



Bereavement Services

Fact Sheet No.1

The Carers Centre for Brighton & Hove
Brighton Junction
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Brighton BN1 4GQ

Tel: 01273 746222

Email: info@thecarerscentre.org

Website: www.thecarerscentre.org

Registered Charity No. 1015728
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Introduction

Losing a close relative or friend can be extremely upsetting, particularly for a carer, as there is the double impact of losing a loved one and losing a major role in their life. This Fact Sheet provides information on some local and national services that can help and support the recently bereaved. They cover both the practical aspects and emotional challenges of bereavement.

The Carers Hub is a focal point to help unpaid carers in Brighton and Hove get the information, advice and support that they need. This can be helpful for bereaved carers.

Tel: 01273 977000

Email: info@carershub.co.uk

Website: www.carershub.co.uk

The Carers Centre runs a Bereaved Carers Group on the fourth Wednesday of every month at Alcampo Lounge, London Road, 10.30 am – 12.30 pm. Carers can get helpful information and mutual support at these sessions. To book a place contact the Centre as below:

Tel: 01273 746222

Email: info@thecarerscentre.org

Local Services

Age UK

Services: Provides advice and support for older people affected by bereavement.

There is an Information Guide on Bereavement which can be downloaded from the website.

Address: Ground Floor, 95 Queen's Road, Brighton BN1 3XE.

Tel: 0800 019 1310

Email: info@ageukwsbh.org.uk

Website: www.ageuk.org.uk

Website (local): www.ageuk.org.uk/westsussexbrightonhove

Bereavement Care

Services: Free one to one confidential counselling and support groups offering the bereaved help with emotional, practical and social needs. This is run by Caring Lady, Funeral Directors.

Address: 155 Lewes Road, Brighton BN2 3LG

Tel: 08081 647852

Website: www.caringladyfuneraldirector.co.uk

Bereavement Office, Royal Sussex County Hospital

Services: Bereavement Officers provide help and advice to relatives and carers of patients who have died in hospital. Chaplains can also offer spiritual support.

Address: Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BE.

Bereavement Office

Tel: 01273 664611
Email: uhsussex.bereavement.rschoffice@nhs.net
Chaplain
Tel: 01273 664122
Email: uhsussex.chaplaincyeast@nhs.net
Website: www.uhsussex.nhs.uk

Brighton & Hove City Council

Services: The Council's bereavement services, which include funeral arrangements and commemorative facilities, are caring and dignified.
Address: Bereavement Services, Woodvale Lodge, Lewes Road, Brighton BN2 3QB
Tel: 01273 604020
Email: woodvale@brighton-hove.gov.uk
Website: www.brighton-hove.gov.uk

Brighton & Hove Libraries

Services: The Jubilee Library has information on bereavement and support. People can borrow books and eBooks which aim to help children, families and carers through the process of bereavement.
Address: Jubilee Library, Jubilee Street, Brighton BN1 1GE.
Tel: 01273 290800.
Email: libraries@brighton-hove.gov.uk
Website: www.brighton-hove.gov.uk

Cruse Bereavement Support

Services: Provides information, advice and support to bereaved people of all ages including group and one-to-one support.
Address: Community Base, 113 Queen's Road, Brighton BN1 3XG.
Tel: 0300 0113300
Email: eastsussex@cruse.org.uk
National Helpline: 0808 808 1677
Website: www.cruse.org.uk

Health Care Media

Service: A free guide covering Bereavement Support and Advice in the Brighton and Hove Area can be ordered by post.
Address: Impact Marketing and Publicity Ltd, Media House, 116/118 Derby Road, Stapleford, Nottinghamshire NG9 7AD.
Tel: 0115 939 2090
Email: enquiry@healthcaremedia.co.uk
Website: www.impactonlife.com

Martlets Hospice

Services: Provides bereavement advice and support including counselling for families, carers and friends of former patients (both Hospice and Hospice at Home patients).

Address: The Martlets Hospice, Wayfield Avenue, Hove BN3 7LW

Tel: 01273 273400

Email: bereavement@martlets.org.uk

Website: www.martlets.org.uk

Patient Advice and Liaison Service (PALS)

Services: Provides advice and support for people concerning local hospital services.

Tel: 01273 664511 or 664973 (Royal Sussex County Hospital)

Email: uhsussex.pals@nhs.net

Tel: 01273 242292 (Brighton General Hospital)

Email: sc-tr.pals@nhs.net

Samaritans

Services: Provides support by telephone or by email or through the local centre for anyone with emotional worries including the bereaved.

Address: Dubarry House, Newtown Road, Hove BN3 6AE.

Tel: 116 123 (free) or 0330 094 5717 (local)

Email: jo@samaritans.org

Website: www.samaritans.org

Tell Us Once

Service: This allows a person to report a death to most government organisations in one go. When the person registers the death the registrar will either complete the Tell Us Once service for them or will give them a unique reference number so that they can use the Tell Us Once service either online or by telephone. The registrar will also give them the telephone number to call. For further information go to the website.

Website: www.gov.uk/after-a-death

National Services

Bereavement Advice Centre

Services: An online service provided by Co-op Legal Services giving practical information and advice on the many aspects of bereavement.

Address: 1 Angel Square, Manchester M60 0AG

Website: www.bereavementadvice.org

Carers UK

Services: Provides guidance for carers for dealing with bereavement covering both the emotional challenges and the practical aspects. There are suggestions for coping with grief and feelings of isolation and finding support. The guidance can be downloaded from the website.

Address: 20 Great Dover Street, London SE1 4LX

Helpline: 0808 808 7777

Email: advice@carersuk.org

Website: www.carersuk.org

Down to Earth

Service: A quaker support service helping people on low incomes. Practical advice is offered concerning funeral planning, bereavement etc.

Address: 17 Old Ford Road, Bethnal Green, London E2 9PJ

Tel: 020 8983 5030

Email: info@qsa.org.uk

Website: www.quakersocialaction.org.uk

Grief Encounter

Services: A charity providing support for bereaved children, young people and their families by means of advice, contact, counselling, family days, group activities etc.

Address: Crystal House, Daws Lane, London NW7 4SD

Tel: 020 8371 8455

Helpline: 0808 802 0111

Email: bereavementsupport@griefencounter.org.uk

Website: www.griefencounter.org.uk

Hospice UK

Services: Provides information, advice and support for dealing with death and bereavement and making plans for end of life.

Address: Hospice House, 34-44 Britannia Street, London WC1X 9JG.

Tel: 020 7520 8200

Website: www.hospiceuk.org

Macmillan

Services: Provides information and support for spouses, families and friends when someone dies from cancer. This includes an online chat community. A booklet "After someone dies: coping with bereavement" can be downloaded from the website.

Address: 3rd Floor, Bronze Building, The Forge, 105 Sumner Street, London SE1 9HZ.

Tel: 0808 808 0000 (Support Line)

Website: www.macmillan.org.uk

Miscarriage Association

Services: Provides information and support for anyone affected by miscarriage. A number of helpful leaflets can be downloaded from the website or ordered by contact.

Address: 2 Otters Holt, Wakefield WF4 3QE.

Helpline: 01924 200799

Email: info@miscarriageassociation.org.uk

Website: www.miscarriageassociation.org.uk

Natural Death Centre

Services: Provides help, support and advice for planning a natural death funeral. Some useful leaflets can be downloaded from the website.

Address: In The Hill House, Watley Lane, Twyford, Winchester SO21 1QX

Helpline: 01962 712690
Email: contact@naturaldeath.org.uk
Website: www.naturaldeath.org.uk

The Compassionate Friends

Services: Provides information and support for bereaved families following the death of a child. Services include a telephone helpline and online support. Helpful leaflets and fact sheets can also be downloaded from the website.

Address: Kilburn Grange, Priory Park Road, London NW6 7UJ.

Tel: 0345 123 2304 (helpline).

Email: helpline@tcf.org.uk

Website: www.tcf.org.uk

The Good Death Guide

This Guide written by Michael Dunn aims to help anyone to be less afraid of death and better prepared for death and bereavement. It offers information about the facts, the processes and the emotional implications of death and includes practical help on such things as making a will, living wills, organ donation and funeral planning. It also explores the consequences for others of different types of death and discusses death in a variety of cultures and traditions.

Published by Pathways 2000. ISBN 978 1857035599. Paperback price new £12.95.

Used copies can be bought online at reasonable prices.

The Lullaby Trust

Services: Provides information and support for anyone affected by the sudden death of an infant. There is an online bereavement support group.

Address: 10/18 Union Street, London SE1 1SZ

Tel: **0808 802 6868 (helpline) or 0808 802 6869 (information and advice).**

Email: support@lullabytrust.org.uk

Website: www.lullabytrust.org.uk

The National Bereavement Service

Services: Provides practical advice and emotional support to bereaved people. Some useful guides can be downloaded from the website.

Address: Consett Innovation Centre, Ponds Court Business Park, Genesis Way, Consett, County Durham DH8 5XP

Tel: 0800 024 6121

Email: info@thenbs.org

Website: www.thenbs.org

Winston's Wish

Services: Provides information, advice and support for bereaved children after the death of someone important to them. Help can also be given to adults who are caring for young grieving people. There are online chat sessions and counselling. The charity produces priced publications.

Address: Conway House, 31-33 Worcester Street, Gloucester GL1 3AJ

Tel: 01242 515157

Helpline: 0808 8020 021

Email: ask@winstonswish.org
Website: www.winstonswish.org