



BEREAVEMENT CARE AT BUSHLOE SURGERY



Further information about the content, reference sources or production of this leaflet can be obtained by the Health and Wellbeing Team at Bushloe Surgery. If you would like to tell us what you think about the leaflet, please get in touch.

This information is available in audio, large print, easy read and BSL or in alternative forms upon request. Please contact Bushloe Surgery Tel: 0116 344 0233.

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**Being there for you
when you have lost a
loved one**



Bereavement

It is natural and normal to grieve when someone we love dies. There is no 'right' way to grieve and we each react in our own way. During the pandemic, we are facing a tragic loss of life, often under very difficult circumstances. Being bereaved can be a lonely time, and isolation due to the current situation can make it more challenging.

You may feel that you need some extra help and support during this time, and we are here to support you with information and advice.

Grief

Grief is a very personal experience. What you experience in your grief is particular and specific to you. There are no rules or a 'correct' way to grieve. You may be finding it particularly hard at the moment because of the changes in place such as social distancing. Though, there are some feelings which are commonly experienced in grief:

- Sadness - feelings of distress following bereavement can be overwhelming and very frightening.
- Anger - this feeling of anger may be towards the person who has died for leaving you or at others, such as family members, healthcare professionals or angry at faith or religion which is not uncommon.
- Guilt - people who have been bereaved of someone close often say they feel directly or indirectly to blame for the person's death. Also, you may regret something you said or should have said.
- Physical effects - you may lose your appetite, have difficulty sleeping, or feel anxious. You may feel mentally drained and unable to think straight.

If you are struggling with your grief and you would like someone to talk to, there are a number of organisations which may be able to offer counselling, information and support groups which you can be accessed in this leaflet.



Practical Information

Registering a death

When someone in the UK dies, information about what needs to happen next can be found at: www.gov.uk/after-a-death

Register the person's death within 5 days and this includes weekends and bank holidays. You'll get a 'certificate for a burial' to give to the funeral director, or an application for cremation which you need to complete and give to the crematorium. If you cannot register the death because an inquest or post-mortem is underway, you can still obtain an interim death certificate from the coroner holding the inquest.

Informing others

'Tell Us Once' is a service which allows you to report a death to most government organisations simultaneously. The service will inform:

- The Local Inland Revenue Office
- The Local Social Security Office to cancel pensions, allowances, benefits
- Driver and Vehicle Licensing Agency (DVLA)
- Passport Office
- If the deceased was receiving Housing Benefit/Council Tax Benefit, the local housing department.

Contact the person's bank or mortgage, pension or insurance providers to close or change the details of their accounts. Contact the person's solicitor or Probate Registry to enact their Last Will and Testament.

If you receive certain Social Security Benefits you can apply to the Social Fund for help to pay for the costs of the funeral.



Support for Adults

After losing a loved one, you can try talking about your feelings to a friend, family member, health professional or counsellor. The list of bereavement resources may help you now or during your bereavement journey.

Useful Organisations

If you are bereaved and would like to speak with someone, you can contact:

- Bereavement Advice Centre on 0800 634 9494 or visit www.bereavementadvice.org
- Cruse Bereavement Care on 0808 808 1677 or visit www.cruse.org.uk
- Good Grief Trust at www.thegoodgrieftrust.org
- The Compassionate Friends on 0345 123 2304 or visit www.tcf.org.uk
- National Bereavement Partnership on 0800 448 0800 or visit www.nationalbereavementpartnership.org
- Sudden on 0800 2600 400 or visit www.sudden.org
- LOROS Hospice on 0116 231 3771 if the person died at the hospice

24/7 Helpline

Samaritans on 0116 226 123

Psychological Support

- British Association for Counselling and Psychotherapy on 01455 883 316 or visit www.bacp.co.uk
- Mental Health Matters on 0191 516 3500 on www.mhm.org.uk



Support for Children

If you are a young person and have lost someone special, there are many helpful organisations that can support you during your grief. The organisations listed below can help you to understand, acknowledge and help you to remember your loved one.

Useful Organisations

If you have lost a loved one and would like to speak with someone, you can contact:

- Child Bereavement UK on 0800 028 840 or visit www.childbereavementuk.org
- Grief Encounter on 08088020111 or visit www.griefencounter.org.uk
- Riprap at www.riprap.org.uk
- The Laura Centre on 0116 254 4341 or visit www.thelauracentre.org.uk
- Widowed and Young at www.widowedandyoung.org.uk
- Winston's Wish at www.winstonwish.org

24/7 Helpline

Samaritans on 0116 226 123

Childline 24/7 helpline on 0800 1111

Psychological Support

- British Association for Counselling and Psychotherapy on 01455 883 316 or visit www.bacp.co.uk
- Young Minds on 0808 802 5544 or visit www.youngminds.org.uk



Seeking further help

Arrange an appointment with your GP if:

You are struggling to cope with stress, anxiety or a low mood

- You have had a low mood for more than 2 weeks
- Things that you are trying to do to yourself are not working
- You feel you would benefit from support from the practice Health and Wellbeing Team
- You would like a referral to professional support services

Self-referral for Psychological Therapy

If you are aged 16 or over and registered with a GP practice in Leicester, Leicestershire and Rutland, you can self-refer to 'LetsTalk Wellbeing' for psychological therapy treating mental health conditions such as depression and anxiety.

- Telephone: 0300 300 2200
- Website: <https://www.nottinghamshirehealthcare.nhs.uk/leicestershire-county-and-rutland-service>

Contact Us

If you are not coping and would like to speak with your GP, you can contact Bushloe Surgery:

- Telephone: 0116 344 0233
- Email: bushloesurgery@nhs.net
- Website: www.bushloesurgery.co.uk



'Our vision is to see the patients of Bushloe Surgery enjoying healthy lives through the provision of outstanding primary care. Our helpful, caring and enthusiastic staff strives to achieve this through high quality healthcare that is patient-centred and user friendly'