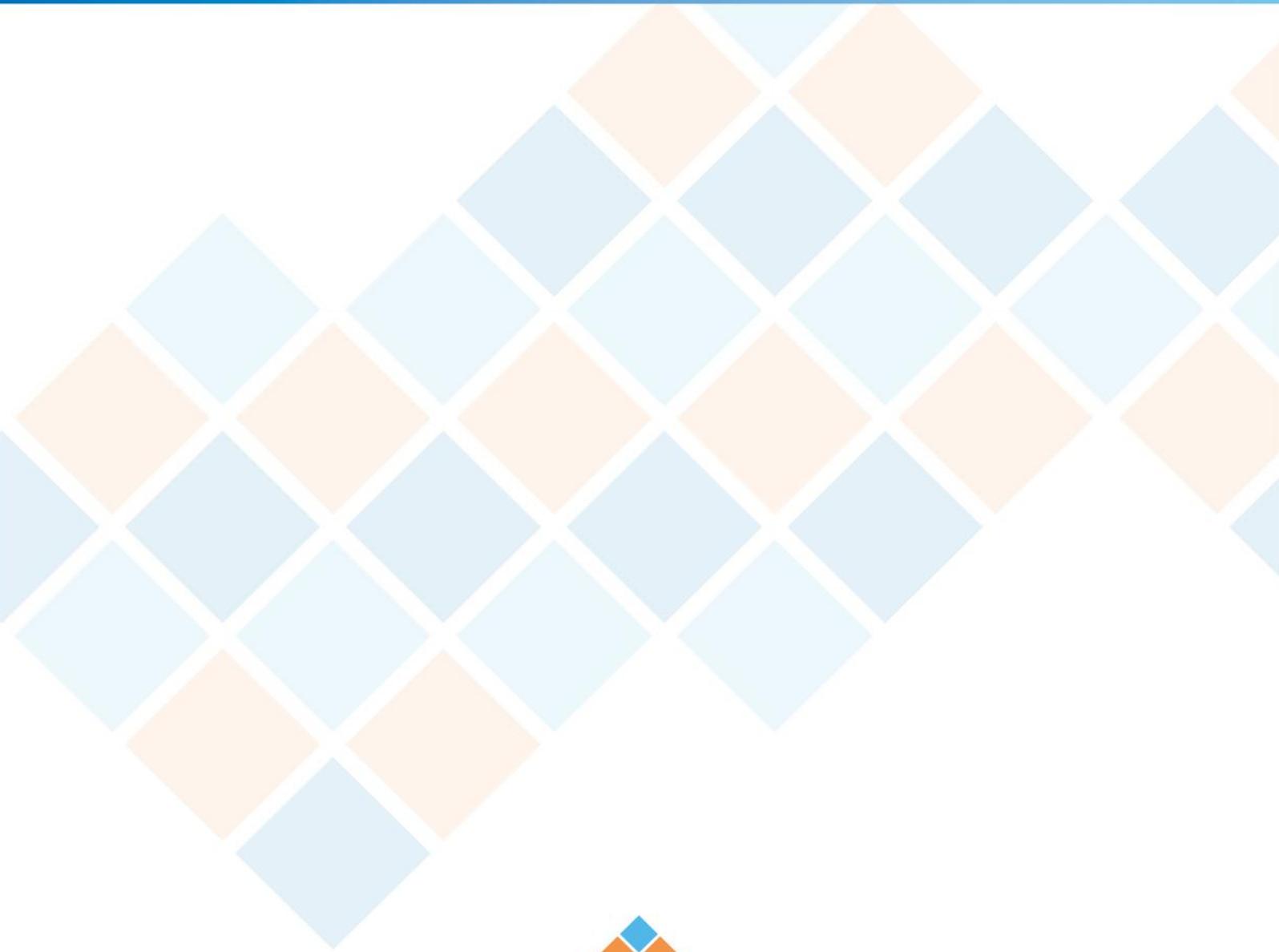


Bereavement Support Directory

Herefordshire Clinical Commissioning Group



Putting the public and
patients at the heart of
everything we do

TABLE OF CONTENTS

Bereavement Support Directory	1
THE EFFECTS OF BEREAVEMENT	6
Shock, numbness and disbelief.....	6
Sadness and turmoil.....	6
Despair and depression.....	6
Anger and guilt.....	6
COPING WITH BEREAVEMENT	7
Use your support network	7
What you can do to help yourself	7
BEREAVEMENT SUPPORT ORGANISATIONS	7
Cruse Bereavement Care.....	7
Jewish Bereavement Counselling Service Information.....	8
Leominster Community Hospital Bereavement Support Group.....	8
Lesbian and Gay Bereavement Project.....	8
The Bereavement Trust.....	8
Registrars	8
The Ruby Care Foundation.....	8
St Michael’s Hospice.....	9
Samaritans	9
The Terrence Higgins Trust.....	9
Victim Support Herefordshire.....	9
FOR CHILDREN AND YOUNG PEOPLE	10
Child Bereavement UK	10
ChildLine	10
Cruse Bereavement Care.....	10
Grief Encounter Project	10
The Kite Centre.....	11
Phoenix Bereavement Support Services.....	11
Winston’s Wish.....	11
LOSS OF A CHILD	11
ARC – Antenatal Results and Choices.....	11
Babyloss	12
Care for the Family Group (Bereaved Parents’ Support)	12
Child Death Helpline.....	12
Compassionate Friends.....	12
The Lullaby Trust (formerly FSID)	12

LIFE CARE	13
Miscarriage Association	13
The Multiple Birth Foundation	13
SANDS – Stillbirth and Neonatal Death Society	13
TAMBA BSG – Twins and Multiple Births Association Bereavement Group	14
SPECIALIST SUPPORT GROUPS – CAUSE OF DEATH	14
CANCER	14
Macmillan Cancer Support	14
Marie Curie Cancer Care	14
ROAD DEATH	14
BrakeCare	14
CADD – Campaign Against Drink & Driving	15
RoadPeace	15
SCARD – Support and Care After Road Death and Injury	15
OTHER	15
CRY – Cardiac Risk in the Young	15
Down’s Heart Group	16
Epilepsy Bereaved	16
Meningitis Now	16
SAMM – Support After Murder and Manslaughter	16
SOBS – Survivors of Bereavement by Suicide – available to those aged 18+ only	16
SIBLING DEATH	17
TCF Sibling Support (part of the Compassionate Friends)	17
The Lone Twin Network – available to those aged 18+ only	17
WIDOWS/WIDOWERS	17
Moving On	17
WAY Widowed & Young (under 50s)	17
WAY Up for those widowed over 50	18
Widowed Young Support	18
MENTAL HEALTH/COUNSELLING SERVICES	18
CLD Youth Counselling Trust – Hereford based	18
PET BEREAVEMENT	18
ADVICE AGENCIES	18
Age UK Hereford and localities	18
Herefordshire Citizens Advice Bureau	19
JobCentrePlus: Department of Work and Pensions (DWP)	19
Relate (Shropshire and Herefordshire)	19

The Royal British Legion	19
SSAFA - Soldiers, Sailors, Airmen and Families Association	20
The War Widows' Association of Great Britain	20
PRACTICAL SUPPORT AND ASSISTANCE.....	20
British Red Cross	20
Sand Rose Project.....	20
FUNERALS AND MEMORIALS	21
British Humanist Association.....	21
Herefordshire Cemeteries and Crematorium – Bereavement Services.....	21
Humber Woodland of Remembrance.....	21
National Association of Funeral Directors (NAFD)	21
National Association of Memorial Masons.....	21
National Society of Allied and Independent Funeral Directors.....	22
Natural Death Centre	22
INFORMATION WEBSITES AND SPECIALIST SERVICES	22
British Association for Counselling and Psychotherapy	22
INQUEST.....	22
Royal College of Psychiatrists.....	22
Specialist Services designed to remove the names of the deceased and others from marketing databases and mailing lists.....	23
The Bereavement Register.....	23
The Deceased Preference Service	23
Call Prevention Service	23
Telephone Preference Service	23
Pastoral Care	23
Bahá'i Faith.....	23
Baptist Church	23
Chaplaincy (Team Leader) – Hereford Hospitals NHS Trust.....	24
Christian Fellowship.....	24
Christian Life Centre.....	24
Church of England – Diocesan Office.....	24
Church of Jesus Christ of Latter Day Saints.....	24
Elim Pentecostal	24
First Church of Christ Scientist	24
The British Humanist Association	24
Jewish Community.....	24
Jehovah's Witnesses – Kingdom Halls.....	24
Methodist Churches	24

Muslim	25
Roman Catholic	25
Salvation Army	25
Society of Friends (Quakers)	25
United Reformed Church	25
READING ON GRIEF AND BEREAVEMENT	26
General	26
Death of a Baby or Child	26
Death of a Parent	27
Death of a Partner	27
For Parents & Carers Helping Bereaved Children	28
For Children & Young Adults	28
Sudden or Violent Death	30
For Carers	30
Practical Issues	31

THE EFFECTS OF BEREAVEMENT

The death of someone close is likely to be one of the most distressing experiences we face. When someone dies a relationship is lost and we move into a new and largely unknown situation. Grief is a natural reaction which allows us to begin to come to terms with our loss and to adjust to the change it has made to our lives. For every individual the loss of the relationship and the changes experienced are different; each person's grief is unique.

Grief can express itself in many different ways and is often accompanied by very powerful, frightening and confusing feelings. It is common for those feelings to ebb and flow over a period of time, sometimes for several years, but gradually most people begin to cope on a day to day basis.

Shock, numbness and disbelief

These feelings can be experienced in the period soon after a death. Numbness may provide temporary protection and we may feel quite calm and detached. After a death there is so much to do – relatives to be contacted, death certificates to be organised, paperwork to be gone through, a funeral to be prepared – and while we are so preoccupied with these demands we may not be able to take in the reality of our loss. Although we may 'know' the death has taken place, we may sometimes 'forget' and feel the person who has died is still with us. This often happens when we least expect it and can be very painful.

Sadness and turmoil

We cannot be protected from the fact that the loss may hurt or disorientate us. We may lose confidence. It may make us feel unsafe, frightened, sad, regretful and empty or without purpose or hope. We may be unprepared and unwilling for the changes in our lives and feel anxious, confused and alone. We may experience emotional turmoil as a result of this huge change in our lives so that we lose concentration and the ability to think clearly and fear for our sanity. We may feel tearful - crying unexpectedly is quite normal.

Despair and depression

Grieving is hard work. It takes time and energy. We may frequently feel exhausted or we may suffer health problems. However, unless grief is allowed to follow its course, it may bring risks to mental and physical health with the possibility of our personal relationships being affected. There may be times when it seems hard to find anything to live for; when we feel that there is little point in going on and that nobody understands us. It can be a very lonely time. We rarely have any idea whether, when or how our grieving will end. It is, however, a natural human experience.

Anger and guilt

Grief often brings anger and guilt in its wake and we can experience these in many different forms. We may feel anger that the person died, anger that we have been left behind or anger that family and friends have not been sufficiently supportive. If we believe that the person who has died was not well cared for, anger may be directed at figures of authority such as doctors, nursing or caring staff. We often feel the need to find someone to blame. Sometimes, too, anger may be self-directed and we feel guilt, perhaps linked to things we have or haven't said or done. We ask ourselves 'What could we have done differently?' Sharing these thoughts with others may help to resolve these feelings.

COPING WITH BEREAVEMENT

Use your support network

Support from family friends and work colleagues is immensely valuable immediately after the death and as we grieve and gradually adjust. Sometimes, sadly, other people's inability or unwillingness to face death and grief leads to avoidance and hurtful behaviour.

The pain of bereavement has been compared to the experience of losing a limb – it doesn't come back, we will always miss it, but we can learn and adapt to living without it. Our hope is to be able to cope, eventually, with daily life and to keep a continuing bond with those we have lost.

What you can do to help yourself

- Accept that it is normal not to feel normal.
- Let yourself experience the feelings you have and talk to others about them. Many people feel the need to talk about what has happened and how they feel over and over again.
- You may need to find out more about the person's death if all the facts around the death are not clear.
- Remember the importance of eating, sleeping, exercising and relaxation.
- Take time to reflect and remember.

As time goes on grieving can become increasingly lonely and a bereaved person can feel that no-one else understands them and what they are going through. If you find this is the case for you, the following pages list organisations that can offer support or a listening ear, counselling, advice and information or practical help.

BEREAVEMENT SUPPORT ORGANISATIONS

Cruse Bereavement Care

Offers support for bereaved people of all ages anywhere in Herefordshire. Individual, face to face and group support is delivered by trained bereavement support volunteers. They also offer [information](#), [publications](#), and [support for children](#) and provide training/talks for groups and organisations.

Local Helpline	01432 359469	National Helpline	0844 4779400
Available	24 hours answerphone. Calls returned within a few hours and usually answered between 10.00 am and 12.00pm and 6.00 pm – 7.00pm on Tuesdays	Available	9.00 am – 5.00 pm Monday to Friday
Email	herefordshire@cruse.org.uk	Email	helpline@cruse.org.uk and for general enquiries info@cruse.org.uk
Address	Cruse Bereavement Care Herefordshire PO Box 166 Herefordshire HR9 9BQ	Address	Cruse Bereavement Care PO Box 800 Richmond Surrey TW9 2RG
Website	www.crusebereavementcare.org.uk		

Jewish Bereavement Counselling Service Information

Bereavement counselling for children, families and individuals. Confidential counselling and support provided by trained counsellors with specific knowledge of the grieving process.

National Helpline 0208 4579710 or 0208 3490839

Available 24 hour answerphone
Email jbc@jvisit.org.uk
Website www.jvisit.org.uk/jbc

Leominster Community Hospital Bereavement Support Group

Support to relatives, friends and carers of people who have died in Leominster Community Hospital. We send cards and have regular meetings to reflect and look at ways that we can improve the care within a hospital setting and give appropriate support.

Local Helpline 01568 614211
Available Hospital switchboard will take a message

Lesbian and Gay Bereavement Project

A helpline that offers a listening ear to lesbians and gay men who have been bereaved or are preparing for bereavement as well as to family and friends, colleagues and carers.

National Helpline 0207 4035969
Available 7.30 pm – 10.00 pm Tuesday & Thursday

The Bereavement Trust

With a confidential telephone helpline, the Bereavement Trust extends a sympathetic listening ear to those suffering the pain of bereavement. Support is available in several languages.

National Helpline 0800 435455
Available 6.00 pm – 10.00 pm every evening (no exceptions)
Website www.bereavement-trust.org.uk

Registrars

First step in the official recognition of the loss of a loved one; provision of documents to allow funerals to take place, pensions, probate etc.

Local Helpline Hereford Office 01432 26056
Please contact Hereford office for all appointments in the City and the Ledbury, Leominster or Ross-on-Wye offices
Available 9.00 am – 4.30 pm Monday, Tuesday, Wednesday
9.00 am – 4.00 pm Friday
Address The Town Hall, St Owen Street, Hereford

The Ruby Care Foundation

Ruby Care counsellors support and counsel people with terminal illness, facing their own death, or suffering from bereavement or loss of any kind. The organisation also provides training in caring for the terminally ill, companionship the dying, support-counselling the bereaved and related matters

National Helpline 0333 011556
Available Contact anytime. Answerphone messages will be responded to.
E-mail info@rubycare.org
Website www.rubycare.org

St Michael's Hospice

The family Support Team, comprising social workers, counsellors, chaplains and trained listening support volunteers, provides emotional, spiritual and counselling support to patients, their families and friends, both before and after bereavement. One-to-one and group support offered. Events throughout the year to remember those who have died. Specialist teams work with young carers and bereaved children and young people and their families, providing one-to-one and group opportunities.

Local Helpline 01432 851000
Available 24 hours – 7 days a week. Social care team – office hours
Website www.st-michaels-hospice.org.uk

Samaritans

Offering emotional support to all in distress – including those who may have thoughts of suicide. Listening support offered by telephone helpline, email or letter. A drop-in service to the branch in Berrington Street, Hereford is available 8.00am - 9.30pm on Monday, Wednesday and Saturday and 11.30am - 21.30pm on Tuesday, Thursday, Friday and Sunday.

Local Helpline 01432 269000 National Helpline 0845 7909090
Available 24 hours a day – 365 days a year
Email jo@samaritans.org Post Chris, PO Box 90, Stirling, FK8 2SA
Website www.samaritans.org

The Terrence Higgins Trust

THT gives support, help, advice and information for anyone who has AIDS or who has lost someone due to AIDS.

Local Helpline (Shrewsbury) 01952 221410 National Helpline 0808 802 1221
Available 10.00 am – 4.00 pm Monday to Friday Available 10.00 am – 8.00 pm Monday to Friday and Noon – 6.00 pm at weekends
Email Info.shropshire@tth.org.uk
Website www.tth.org.uk

Victim Support Herefordshire

For those bereaved through road traffic death, homicide and those cases where previous bereavement may be compounding difficulties being experienced through a current crime. Practical and emotional support. Advice and information regarding funerals, coroners, Crown Court, police processes. Referrals to other agencies. Free confidential support for as long as it is needed.

Local Helpline 0300 3031977 National Helpline 0808 1689 111
Available 9.00 am – 5.00 pm Monday to Friday Available 8.00 am – 8.00 pm Monday to Friday. 9.00 am – 7.00 pm at Weekends. 9.00 am – 5.00 pm on Bank Holidays
Email supportline@victimsupport.org.uk
Website www.victimsupport.org.uk

FOR CHILDREN AND YOUNG PEOPLE

Child Bereavement UK

Child Bereavement UK supports families when a baby or child dies, or when a child is facing bereavement. They also deliver training to professionals at the front line of bereavement support. Their vision is for all families to have the support they need to rebuild their lives.

National Helpline 0800 0288840
Available 9.00 am – 5.00 pm Monday to Friday
Email support@childbereavement.org.uk
Website www.childbereavement.org.uk

ChildLine

Child Bereavement UK supports families when a baby or child dies, or when a child is facing bereavement. They also deliver training to professionals at the front line of bereavement support. Their vision is for all families to have the support they need to rebuild their lives.

National Helpline 0800 1111
Available 24 hours a day 365 days a year
Write to ChildLine, 45 Folgate Street, London, E1 6GL
Website www.childline.org.uk
The website also gives access to email, chat line and telephone services

Cruse Bereavement Care

Specialist national helpline manned by young volunteers and a **specialist website – RD4U**. The aim of the site is to let you find the “road for you” to deal with your loss. Individual support, information and counselling locally.

Local Helpline	01432 359469	National Helpline	0808 8081677
Available	24 hours answerphone. Calls returned within a few hours and usually answered between 10-12 and 6- 7 on Tuesdays	Available	9.30 am – 5.00 pm Monday to Friday

Email info@rd4u.org.uk
Website www.rd4u.org.uk

Grief Encounter Project

Grief Encounter services include a helpline offering information, signposting and advice, counselling 1:1 or via children’s workshops, support to the family as a whole together with consultancy work, training and outreach to professionals. The interactive website, including a Kids Zone and Teens Zone, enables children and young people to express their feelings in a fun and therapeutic way and share their stories.

National Helpline 0208 3718453
Available 9.00 am – 5.00 pm Monday to Friday
Email contact@griefencounter.org.uk
Website www.griefencounter.org.uk

The Kite Centre

Multidisciplinary team who offer a service to children up to 18 years in full-time education who may have life limiting conditions and palliative care needs. Self referrals and referrals from Health, Education and Social Care professionals. We assess the needs of your child, family and carers. The help the team gives includes: advice about specialist equipment or adaptations to your home, family support/relationship building, nursing care for sick children and support for their carers, respite care, specialist advice, support and guidance, supporting children and their parents to develop problem solving skills, therapy to promote normal movement and function, liaison with specialist services.

Local Helpline 01432 373940
Available 9.00 am – 5.00 pm Monday to Friday
Website www.herefordshire.gov.uk

Phoenix Bereavement Support Services

Phoenix Bereavement is a Herefordshire charity providing support for children, young people and their families following the death of someone close. We offer support for parents/carers, of children up to 21 years, to help them understand their needs, emotions and behaviour. We provide one-to-one sessions and groups for young people and children to meet for support and social activities, building on their strengths and abilities to cope more easily. We provide advice, guidance and training for professionals to raise awareness of bereavement and related issues and aim to increase understanding and recognition of the impact of bereavement on children, young people and families.

Local Helpline 01432 264555
Available 9.00 am – 5.00 pm Monday to Friday. Answerphone outside office hours
Email info@phoenixbereavement.org
Website www.phoenixbereavement.org

Winston's Wish

Winston's Wish offers practical support and guidance to families, professionals and to anyone concerned about a grieving child.

National Helpline 08452 030 405
Available 9.00 am – 5.00 pm Monday to Friday
Email Info@winstonswish.org.uk
Website www.winstonswish.org.uk

LOSS OF A CHILD

ARC – Antenatal Results and Choices

ARC offers non-directional individualised information and support to parents who are making decisions around antenatal testing and provides emotional support especially when a serious anomaly has been diagnosed and a choice has to be made about continuing or ending the pregnancy. ARC also provides on-going support to parents through support groups, email, helpline and publications. It also helps health professionals with training courses, conferences and publications.

National Helpline 0845 0772290 or (from mobile) 0207 7137486
Available 10.00 am – 5.30 pm Monday to Friday
Email info@arc-uk.org
Website www.arc-uk.org

Babyloss

Website based service providing information and support online for anyone affected by the death of a baby at any stage of pregnancy, at birth, or due to neonatal death. Babyloss also campaigns for better awareness of loss.

Email support@babyloss.com
Website www.babyloss.com
Address PO Box 1168 Southampton S015 8XZ

Care for the Family Group (Bereaved Parents' Support)

A network of trained befrienders, all of whom have experienced the death of a child. There are support days and weekends throughout the UK. Resources and useful information on the website.

National Helpline 0292 0810800
Email Please visit the website to gain access to the email service
Website www.careforthefamily.org.uk/bpn

Child Death Helpline

A listening service that offers emotional support to all those affected by the death of a child of any age. Whenever you feel the need to talk, however soon or long after your bereavement. All calls are answered by trained volunteers, who are all bereaved parents.

National helpline from mobiles	0808 8006019	National Helpline from Landlines	0800 282986
Available	10.00 am – 1.00 pm Monday to Friday 1.00 pm – 4.00 pm Tuesday and Wednesday 7.00 pm – 10.00 pm every evening		

Email contact@childdeathhelpline.org
Website www.childdeathhelpline.org.uk

Compassionate Friends

Provides support for bereaved parents and their families offering understanding, support and encouragement after the death of a child or children of any age, through any circumstances. We produce a wide range of leaflets and publications, including quarterly newsletters and a Sibling Forum. We have a postal library and a website forum where parents can 'meet'. We organise an annual gathering, retreats and support weekends.

National Helpline 0845 1232304
Available 10.00 am - 4.00 pm and 7.00 pm – 10.00 pm 7 days a week 365 days a year
The line is always answered by a bereaved parent

Email helpline@tcf.org.uk
Website www.tcf.org.uk

The Lullaby Trust (formerly FSID)

Confidential support to any family following the sudden and unexpected death of their baby or young toddler. This is available immediately or at any later time in their lives. Friends, carers and professionals can also receive support.

National Helpline 0808 8026868
Available 10.00 am – 5.00 pm Monday to Friday
6.00 pm – 10.00 pm weekends and Bank Holidays

Website www.lullabytrust.org.uk

LIFE CARE

Free and confidential counselling and support for those suffering trauma after an ectopic pregnancy or any pregnancy loss.

Local Helpline	01432 352266	National Helpline	0808 8025433
Phone or call in at shop to access Centre at 42 Eign Street Hereford	1.00 pm – 3.00 pm Mondays and 10.30 am – 12.30 pm Thursdays	Available	9.00 am – 5.00 pm Monday to Thursday 9.00 am – 4.00 pm Friday and Saturday. Answerphone outside these hours

Email sam@lifecharity.org.uk
Website www.lifecharity.org.uk

Miscarriage Association

The Miscarriage Association produces leaflets and fact sheets that answer the most commonly asked questions about pregnancy loss. The website provides an additional source of information, with most leaflets being available on line. In some areas support groups provide a safe space where people can meet and share their experiences and feelings. The Miscarriage Association works to raise awareness and sensitivity amongst health professionals through lectures, workshops and articles in professional journals. There is both an online support service and forum.

National Helpline	01924 200 799
Available	9.00 am – 4.00 pm Monday to Friday
Email	info@miscarriageassociation.org.uk
Website	www.miscarriageassociationl.org.uk
Address	17 Wentworth Terrace, Wakefield, WS1 3QW

The Multiple Birth Foundation

The Multiple Births Foundation is an independent charity based at Queen Charlotte's and Chelsea Hospital in West London. It provides direct information and support about all aspects of multiple births and parenting, including bereavement.

National Helpline	020 3313 3519 or 020 8313 5519
Available	9.00 am – 2.00 pm Monday to Friday
Email	mbf@imperial.nhs.uk
Website	www.multiplebirths.org.uk

SANDS – Stillbirth and Neonatal Death Society

Provides support for bereaved parents and their families when a baby dies during pregnancy, at or soon after birth. A national helpline provides information, support and an email support line as well as an online forum. A nationwide network of self-help groups is run by and for bereaved parents and any local group details may be found on the website.

National Helpline	0207 4365881
Available	9.30 am – 5.30 pm Monday to Friday and 6.00 pm – 10.00 pm Tuesday and Thursday
Email	National: helpline@uk-sands.org
Website	www.uk-sands.org

TAMBA BSG – Twins and Multiple Births Association Bereavement Group

Support for families bereaved following the death of a child who was a twin or born from a multiple birth. Offers a befriending rather than 'professional counselling' service. All volunteers are parents who have lost a baby or babies during a multiple pregnancy or at any stage after birth.

National Helpline 0800 1380509
Available 10.00 am – 1.00 pm and 7.00 pm – 10.00 pm 7 days a week
Email asktwinline@tamba.org.uk
Website www.tamba.org.uk/bsg

SPECIALIST SUPPORT GROUPS – CAUSE OF DEATH

CANCER

Macmillan Cancer Support

No one should face cancer alone. So when you need someone to turn to, we're here. Right from the moment you're diagnosed, through your treatment and beyond, we're a constant source of support, giving you the energy and inspiration to help you take back control of your life. Specialist advice and support on symptom control, psychosocial support, education, information and resource for individuals with cancer and other life threatening illnesses and for their families. 'We are the nurses helping you through treatment. The experts on the end of the phone. The campaigners pushing for better cancer care. The fundraisers who make it all possible'.

Local Helpline 01432 851356 or National Helpline 0808 8080000
01432 851000 (St Michael's Hospice switch board will take a message)
Available 9.00 am – 5.00 pm every day Available 9.00 am to 5.00 pm every day
Website www.macmillan.org.uk

Marie Curie Cancer Care

Our nurses work night and day, in people's homes across the UK, providing hands-on care and vital emotional support. Our hospices offer specialist round-the-clock care. And we help people throughout their illness by giving practical information, support from trained volunteers and being there when someone wants to talk. Please see the website for further information.

National Helpline 0800 716146
Available 9.00 am – 5.00 pm Monday to Friday
Email supporter.relations@mariecurie.org
Website www.mariecurie.org.uk

ROAD DEATH

BrakeCare

Helpline for emotional support and practical information if you have been bereaved or seriously injured in a road crash or are caring for someone affected in this way. The website contains downloadable support literature for bereaved children and adults. Helpline officers are paid professionals, experienced in supporting people who have suffered a dreadful experience.

National Helpline 0808 8000401
Available 10.00 am – 4.00 pm Monday to Friday
Email helpline@brake.org.uk

Website www.brake.org.uk

CADD – Campaign Against Drink & Driving

Counselling and telephone support for the families of victims killed and injured by drunk or drugged motorists – providing emotional and practical support, advice and information about coping with a sudden bereavement or injury. Independent information about the judicial system, inquests and coroners courts. Campaigning for better rights and treatment of victims.

National Helpline 0845 1235542
Available 9.00 am – 9.00 pm 365 days a year
Email cadd@scard.org.uk
Website www.cadd.org.uk

RoadPeace

The helpline offers emotional support and practical guidance including information on the post-crash process. This can take the form of alerting callers to specific information guides or putting them in touch with other members.

National Helpline 0845 4500355
Available 9.00 am – 5.00 pm 7 days a week
Email helpline@roadpeace.org
Website www.roadpeace.org.uk

SCARD – Support and Care After Road Death and Injury

Support for anyone bereaved or injured in a road crash. Emotional and practical support is offered.

National Helpline 0845 1235542
Available 9.00 am – 9.00 pm 365 days a year
Email info@scard.org.uk
Website www.scard.org.uk

OTHER

CRY – Cardiac Risk in the Young

CRY's bereavement programme has been developed to help people with their grieving process following the sudden death of a young relative or close friend from Sudden cardiac death. CRY provides emotional support through a network of volunteers who have themselves lost a child, sibling or partner in this way. All volunteers have achieved British Association of Counselling (BAC) accreditation with skills and theory certification following two years training to help others come to terms with their tragedies.

National Helpline 01737 363222
Available 10.00 am – 5.00 pm Monday to Friday. Answerphone outside these hours
Email cry@c-r-y.org.uk
Website www.c.r.y.org.uk

Down's Heart Group

DHG is a support group for families who have a member with Down's Syndrome and heart problems associated with Down's Syndrome. They have a wide range of information on their website and give telephone and email support from prenatal testing stage for parents and relations through to bereavement support.

National Helpline 0844 2884800
Available 9.00 am – 5.00 pm Monday to Friday. 24 hour answerphone
Email info@dhg.org.uk
Website www.dhg.org.uk

Epilepsy Bereaved

Epilepsy Bereaved is a reporting and support centre for epilepsy deaths. Providing support and information to individuals affected by SUDEP (sudden unexpected death in epilepsy) and other epilepsy deaths, with opportunities to become involved in research to reduce epilepsy deaths.

National Helpline 01235 772852
Available Monday to Friday 24 hour answerphone
Email support@sudep.org
Website www.sudep.org.uk

Meningitis Now

Offers a range of support including one to one support and home visits from volunteers who have also been bereaved through meningitis. This [peer support](#) can be provided over the phone, email, Skype or personal support. This may be a short relationship, or for some, it can form a lasting bond.

Services are free of charge and are available to anyone who has had an experience of meningitis or meningococcal disease.

National Helpline 0808 8010388
Available Helpline – 24 hours a day. Office open 9.00 am – 5.00 pm Monday to Friday
Email info@meningitisnow.org
Website www.meningitisnow.org

SAMM – Support After Murder and Manslaughter

Offers understanding and support to families and friends who have been bereaved as a result of murder and manslaughter, through the mutual support of others who have suffered a similar tragedy. Various ways of providing support are offered.

National Helpline 0845 8723440
Available During office hours with answerphone service. If not answered please leave a message and they WILL get back to you
Email info@samm.org.uk
Website www.samm.org.uk

SOBS – Survivors of Bereavement by Suicide – available to those aged 18+ only

We exist to meet the needs and overcome the isolation experienced by people **over 18** who have been bereaved by suicide. Survivors of Bereavement by Suicide aims to provide a safe, confidential environment for group meetings and telephone support in which bereaved people can share their experiences and feelings. This is a place where you can feel at ease with those who have also lost someone to suicide.

National Helpline 0300 1115065
Available 9.00 am – 9.00 pm 7 days a week

Email sobs.support@hotmail.com
Website www.uk-sobs.org.uk

SIBLING DEATH

TCF Sibling Support (part of the Compassionate Friends)

Specialist helpline and website forum offering support for bereaved siblings.

National Helpline 0845 1232304
Available 10.00 am - 4.00 pm and 7.00 pm – 10.00 pm 7 days a week 365 days a year. The line is always answered by a bereaved parent
Email info@tcfsiblingsupport.org.uk
Website www.tcfsiblingsupport.org.uk

The Lone Twin Network – available to those aged 18+ only

The Lone Twin Network is an informal network offering peer support, via a confidential list of members, for surviving twins (triplets or more) to make contact with other twins who have had similar experiences of loss, at whatever stage of life. To become a member visit the website and complete the on line application form. A £10 joining fee is payable (as at April 2015) and all members must be over 18. Members receive a confidential network list, annual newsletter and information about annual and regional meetings.

Email info@lonetwinnetwork.org.uk
Website www.lonetwinnetwork.org.uk
Address Lone Twin Network, 54 Ventnor Avenue, Hodge Hill, Birmingham, B36 8EF

WIDOWS/WIDOWERS

Moving On

A self-help group that links together widows and widowers for support and friendship. Covers Hereford and surrounding districts. Support might only be a passing need whilst you are rebuilding your life and gaining confidence but it may also result in new friendships for life. We do not offer counselling or advice – just friendship. Weekly meetings are held in Leominster and Hereford. There is also a Sunday lunch club which meets once a month.

Local Helpline 01568 615647 (Mrs Blackler)
Available Calls taken daytime and evenings 7 days a week
Email c.blackler@pointernet.co.uk

WAY Widowed & Young (under 50s)

WAY offers support and friendship to young bereaved people - whatever their circumstances, however long ago their partner died – men and women widowed under 50, parents and those without children. Visit the website in order to join for which a fee is charged (£25 as at April 2015) and access information about the support available.

National Helpline 0300 0124929
Available 24 hour answerphone
Email Go to the website to send a message
Website www.widowedandyoung.org.uk

WAY Up for those widowed over 50

Way Up is an active self help group aimed at providing mutual support to those widowed their 50's and 60's. We are based in the UK but are open to members from all over the world.

It is a group with a positive forward looking attitude to rebuilding lives and discovering that our lives can be good again, that we can be happy once more. There is an active forum and registration is free via the website.

Email wayup@lowdon-it.co.uk
Website www.way-up.co.uk

Widowed Young Support

A network of trained befrienders, all of whom have experienced the death of partner. There are support days and weekends throughout the UK. Resources and useful information on the website.

National Helpline 02920 810800
Email Do visit the website to gain access to the email service
Website www.careforthefamily.org.uk/widowedyoung

MENTAL HEALTH/COUNSELLING SERVICES

CLD Youth Counselling Trust – Hereford based

Youth Counselling Service for young people, aged 11-25 years, who are experiencing mental, social, emotional or behavioural concerns due to a wide range of issues including anxiety, depression and bereavement.

Local Helpline 01432 269245
Available 9.00 am – 7.00 pm Monday and 9.00 am – 5.00 pm Tuesday to Friday
Answerphone at other times
Email info@thecltrust.org
Website www.thecltrust.org

PET BEREAVEMENT

Pet Bereavement Support Service

The Pet Bereavement Support Service offers emotional support and practical information for anyone experiencing the loss of a pet, under any circumstances. Confidential telephone support line and email service.

National Helpline 0800 0966606
Available 8.30 am – 8.30 pm 7 days a week. Answerphone at all other times
Email pbssmail@bluecross.org.uk
Website www.bluecross.org.uk (Click on “what we do” and scroll down to Bereavement)

ADVICE AGENCIES

Age UK Hereford and localities

Aims to improve the quality of life of older people living in Hereford City and South Herefordshire. Provides advice and information, advocacy, welfare, insurance and housing advice, DIY handyman, home visits/befriending and mobile and local day centres. On line support available too.

Local Helpline 08456 881298 (when answered you will be put through to a locality office if appropriate)

Available 9.00 am – 5.00 pm Monday to Friday
Locality Offices Hereford, Bromyard, Ledbury, Leominster and Ross on Wye
Email contact@ageukhl.org
Website www.ageuk.org.uk/herfordandlocalities

Herefordshire Citizens Advice Bureau

Provides information and advice on a wide range of topics, including benefits, legal matters and financial affairs.

Local Helpline 0844 8269685
Available 10.00 am – 3.00 pm Monday, Wednesday and Friday and 4.30 pm – 6.00 pm Thursday
Email advice@herefordshirecab.org.uk
Website www.herefordshirecab.org.uk or www.adviceguide.org.uk

JobCentrePlus: Department of Work and Pensions (DWP)

Information on claiming Bereavement Benefits (Bereavement Payment, Bereavement Allowance funeral payments and/or Widowed Parent's Allowance).

National Helpline 0345 6088601
After Bereavement
Available 8.00 am – 8.00 pm Monday to Friday
Website www.direct.gov.uk

Relate (Shropshire and Herefordshire)

Counselling and training families in conflict or experiencing relationship difficulties following bereavement. Relate offers a wide range of services for couples, families and individuals. We support people through all stages of their relationships and you can access support on your own or with others, face-to-face, on the phone or on the internet.

Local Helpline 01743 344010
Available 9.30 am – 9.00 pm Monday to Thursday and 9.30 am – 3.00 pm Friday
Email relate@relatesandh.org.uk
Website www.relatesandh.org.uk

The Royal British Legion

The Royal British Legion provides financial, social and emotional support to millions who have served and are currently serving in the Armed Forces and their dependants. Help with a huge range of issues – employment and careers advice for those adjusting to civilian life, practical assistance for widows and families for remembrance travel to war graves and welfare assistance ranging from information, advice and support for claiming pensions and benefits to the provision of welfare grants for those disabled or in need and from home and hospital visits to the provision of convalescent and nursing care. Welfare Break Centres provide short-term breaks for those recovering from a period of illness, hospitalisation or bereavement. Going on line you may access all on line advice and service details.

National Helpline 0808 8028080
Available 8.00 am – 8.00 pm 7 days a week
Email info@britishlegion.org.uk
Website www.britishlegion.org.uk

SSAFA - Soldiers, Sailors, Airmen and Families Association

Provide lifelong support to those who are serving or who have ever served in the British Army, the Royal Navy and the Royal Air Force, and their families. They mainly provide practical support in relation to finances, accommodation and disability aids/equipment. They also provide emotional support, on a limited basis, locally.

Local Helpline 01432 273932
Website www.ssafa.org.uk

The War Widows' Association of Great Britain

The WWA exists to improve the conditions of War Widows and their dependants in Great Britain and elsewhere. Its work encompasses not only those who have suffered bereavement from the last World War and as a result of more recent conflicts such as Iraq and Afghanistan but also those who have suffered the loss of their partner in peace time, when their death was attributable to service life. It works with all Government departments, petitioning for improvement in pensions, the administration of benefits and other issues affecting War Widows. It represents War Widows at national events of remembrance. It maintains close links with all ex-Service organisations and the Service widows' associations.

National Helpline 0845 2412189
Available 9.00 am – 5.00 pm Monday to Friday
Email info@warwidows.org.uk
Website www.warwidows.org.uk

PRACTICAL SUPPORT AND ASSISTANCE

British Red Cross

Practical and social support – medical loan, transport and escort. For more information about services go to the Society website and put in your postcode.

Local Helpline 01432 373020
Available 9.00 am – 5.00 pm Monday to Friday
Website www.redcross.org.uk

Sand Rose Project

The Sand Rose Project provides breaks in a quiet, peaceful haven in Cornwall for bereaved families. The project does not provide a therapeutic or counselling programme – but it does provide a venue to take time out in an environment that encourages rest, reflection and recuperation.

Please note that all referrals are now managed by Child Bereavement UK.

National Helpline 08456 076357
Available 9.00 am – 5.00 pm weekdays
Email Info@sandrose.org.uk
Website www.sandrose.org.uk
For referral to access Sand.Rose@childbereavementuk.org
a holiday please
email

FUNERALS AND MEMORIALS

British Humanist Association

A network of trained British Humanist Celebrants accredited by BHA who conduct Humanist, non-religious ceremonies (including funerals at crematoria, burial sites and memorials) which are personal and unique.

National Helpline 0207 243060
Email info@humanism.org.uk
Website humanistceremonies.org.uk

Herefordshire Cemeteries and Crematorium – Bereavement Services

The Bereavement Services staff provide information and advice on burials, cremations and memorials. They also answer general queries and help families to make their own arrangements for funerals.

Local Helpline 01432 383200
Available 9.00 am – 4.45 pm Monday to Friday
Email bereavement@herefordshire.gov.uk

Humber Woodland of Remembrance

The first Green Burial Ground in Herefordshire. Situated four miles from Leominster. It provides an environmentally friendly and enduring way of burial and remembrance. The woodland is open to all, whatever their religious beliefs, and burials (or scattering of cremated remains) may be conducted according to the wishes of each individual family.

Local Helpline 01568 760443
Available Anytime. Answerphone
Email diane@humberwoodland.co.uk
Website www.humberwoodland.co.uk

National Association of Funeral Directors (NAFD)

Information on funerals and choosing a funeral director. The website also includes a search facility to find a local member.

National Helpline 01217 111343
Available 9.00 am – 5.00 pm Monday to Friday
Email info@nafd.org.uk
Website www.nafd.org.uk

National Association of Memorial Masons

Information on memorials with a search facility to find a local member.

National Helpline 01788 542264
Email enquiries@namm.org.uk
Website www.namm.org.uk

National Society of Allied and Independent Funeral Directors

The trade association of independent and family-owned funeral directors. Information on funerals. The website includes a search facility to find a local member.

National Helpline 0845 23067777
Available 9.00 am – 5.00 pm Monday to Friday
Email info@saif.org.uk
Website www.saif.org.uk

Natural Death Centre

Information, advice and publications on DIY and environmentally friendly funerals and particularly nature and woodland burial grounds. Also about burial on private land and the making of living wills.

National Helpline 01962 712690
Available 9.30 am – 2.30 pm Monday to Friday
Email contact@naturaldeath.org.uk
Web site www.naturaldeath.org.uk

INFORMATION WEBSITES AND SPECIALIST SERVICES

British Association for Counselling and Psychotherapy

'Find a Therapist' section of the website gives information on finding the right therapist and the theoretical approaches used in counselling. A search facility lists qualified counsellors and psychotherapists available in your area.

National Helpline 01455 883300
Available 9.00 am – 5.00 pm Monday to Friday
Email bacp@bacp.co.uk
Website www.bacp.co.uk

INQUEST

INQUEST provides an independent, free legal and advice service to bereaved families and friends on the inquest system. An information pack is available (which can be downloaded from the website) which offers a comprehensive guide to the current system and should help towards guiding bereaved people through the legal and emotional difficulties that can follow a sudden and unnatural death. The charity has a particular focus on deaths in custody.

Helpline 0207 2631111 (please leave message on answerphone if no answer)
Website www.inquest.org.uk

Royal College of Psychiatrists

In-depth information about the emotions you may feel during bereavement. Downloadable factsheets and leaflets for adults and children. The website contains useful links to other organisations dealing with bereavement.

Website www.rcpsych.ac.uk

Specialist Services designed to remove the names of the deceased and others from marketing databases and mailing lists

The Bereavement Register

The Bereavement Register is a free service that helps put a stop to direct mail sent to people who have died. Includes TBR Call Guardian which blocks telemarketing calls for 6 months from registration. Call or register online.

Registration Line 08000 821230 (24 hour automated registration service) or telephone 02070 896403 (office hours 9.00 am – 5.00 pm)
Email help@thebereavementregister.org.uk
Website www.thebereavementregister.org.uk
Address The Bereavement Register, Freepost RTEU-JSHJ-LCTZ, 1 Newhams Row, London, SE1 3UZ

The Deceased Preference Service

The DPS has been set up to help stop unwelcome post addressed to your deceased loved one. Free of charge and easy to use. Details provided will be used only to stop mail and combat identity theft.

Registration Line Register online via the website or telephone 08000 684433
Website www.deceasedpreferenceservice.co.uk

Call Prevention Service

A charge is made for this service (annual subscription). Filters out calls from telemarketing companies that use automatic dialling equipment which generate silent calls. Registration lasts 12 months.

Free Advice Line 0800 0408010
Registration Line 0800 6527780
Website www.callpreventionregistry.co.uk

Telephone Preference Service

This is a free service. Helps you make sure your telephone number is no longer available to organisations who may telephone with offers and information you do not wish to receive.

Registration Line 0845 0700707
Website www.tpsonline.org.uk

Pastoral Care

Bahá'i Faith Hereford 01432 357314

Baptist Church

Gorsley Chapel	01989 720312	Hereford Church	01432 352209
Ledbury Chapel	01531 324180	Leominster Church	01568 612649
Ross on Wye Church	01989 566966		

Chaplaincy (Team Leader) – Hereford Hospitals NHS Trust

Local Helpline 01432 364139 Emergency 07593 834881
Chaplaincy: specifically religious services, i.e. prayer, funeral (occasionally for adults, often for still born or late miscarriage). Liaison with local clergy and staff.

Christian Fellowship

Barton 01432 264715 Bodenham 01568 797531
Border (Presteigne) 01544 267711 Lugwardine 01432 359523

Christian Life Centre Friday group for those bereaved call 01432 271071

Church of England – Diocesan Office 01432 373300

Available 9.00am – 1.00pm and 2.00pm – 5.00pm Monday to Friday
Website www.hereford.anglican.org
The Diocesan Office can give you the number of your local clergy and/or church bereavement support group. The website provides a link for all Anglican churches in the diocese of Hereford.

Church of Jesus Christ of Latter Day Saints Hereford Contact 01432 352751

Elim Pentecostal Hereford Contact 01432 354354

First Church of Christ Scientist (Christian Science Church and Reading Room)

Hereford Contact 01432 268613

The British Humanist Association

Hereford Contact 01432 860221 National Helpline 02073 243060
Email info@humanism.org.uk and dorothy.quayle@banquo.co.uk
Website www.humanism.org.uk

This National charity supports and represents people who seek to live good lives without religious or superstitious beliefs. Humanist Ceremonies is the BHA's network of trained and accredited humanist celebrants who conduct humanist funerals, weddings and naming ceremonies. A local representative is available to give talks about humanist approaches to death, dying and funeral ceremonies.

Jewish Community

Hereford Contact Mark Walton 01594 530721
Mail Mark.walton@bridgecentre.org.uk

Jehovah's Witnesses – Kingdom Halls

Hereford Contact 01432 264573

Methodist Churches

Hereford Rev Iain Skinner 07767 303598

Bromyard, Ledbury
and Ross Rev Deborah Cornish 01531 634242
Leominster, Rev Jon Chesworth 01568 612406
Presteigne and
Kington

Muslim

Gloucester 01452 4168300 during prayer times only
Hereford 01432 347601 (daytime - Zack Pandor)
 01452 421272 (evening)

Roman Catholic

Belmont Abbey 01432 277319 (Parish Priest)
St Francis Xavier 01432 273485
Hospital Chaplain 01432 374722
Website www.rcdh.org.uk
The website provides details of Roman Catholic Churches in Herefordshire.

Salvation Army

Hereford Contact 01432 264543
Email Hereford@salvationarmy.org.uk

Society of Friends (Quakers)

Hereford Contact Julian Rutherford 01981 580279
Ledbury Contact 01531 633215
Ross-on-Wye 01989 768819
Contact

United Reformed Church

Herefordshire Rev Martin Hardy 01432 265211
Contact

READING ON GRIEF AND BEREAVEMENT

There is a huge range of books, leaflets and other materials available – the following list contains suggestions compiled from various sources (including Cruse Bereavement Care and The Child Bereavement Trust) and by no means includes everything available.

General

New Journeys Now Begin: learning on the path of grief and loss

Tom Gordon. Wild Goose Publications 2006

ISBN: 1-905010-08-0

Poetry, story and reflection about the journey which has to be travelled.

Continuing Bonds: new understanding of grief

Dennis Klass (Editor), Phylis R. Silverman (Editor), Steven Nickman (Editor). 1996 Taylor and Francis

ISBN: 1560323396

Many modern theories hold that the function of grief and mourning is to cut bonds with the deceased, freeing the survivor to develop new relationships. This work, however, argues that proper resolution of grief should enable one to develop and maintain a continuing healthy bond with the deceased.

Journey Through Grief: a guide to living with bereavement

Tracey Cusick 2002

ISBN: 0954260104

This invaluable guide to coping with the grief of a loved one gives an insight into the mixed feelings involved.

Men and Grief: a man's guide to recovering from the death of a loved one

Carol Staudacher. New Harbinger Publications 1993

ISBN: 093498672X

Explores men's responses to the death of a loved one and offers support and suggestions for helping their grieving and enhancing the healing process.

You'll Get Over It: the rage of bereavement

Virginia Ironside. Penguin 1997

ISBN: 0140236082

Agony Aunt Virginia Ironside takes an honest and refreshing look at the complex emotional reactions surrounding death in this practical guide for the bereaved.

Death of a Baby or Child

When a Baby Dies: the experience of late miscarriage, stillbirth and neo-natal death

Nancy Kohner & Alix Henley. Routledge 2001

ISBN: 0415252768

Support for those who have lost a baby through late miscarriage, stillbirth or in the early weeks after birth. Includes stories and quotes from parents who have written of their experiences and of what helped them and also explains some of the medical reasons.

Death of a Parent

How it feels when a Parent Dies

Jill Krementz. Alfred A Knopf 1988) (out of print but available through Amazon)

ISBN: 0394758544

A collection of statements by children bereaved in varying circumstances, including illness, accident and suicide. Aged from seven to sixteen they speak openly of their experiences.

When Parents Die: learning to live with the loss of a parent

Rebecca Abrams. Routledge 1999

ISBN: 0415200660

In a sensitive way, Rebecca Abrams draws not only on her own evolving understanding of parental loss but also on the experiences of your children, teenagers or adults who have suffered the loss of a parent. Aimed at readers of all ages and considers the importance of the dead parent and the critical role of the surviving parent.

When Parents Die: a Guide for Adults

Edward Myers. Penguin 1997

ISBN: 0140262318

Aimed specifically at adults who have been bereaved.

Death of a Partner

A Grief Observed

C S Lewis. Faber and Faber 1966

ISBN: 0571066240

A classic account from the writer's overwhelming struggle to come to terms with his wife's death. Filmed as Shadowlands.

In the Springtime of the Year

Susan Hill. April 2012

The journey of a young farmer's widow through sorrow towards acceptance of his death.

The empty bed: bereavement and the loss of love

Susan Wallbank. Darton Longman and Todd 2005

ISBN: 0232 526397

This not only deals with the short term experience of the loss of love, including its physical dimension following a death, but goes on to deal with the problems of finding a new sense of identity and forming new intimate relationships.

Gay Widowers: life after the death of a partner

Michael Shernoff. Harrington Park Press 1997

ISBN: 156023105X

A collection of first person accounts of the loss of a gay partner.

For Parents & Carers Helping Bereaved Children

Grief in Children: a handbook for adults

Atle Dyregrov. Jessica Kingsley 2008

ISBN: 185302113X

Helps adults to know how to respond appropriately to the bereaved child's needs.

Sibling Bereavement: helping children cope with loss

Ann Farrant. Continuum 1998

ISBN: 0304702056

A brother or sister's death can be traumatic for the other children, including those born afterwards. The author's own experiences, and those of others included in case studies, help parents understand their own and their children's reactions.

When Your Child Loses a Loved One

Theresa Huntley. Augsburg Fortress 2001

ISBN: 0806642629

Talking with a grieving child can leave parents at a loss for words. The author presents the guidance parents need to help their children grieve. The book explains how children of different ages understand death, how they grieve and what steps help them to understand and live with their loss.

For Children & Young Adults

Under 8's

Badger's Parting Gifts

Susan varley. Currently out of print but available via Amazon

ISBN: 0833585924

When wise old badger dies his friends think they will be sad forever. Gradually they are able to remember him with joy and gratitude as he lives on in all they learned from him. A sensitively written, highly acclaimed book which helps children come to terms with the death of someone they love.

The Huge Bag of Worries

Virginia Ironside. Hodder Children's Books 2004

ISBN: 0340903171

Wherever Jenny goes, her worries follow her – in a big blue bag! They are there when she goes swimming, when she is watching TV and even when she is in the lavatory. Jenny decides that they will have to go. But who can she get to help her? This funny and reassuring story acknowledges that even very young children do have worries. The best way of getting rid of them is to share them with someone else, but that finding someone to listen is not always easy.

Waterbugs and Dragonflies

Doris Stickney. Pilgrim Press 2009

ISBN: 0829818308

This acclaimed book can be used to help explain the concept of death to young children. The story illustrates that death is inevitable and irreversible, but natural.

8 – 13 years old

Charlottes's Web

E B White. Puffin 2003

ISBN: 0141317342

A classic book of the adventures of Fern, her pet pig and others on the farm. Central to it all is Charlotte the spider who dies when her babies are born.

What on Earth Do You Do When Someone Dies?

Trevor Romain & Elizabeth Verdick. Free Spirit Publishing 2003

ISBN: 1575420554

Thoughtful, straightforward answers to questions about the loss of a loved one. A real child's-eye view with lively, sensitive illustrations.

Sad isn't Bad: a good-grief guidebook for kids dealing with loss

Michaelene Mundy. Abbey Press 2004

ISBN: 0870293214

A book that gives young people reassurance, promoting grief as a normal and healthy process. Well-crafted summary of the grief process and the ways people cope with the death of a loved one. Also good for helping adults help children, with an introductory message which offers additional insights and ideas for working through grief.

For Teenagers and Young Adults

Facing Grief. Bereavement and the young adult

Susan Wallbank. Lutterworth 1991

ISBN: 0718828070

Written for those aged around 18 – 28, this frank, sensible book examines the particular needs of young adults, many of whom will be taking on fresh responsibilities. At a time when life promises so much, a major bereavement can be devastating. The author examines the effects of grief, the changes in self and family and with specific losses such as grandparent, parent, sibling, partner, friend or baby.

Healing Your Grieving Hearts for Teens: 100 practical tips

Alan Wolfelt. Companion Press US 2001

ISBN: 1879651238

These ideas and activities are aimed at reducing the confusion, anxiety and huge personal void so that the living can begin their lives again. 100 simple tips for understanding and expressing feelings of grief to teach younger people that their thoughts are not only normal but necessary.

The Grieving Teen: a guide for teenagers and their friends

H Fitzgerald. Simon and Schuster 2000

ISBN: 0684868040

Written about and for teenagers. Offers advice for helping a teenager cope with death, discussing the emotional impact of bereavement on adolescents, signs and symptoms of a teenager in trouble and teens' special needs and concerns during the grieving process. This book covers a range of situations in which grieving teens and their families may find themselves.

Sudden or Violent Death

A Special Scar: the experience of people bereaved by suicide

Alison Wertheimer. Routledge 2001

ISBN: 0415220270

Well-informed, helpful and compassionate. This book looks at the stigma surrounding suicide and draws on the experiences of a wide range of people and situations to offer support and practical help to surviving friends and family.

After the Suicide: helping the bereaved to find a path from grief to recovery

Karl Dyregrov, Einar Plyhn and Gudrun Dieserud. Jessica Kingsley Oct 2001 (English)

ISBN: 978 1 84905 211 5

This book is eminently readable: clear, simple and comprehensive in its coverage of the experience of losing a loved one to suicide. *After the Suicide* is a superb book for those who are bereaved by suicide, for those who wish to help them and for those whose professional work leads them to walk the difficult journey with survivors.

No Time for Goodbyes: coping with sorrow, anger and injustice after a tragic death

Janice Harris Lord. Pathfinder 1989

ISBN: 0934793689

Devoted to the unique grief suffered by the families and friends of persons killed suddenly and violently. Offering hope and useful suggestions, this guide provides outlets for feelings of grief, anger, frustration and disappointment.

For Carers

Past Caring: the beginning not the end

Audrey Jenkinson. Polperro Heritage Press 2004

ISBN: 0954423364

Audrey Jenkinson was 24 when she gave up her career to care for her parents when her mother suffered a stroke and her father was diagnosed with cancer. After their deaths she felt a deep void and the book describes her own experiences and those of other former carers who have lost parents, partners and children. She ends with positive self-help ideas to help carers rebuild their lives.

When the Person You Care for has Died

Carers National Association Booklet

Tel: 0207 4908818 or write to: Carers National Association, 20-25 Glasshouse Yard, London, EC1A 4JS

Offers support and practical advice to bereaved carers. It looks at the intense and turbulent emotions of grief and encourages carers to look after themselves.

Practical Issues

What to Do When Someone Dies: how to deal with the practical arrangements that have to be made after a death

(Which Consumer guide)

Paul Harris

ISBN: 0852028997

This book guides and supports the reader through the practical processes associated with bereavement, such as who does what and how to arrange a funeral.

What to do following a death: a self-help kit

(Lawpack)

Available from www.crusebereavementcare.org.uk or call 0844 4779400

This Lawpack kit provides help, practical advice and guidance on how to handle the difficult period immediately following the loss of a loved one and the longer lasting emotions of bereavement.

We need to talk about the funeral

Jane Morrell and Simon Smith. Accent Press Limited 2006

ISBN: 1-899296-31-x

Many practical suggestions about commemorating and celebrating life.

Lists of further reading and other resources are available at:

www.nhs.uk/LiveWell/bereavement/Pages/bereavement.aspx

www.bbc.co.uk/relationships/coping_with_grief/further_reading_index.shtml

www.childbereavement.org.uk

www.cruse.org.uk