what-say-when-someone-grieving>
- A journey through grief: <https://www.churchofengland.org/life-events/funerals/after-funeral/journey-through-grief>
- Difficult conversations with children: https://derby.anglican.org/education/wp-content/uploads/2020/04/Difficult_conversations_with_children.pdf
- For children who are bereaved: <https://www.bbc.co.uk/newsround/52299792> and <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>
- The Connection Coalition: https://www.connectioncoalition.org.uk/grief_and_bereavement_resources.

Taking care of your wellbeing

Getting help in a crisis: <https://derbyandderbyshireemotionalhealthandwellbeing.uk/>

Talk to a faith leader

Christian churches and faith groups near you can be found on their Facebook page, or by looking up a church on

<https://www.achurchnearyou.com/search/?lat=52.8429447&lon=-1.5237491&place=South+Derbyshire+District%2C+UK&text=>

Many churches will take your prayer requests.

2 examples:-

In Eggington and Etwall ask for help or prayers via St Wilfrids church facebook page:

https://www.facebook.com/pg/St-Wilfrids-Church-Eggington-2318414798418950/posts/?ref=page_internal

Churches together in Swadlincote will link you to a place where you can ask for prayers or seek support <https://www.facebook.com/Churches-Together-in-Swadlincote-Prayer-Requests-108365470857400>

Do you need to find prayers to say yourself? Would you like to light a candle as you might have in church? <https://www.churchofengland.org/>

Would you like to join a local church online service?

<https://derby.anglican.org/en/news/events-and-training/parish-events/derbyshire-church-events.html>

The Methodist Church is offering free phone 'Listen to a prayer': 0808 281 2514. Content is updated weekly on Thursday afternoon.

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Church of England free phone line Daily Hope offers music, prayers and reflections as well as worship services at the end of a telephone line. Call 0800 804 8044.

Roman Catholic, source the RC Nottingham Diocese website: St Dominic's Community, Hinckley, Earl Shilton & Market Bosworth have put in place a broadcast system where parishioners without internet access can telephone in and hear the audio of the Mass on Sundays at 10am. The Telephone number is 0330 998 1257 quoting access code: 759822#. This is not a freephone number.

Buddhist Healthcare Chaplaincy Trust

<https://www.facebook.com/Buddhisthealthcare/>

Tri Ratna <https://thebuddhistcentre.com/>

Community of Interbeing (Thich Nat Hanh) <https://www.plumvillage.uk/>

Zen <https://www.izauk.org/>

Shambhala <https://shambhala.org.uk/>

Awakened Heart Sangha <https://ahs.org.uk/>

Some local Buddhist groups and centres

Leicester and Charnwood Community of Interbeing Group

<https://www.plumvillage.uk/group/leicestershire-sangha/>

Nottingham Buddhist Centre <https://nottinghambuddhistcentre.org/>

Tara KMC Buddhist Centre, Etwall <https://tarakmc.org/>

Humanist: <https://humanism.org.uk/>

Mosque: <http://www.mosquedirectory.co.uk/>

Sikh Gurudwara: <https://www.allaboutsikhs.com/world-gurudwaras/uk-gurdwara-list#derbyshire>

Synagogue: <https://jscn.org.uk/small-communities/> and guide for bereaved <https://jscn.org.uk/jewish-funerals/>

If you are struggling to find a local faith contact go to your national website or ask your funeral director or hospital chaplain who may be able to connect you. If you prefer, email development@sdcv.org.uk and South Derbyshire CVS staff will try to locate someone from the faith or religion that you identify with. This information can be updated with a local faith link on request.

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