***Resources for patients coming to the end of their life, their carers and for those bereaved.***

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***\*Helpful guides for those coming to the end of their life\****

Hospice UK have created a fantastic range of guides to help someone who is preparing to die:

\*Things to do before you die: [No\_1 - Things to do before you die\_single pages.pdf (hukstage-bucket.s3.eu-west-2.amazonaws.com)](https://hukstage-bucket.s3.eu-west-2.amazonaws.com/s3fs-public/2021-08/No_1%20-%20Things%20to%20do%20before%20you%20die_single%20pages.pdf)

\*Let’s talk about dying: [No\_3 - Let's talk about dying\_single pages.pdf (hukstage-bucket.s3.eu-west-2.amazonaws.com)](https://hukstage-bucket.s3.eu-west-2.amazonaws.com/s3fs-public/2021-08/No_3%20-%20Let%27s%20talk%20about%20dying_single%20pages.pdf)

\*Talking about dying with children: [No\_5 - Talking about dying with children\_single pages.pdf (hukstage-bucket.s3.eu-west-2.amazonaws.com)](https://hukstage-bucket.s3.eu-west-2.amazonaws.com/s3fs-public/2021-08/No_5%20-%20Talking%20about%20dying%20with%20children_single%20pages.pdf)

\*Talking about dying with people affected by dementia: [No\_4 - Talking about dying with people affected by dementia\_single pages.pdf (hukstage-bucket.s3.eu-west-2.amazonaws.com)](https://hukstage-bucket.s3.eu-west-2.amazonaws.com/s3fs-public/2021-08/No_4%20-%20Talking%20about%20dying%20with%20people%20affected%20by%20dementia_single%20pages.pdf)

***\*Support for carers caring for someone at the end of their life\****

Carers Trust Hillingdon run workshops to help people who are caring for someone who has a critical diagnosis or is naturally nearing the end of their life. The workshops are delivered by skilled health professionals on Zoom and are run regularly. Here is a brief summary of the topics of each workshop and the upcoming date for each one:

1. **Understanding palliative care** - *Wednesday 26th October from 2 – 4pm*

This workshop covers the practical things you need to know, gives you the opportunity to discuss your feelings and helps you start planning for what happens next.

1. **Caring for a loved one in the home at the end of their life** - *Wednesday 2nd November from 2 – 4pm*

This workshop covers the practical skills you will need to care at home, advice on when to seek help, provides emotional support and you can also be referred to longer-term support, if needed.

1. **Dealing with death** - *Wednesday 9th November from 2 – 4pm*

This workshop will provide you with coping strategies as well as covering the practical actions you will need to take.

Carers can also access the Carers Trust Counselling Service.

They also support carers after the person they are caring for has passed away and are currently running Cafes for former carers in Uxbridge & Northwood Hills:

**\*Uxbridge** – *second Wednesday of the month from 1.30 – 3pm.*

**\*Northwood Hills** – *last Tuesday of the month, 1.30 – 3pm.*

If anyone if interested in accessing any of the above they can contact Carers Trust directly, telephone: 01895 811 206. \*Open Monday – Friday 10am – 4pm.

***\*What to do when someone dies\****

-I’ve found 2 great guides on the practical things that need to be handled when someone dies which I think would be really helpful to share with patients who are faced with this:

1. Money helper: [What to do when someone dies | MoneyHelper](https://www.moneyhelper.org.uk/en/family-and-care/death-and-bereavement/what-to-do-when-someone-dies?source=mas)

2. Gov.UK: [What to do when someone dies: step by step - GOV.UK (www.gov.uk)](https://www.gov.uk/when-someone-dies)

-Helpful websites to signpost patients to which contain a wealth of support options for them:

1. AtaLoss.org: [AtaLoss.org is the UK's signposting and information website for bereaved people](https://www.ataloss.org/)
2. The Good Grief Trust: [Home – The Good Grief Trust](https://www.thegoodgrieftrust.org/)

-Mind also have a really helpful booklet on Bereavement: [bereavement-2019-for-pdf-download.pdf (mind.org.uk)](https://www.mind.org.uk/media-a/3361/bereavement-2019-for-pdf-download.pdf)

***\*Benefits & other financial help people may be entitled to\****

**Benefits:**

1. *Bereavement Support Payment* – you may be able to get this if your husband, wife or civil partner died in the last 21 months: [Bereavement Support Payment: Eligibility - GOV.UK (www.gov.uk)](https://www.gov.uk/bereavement-support-payment?step-by-step-nav=4f1fe77d-f43b-4581-baf9-e2600e2a2b7a)
2. *Child Benefit* – a) if a child dies you’ll usually get this for 8 weeks after the child dies: [Child Benefit if a child or parent dies: If a child dies - GOV.UK (www.gov.uk)](https://www.gov.uk/child-benefit-child-parent-dies) / b) if one or both parents die you may get this if you become the main carer for the child or children of someone who has died: [Child Benefit if a child or parent dies: If one or both parents die - GOV.UK (www.gov.uk)](https://www.gov.uk/child-benefit-child-parent-dies/if-one-or-both-parents-die)
3. *Guardian’s Allowance* – you may get this if you’re looking after children whose parents have died, you may also be eligible if there’s one surviving parent: [Guardian's Allowance: Overview - GOV.UK (www.gov.uk)](https://www.gov.uk/guardians-allowance?step-by-step-nav=4f1fe77d-f43b-4581-baf9-e2600e2a2b7a)
4. *Universal Credit* – you may be able to apply for this to help with living costs: [Universal Credit: What Universal Credit is - GOV.UK (www.gov.uk)](https://www.gov.uk/universal-credit)
5. *War Widowe(er) Pension* – you may be entitled to this if your husband, wife or civil partner dies as a result of their service in Her Majesty’s Armed Forces or during a time of war: [War Widow(er) Pension: Overview - GOV.UK (www.gov.uk)](https://www.gov.uk/war-widow-pension)

**Other financial help:**

1. *Funeral Expenses Payment* – you may get this if you are getting certain benefits and need help to pay for a funeral you’re arranging, this may have to be repaid depending on the nature of the deceased’s estate: [Get help with funeral costs (Funeral Expenses Payment): How it works - GOV.UK (www.gov.uk)](https://www.gov.uk/funeral-payments)
2. *Children’s Funeral Fund for England* – can help to pay for some of the costs of a funeral for a child under 18 or a baby stillborn after the 24th week of pregnancy: [Support for child funeral costs (Children’s Funeral Fund for England): What it does - GOV.UK (www.gov.uk)](https://www.gov.uk/child-funeral-costs)
3. *Budgeting Loan* – this may be used to help towards funeral costs, this has to be paid back: [Budgeting Loans: How they work - GOV.UK (www.gov.uk)](https://www.gov.uk/budgeting-help-benefits)
4. *Statutory Parental Bereavement Pay and Leave* – an individual may be able to take time off work if their child dies before they turn 18, or if they have a stillbirth after 24 weeks of pregnancy: [Statutory Parental Bereavement Pay and Leave: Overview - GOV.UK (www.gov.uk)](https://www.gov.uk/parental-bereavement-pay-leave)
5. *Quaker Social Action* – they have a UK Funeral Costs Helpline where people on a low income or benefits can contact for free and confidential advice if they are struggling with the cost of organising a funeral anywhere in the UK. Telephone: 020 8983 5055 / Email: downtoearth@qsa.org.uk Their website also contains some great guides for planning a low cost funeral: [Down to Earth | quakersocialaction.org.uk](https://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth)

***\*Free bereavement services for children & young people\****

***\*Winston’s Wish.***

They have a team of experienced and trained bereavement professionals who can offer advice, guidance and support to families and professionals supporting a bereaved child or young person.

-They have a freephone Helpline: 08088 020 021. \*Open Monday – Friday from 8am – 8pm.

-If a bereaved young person is experiencing a crisis they can use the Crisis Messenger text service which offers free anonymous support 24 hours a day, 7 days a week – text WW to 85258.

-People can also contact them via email: ask@winstonwish.org or by completing this contact form: [ASK Email Service for Bereaved Children and Young People (winstonswish.org)](https://www.winstonswish.org/supporting-you/ask-a-question/)

-They offer 2 types of bereavement support services:

1. They can work with parents to help them support their children;
2. They can offer support directly to the grieving child/young people.

-They also have online Grief Support Groups open to grieving children and young people aged 7 – 25 years old & they also run groups for parents and carers who are supporting grieving children and young people: [Online Grief Support Groups for young people | Winston's Wish (winstonswish.org)](https://www.winstonswish.org/supporting-you/online-grief-support-groups/)

Contact: 08088 020 021

Website: [Winston's Wish - giving hope to grieving children (winstonswish.org)](https://www.winstonswish.org/)

***\*Student Minds.***

If a student is struggling with grief they can also reach out to this service which supports students to look after their own mental health.

-To start a conversation text ‘STUDENT’ to 85258 or call for free on: 0808 189 5260. \*Open 7 days a week from 3pm – 12am.

-They also offer Support Programmes where students can access emotional support and learn tools & techniques to manage their own wellbeing: [Our Peer Support Programmes - Student Minds](https://www.studentminds.org.uk/ourpeersupportprogrammes.html)

Contact: 0808 189 5260

Website: [Student Minds - Home](https://www.studentminds.org.uk/)

***\*Free bereavement services\****

**\*Cruse Bereavement Support.**

Patients can access support in a number of ways:

1. They have a helpline which offers emotional support to anyone affected by grief: 0808 808 1677 (free from all UK landlines & mobiles). \*Opening hours: Monday’s & Friday’s 9.30am – 5pm, Tuesday’s, Wednesday’s & Thursday’s 9.30am – 8pm, Saturday’s & Sunday’s 10am – 2pm.
2. They also have CruseChat which allows you to chat online to a bereavement counsellor: [CruseChat | Chat online with a grief counsellor](https://www.cruse.org.uk/get-support/crusechat/) \*Available Monday – Friday 9am – 9pm.
3. They have local support services which provide group information sessions to help people understand their bereavement, they offer between 1 & 6 1-1 sessions which can take place over the phone or via a video call & they also offer peer support groups. To find a local support service a patient can call their helpline or complete this form: [Contact your local branch | Cruse Bereavement Support](https://www.cruse.org.uk/get-support/contact-local-branch/)
4. They have a specialised website, Hope Again, for children and young people experiencing grief: [Hope Again](https://www.hopeagain.org.uk/)

They’ve also created a great range of guides addressing:

1. How grief affects us: [Effects of grief - Cruse Bereavement Support](https://www.cruse.org.uk/understanding-grief/effects-of-grief/)
2. How it feels to experience grief: [Grief experiences - Cruse Bereavement Support](https://www.cruse.org.uk/understanding-grief/grief-experiences/)
3. How to manage our grief [Managing grief - Cruse Bereavement Support](https://www.cruse.org.uk/understanding-grief/managing-grief/)
4. How to support a bereaved person [Supporting other people - Cruse Bereavement Support](https://www.cruse.org.uk/understanding-grief/supporting-other-people/)

Telephone: 0808 808 1677

Website: [Home - Cruse Bereavement Support](https://www.cruse.org.uk/)

**\*Hillingdon Bereavement Care.**

They provide additional support for individuals going through grief. Once assessed, a bereavement visitor is assigned to a patient and they will contact them to discuss where they will meet and the number of sessions they can have. Visits normally take place in the patients home, if this isn’t possible they can arrange to meet at one of their drop-in support groups - sessions usually last 50 mins. Patients can also access one of their Drop-In Support Groups.

They encourage self-referrals. They also accept third-party referrals from GP’s, IAPT & Local Authorities on the understanding that a referral has already been discussed with the patient. Referrals for those under 18 are usually made by a parent or legal guardian, school, CAMHS or Local Authority.

Contact: 020 8427 5720

Website: [Bereavement Care – Supporting you through grief and loss (bereavementcareandsupport.co.uk)](http://www.bereavementcareandsupport.co.uk/)

***\*Free bereavement services for loss to Cancer (&Covid-19)\****

**\*The Loss Foundation.**

Provides bereavement support for loss to Cancer – at present they are also supporting for loss to Covid-19. People can access support in a number of ways:

1. They provide bereavement support groups - they also have a library of books on bereavement that can be borrowed/kept + information leaflets that people can take + they share a list of helpful resources with all attendees after the sessions.
2. They offer a 10 week bereavement therapy group led by Clinical Psychologists to help people who have lost a loved one to cancer or Covid-19 – these are currently full but they will be running more sessions later this year. Patients can register here: [Are you currently grieving the loss of a loved one? Take part in The Oxford Grief Study and help us understand how to support others. (qualtrics.com)](https://survey.eu.qualtrics.com/jfe/form/SV_bat3GvXoQyBv8oe)
3. If patients would like to connect with others outside of a formal support group they can join one of their social events: [Socials | The Loss Foundation](https://thelossfoundation.org/socials/)
4. They have a wonderful range of mindfulness & meditation tracks on their website which you can signpost patients to: [Relaxation & Mindfulness | The Loss Foundation](https://thelossfoundation.org/relaxation-mindfulness/)

\*They also host a weekend ‘Time After Loss Bereavement Retreat’ based in farm cottages in the Kent countryside but there is a fee for this. The weekend consists of group support sessions, opportunities for 1-1 support, mindfulness and country walks. Interest can be registered here: [Contact us | The Loss Foundation](https://thelossfoundation.org/contact-us/)

Contact: 0300 200 4112

Website: [The Loss Foundation](https://thelossfoundation.org/)

***\*Macmillan.***

They have created a great guide on support with grief: [Support with grief - Macmillan Cancer Support](https://www.macmillan.org.uk/cancer-information-and-support/supporting-someone/coping-with-bereavement/support-with-grief)

They have also created 2 easy to read booklets which you may wish to share with your patients:

1. Grief and loss when someone dies: [mac16312-er-e04-grief-and-loss-when-someone-dies-pdf (macmillan.org.uk)](https://cdn.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/4189-source/mac16312-er-e04-grief-and-loss-when-someone-dies-pdf?_ga=2.252919369.1137994951.1657527676-785287420.1657297559)
2. How you may feel when someone dies: [mac16322-e04-how-you-may-feel-when-someone-dies-screen (macmillan.org.uk)](https://cdn.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/4196-source/mac16322-e04-how-you-may-feel-when-someone-dies-screen?_ga=2.240197187.1137994951.1657527676-785287420.1657297559)

People can also call the free Macmillan Support Line to speak with a cancer support specialist and to be signposted to counsellors and services in their local area. Helpline: 0808 808 000.\*Open 7 days a week from 8am – 8pm.

They also host Bereavement Groups on the Macmillan Online Community: [Chat with others affected by cancer - Macmillan Online Community - Macmillan Cancer Support](https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/online-community)

Contact: 0808 808 000

Website: [Macmillan Cancer Support | The UK's leading cancer care charity](https://www.macmillan.org.uk/)

***\*Free bereavement services for loss to suicide\****

**\*Survivors of Bereavement by Suicide.**

They have a really helpful booklet detailing support after suicide you may wish to share with your patients: [Support-after-Suicide-Booklet-V5-10-2019.pdf (uksobs.org)](https://uksobs.org/wp-content/uploads/2019/11/Support-after-Suicide-Booklet-V5-10-2019.pdf)

They normally have a helpline but on their website it says it is currently on hold and under review. (Helpline: 0300 111 5065. \**NORMALLY* open Monday – Sunday 9am – 9pm).

Patients can contact them via email for additional support: email.support@uksobs.org

They have a virtual peer support group for men bereaved by suicide which meets monthly: [bereaveMENt – Survivors of Bereavement by Suicide (uksobs.org)](https://uksobs.org/we-can-help/bereavement/?doing_wp_cron=1657553606.0600419044494628906250)

They also have a Punjabi Speaking Women’s Group - contact birmingham@uksobs.org or call 07376 303 438.

People can access their online forum for additional support: [Forum – Survivors of Bereavement by Suicide (uksobs.org)](https://uksobs.org/forum/)

They also have local support groups in the UK – the closest one to us is Watford. They hold face-to-face meetings on the 1st Wednesday of each month & virtual meetings on the 2nd Monday of each month. Contact Jane: 07856 338 210 / watford@uksobs.org

Contact: 0115 944 1117 (National Office).

Website: [Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org)](https://uksobs.org/)