

# BEREAVEMENT TOOLKIT



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One of the certainties in life is that we will all experience the loss of those close to us at some point. However, having this knowledge still does not prepare us for the complexity of the feelings we will experience when the time comes. The depth and breadth of the emotions felt will be different for everyone, no one can predict the intensity.

To find out more about the bereavement services on offer visit our website at [carerssupport.org.uk/bereavement-workshops](http://carerssupport.org.uk/bereavement-workshops).

Read on for more information about a vast array of resources to help you on your journey..

“ We can’t get around grief, have to go through it

## General Support

### Age UK

#### Coping with the death of a loved one

- [www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig32\\_bereavement\\_inf.pdf](http://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig32_bereavement_inf.pdf)

### AtaLoss

AtaLoss's mission is to change the culture of bereavement, so that every bereaved person can have timely and holistic support, to navigate their grief and changed circumstances for healthy outcomes.

Their award-winning platform AtaLoss.org is a UK-wide comprehensive signposting service for anyone facing bereavement. Each month, over 10,000 people turn to it for support. With over 2,000 listed services and resources, it helps those experiencing bereavement find the right support at the time it is needed.

AtaLoss also offer community bereavement support through The Bereavement Journey®, a structured, volunteer-led peer group programme, supporting adults to process a loss, whether recent or long ago. Delivered across over 400 locations nationally online, it offers help with the range of bereavement challenges and is proven to transform wellbeing.

You can read some testimonials here from The Bereavement Journey® participants.

### BAMEStream Bereavement Support Service

Offering therapeutic support in over 20 different languages and is committed to providing Covid-19 bereavement support to people from Black, Asian and other minority ethnic (BAME) communities.

- [www.baatn.org.uk/bamestream-bereavement-support-service](http://www.baatn.org.uk/bamestream-bereavement-support-service)

### Bereavement Advice Centre

Practical information, advice, and signposting on the many issues and procedures after the death of someone close

- [www.bereavementadvice.org](http://www.bereavementadvice.org)
- 0800 6349494

### Bereavement Care

A free service designed to help and support people struggling to deal with bereavement.

- [bereavementcare.uk](http://bereavementcare.uk)
- 08081 691 922



## Carers UK

Provide guidance to help carers deal with the emotional and practical impact of losing someone.

- [www.carersuk.org/help-and-advice/practical-support/when-caring-ends/bereavement](http://www.carersuk.org/help-and-advice/practical-support/when-caring-ends/bereavement)
- [advice@carersuk.org](mailto:advice@carersuk.org)
- 0808 808 7777

## Compassionate Friends

Provide general support for bereaved parents and families.

- [www.tcf.org.uk](http://www.tcf.org.uk)
- [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)
- 0345 123 2304

## Compton Care

Offer bereavement guides in English, Urdu, Punjabi, and Hindi

- [www.comptoncare.org.uk/our-care/family-care/bereavement-care/bereavement-support-during-covid-19](http://www.comptoncare.org.uk/our-care/family-care/bereavement-care/bereavement-support-during-covid-19)
- 0300 323 0250

## Cruse Bereavement Care

Our specialist bereavement experts have experience in all types of loss and can offer support however and whenever the death occurred.

- [www.cruse.org.uk/about-cruse/contact-us](http://www.cruse.org.uk/about-cruse/contact-us)
- 0808 808 1677

## Death Cafes

Discussion groups (rather than grief support or counselling) where people, often strangers, gather to drink tea, eat cake and talk about death.

- [deathcafe.com](http://deathcafe.com)

## Dying Matters

Leaflets, resources and podcasts available

- [www.dyingmatters.org/overview/resources](http://www.dyingmatters.org/overview/resources)

## Grief Encounter

Grief Encounters is a peer support group for LGBTQ people who have experienced a bereavement.

- [www.switchboard.org.uk/what-we-do/grief-encounters](http://www.switchboard.org.uk/what-we-do/grief-encounters)
- 01273 359042

## Macmillan Cancer Support

If your partner, relative or friend has died, you may find it hard to cope with your emotions and the practical things you have

to do. We have information to help you cope with some of the feelings or questions you may have.

- [www.macmillan.org.uk/cancer-information-and-support/supporting-someone/coping-with-bereavement](http://www.macmillan.org.uk/cancer-information-and-support/supporting-someone/coping-with-bereavement)
- 0808 808 00 00

### Marie Curie - Bereavement Support Service

If you want to talk to someone following a bereavement, we're here for you. Whether your bereavement was expected, happened recently or was some time ago, we can help. We can also support you before your loved one dies.

- [www.mariecurie.org.uk/help/support/bereavement](http://www.mariecurie.org.uk/help/support/bereavement)
- 0800 090 2309

### Martlets Hospice Care

Our bereavement service offers support to the family and friends of patients who have received care from Martlets - whether that's in the hospice itself or out in the community. Bereavement support and advice is available to all family and close friends of loved ones who were cared for by Martlets.

“ The size of grief  
is the same as  
the size of our love

- [www.martlets.org.uk/support-for-carers/#bereavement](http://www.martlets.org.uk/support-for-carers/#bereavement)
- [bereavement@martlets.org.uk](mailto:bereavement@martlets.org.uk)
- Bereavement Team on 01273 273400 and ask to speak to the Patient and Family Support Administrator

### Mind

You can find suggestions for helping yourself and others through grief. There is also information about the different feelings people can experience following a loss, and a section specifically about losing someone to suicide.

- [www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/useful-contacts](http://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/useful-contacts)
- 0300 123 3393

### National Autistic Society

A page dedicated to the subject of bereavement, how it can affect autistic people and what we can do to help. Includes: guides for autistic adults/parents and carers/professionals

- [www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement](http://www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement)
- 0207 833 2299



## NHS Grief After Bereavement

It lists the common symptoms of grief and things that might help someone experiencing these feelings, plus how to get NHS help for stress, anxiety or depression.

- [www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss](http://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss)

## Sudden

Their vision is that people bereaved suddenly get help at a time of darkness to move to a brighter day. They also help communities and professionals to help suddenly bereaved people, better.

- [sudden.org](http://sudden.org)
- 0800 2600 400



## Sue Rider-Bereavement Support

Sue Ryder's Online Bereavement Support makes it easy to connect with the right support for you - whether that's information and resources, qualified counsellors or a community of others with similar experiences.

- [www.sueryder.org/how-we-can-help/online-bereavement-support](http://www.sueryder.org/how-we-can-help/online-bereavement-support)
- 0808 164 4572

## Survivors of Bereavement by Suicide

Meets the needs and overcome the isolation of people aged 18+ who have been bereaved by suicide.

- [uksobs.org](http://uksobs.org)
- 0300 111 5065

## The Blue Cross

Support following the loss of a companion animal. If you are grieving for a pet, or facing loss, our free and confidential Pet Bereavement Support Service (PBSS) is here for you by phone, email or webchat.

- [www.bluecross.org.uk/pet-bereavement-and-pet-loss](http://www.bluecross.org.uk/pet-bereavement-and-pet-loss)
- 0800 096 6606 everyday 8.30am to 8.30pm

## The Good Grief Trust

Support, signposting and advice for bereaved people.

- [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

## LGBTQ funeral Guide

- [www.thegoodgrieftrust.org/need-know-info/funerals/lgbtq-queer-funeral-guide/](http://www.thegoodgrieftrust.org/need-know-info/funerals/lgbtq-queer-funeral-guide/)

## Support for families and younger people

### Child Bereavement UK

Support for families when a baby or child of any age dies or is dying, or when a child is bereaved

- [www.childbereavementuk.org](http://www.childbereavementuk.org)
- 0800 02 88840

### Family Lives

Provides advice and links for how to cope when a child or baby dies; loss in pregnancy; supporting bereaved children and young people.

- [www.familylives.org.uk/advice/your-family/family-life/coping-with-bereavement](http://www.familylives.org.uk/advice/your-family/family-life/coping-with-bereavement)
- [askus@familylives.org.uk](mailto:askus@familylives.org.uk).
- 0808 800 2222



## Grief Encounter

National Support for children and their families with advice and info on grief for children who have lost a parent or sibling.

- [www.griefencounter.org.uk](http://www.griefencounter.org.uk)
- 0808 802 0111

## Hope Again

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies

- [www.hopeagain.org.uk](http://www.hopeagain.org.uk)
- 0808 808 1677

## Jigsaw

Information, advice and guidance to help support bereaved children and young people and those facing the death of a loved one. We support families across Surrey, parts of West Sussex, Kent and surrounding areas.

- [www.jigsawsoutheast.org.uk/](http://www.jigsawsoutheast.org.uk/)
- [info@jigsawsoutheast.org.uk](mailto:info@jigsawsoutheast.org.uk)
- 01342 313895 helpline is staffed between 9 am and 12 pm weekdays.

### Just B

Just B offers emotional wellbeing and bereavement support to children, young people and adults across North Yorkshire, as well as supporting NHS, care sector and emergency service workers nationally through a dedicated helpline in response to the Covid-19 pandemic.

- [justb.org.uk/](http://justb.org.uk/)
- [info@justb.org.uk](mailto:info@justb.org.uk)
- 0300 303 4434 (support for frontline staff)  
01423 856 790 (children)  
01423 814 480 (adults)

### Let's Talk About Loss

Provide a safe space for 18-35 year olds to talk through taboos and address the reality of losing someone close to you when you are young.

- [letstalkaboutloss.org](http://letstalkaboutloss.org)

### Lets Talk About Loss - Bereavement Book club

Welcome to Bereavement Book Club, a community of young people continuing the conversation around death through reading.

- [letstalkaboutloss.org/projects-and-campaigns/bereavement-book-club](http://letstalkaboutloss.org/projects-and-campaigns/bereavement-book-club)

“Life throws us all kind of sufferings, but it is our responsibility to create joy

### Miscarriage Association

If you've been affected by miscarriage, molar pregnancy or ectopic pregnancy, we hope this website will provide the information that you're looking for. We hope that family, friends, colleagues and health professionals will find the site helpful too.

- [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)
- 01924 200799

### SANDS

Stillbirth and Neonatal Death Society (UK)

- [www.sands.org.uk](http://www.sands.org.uk)
- 0808 164 3332

## Sibling Link CIC

Bereaved by Suicide

Our Walk & Talk meetings are separate to the general meetings. They are specifically for those of us – not limited to siblings – who have been bereaved by suicide.

- [www.siblinglink.co.uk/bereaved-by-suicide/](http://www.siblinglink.co.uk/bereaved-by-suicide/)
- To join us, just drop us an email at [info@siblinglink.co.uk](mailto:info@siblinglink.co.uk)

## The Childhood Bereavement Network

Signposts families, professionals and the public to sources of bereavement support for children.

- [childhoodbereavementnetwork.org.uk](http://childhoodbereavementnetwork.org.uk)

## The Young Minds

Website has a section on Grief & Loss relating to the Covid 19 pandemic, which includes information for young people and signposts where to go for further support.

- [www.youngminds.org.uk/parent/blog/supporting-a-child-with-grief-and-loss-during-the-covid-19-pandemic](http://www.youngminds.org.uk/parent/blog/supporting-a-child-with-grief-and-loss-during-the-covid-19-pandemic)

## WAY-Widowed and Young

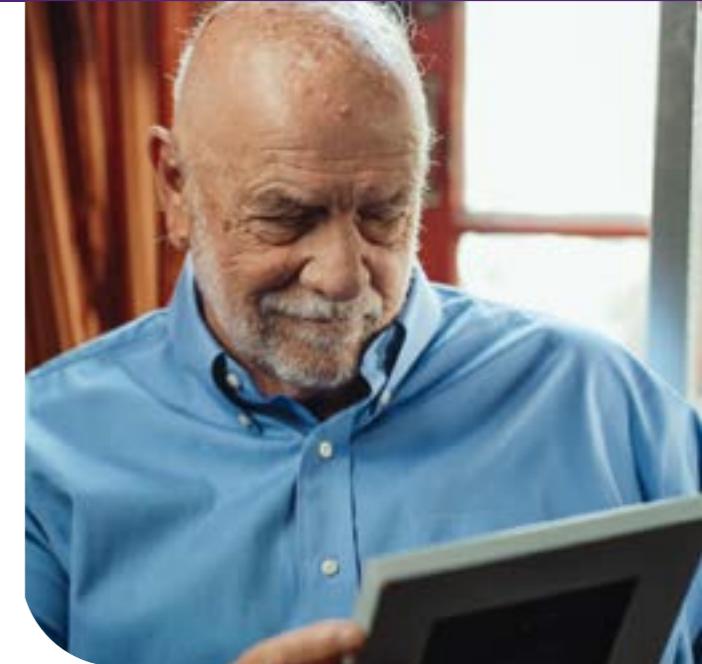
Support for bereaved people up to age 50, offering online support and social meetings nationally

- [widowedandyoung.org.uk](http://widowedandyoung.org.uk)

## Winstons Wish

Winstons Wish supports children and young people after the death of a parent or sibling

- [www.winstonswish.org/](http://www.winstonswish.org/)
- [ask@winstonswish.org](mailto:ask@winstonswish.org)
- 08088 020 021



## Faith support

### Ananda Network (The Buddhist Hospice Trust)

The Trust works through a network of volunteers to provide compassionate care and spiritual support for seriously ill, dying or bereaved people, their families, friends and carers.

- [buddhisthospice.org.uk](http://buddhisthospice.org.uk)

### Burials and Funerals

Information about funerals and burials, the interfaith network.

- [www.interfaith.org.uk/news/covid-19-funerals](http://www.interfaith.org.uk/news/covid-19-funerals).
- 020 7730 0410

### Children of Jannah

Aimed at supporting bereaved parents, we hold at our core the Muslim belief that all children who die enter Heaven (called Jannah in Arabic). This belief is the guiding light that helps us to provide support through a faith perspective and education to thousands of families in the UK and beyond, who have been

## NATIONAL SUPPORT

affected by the tragic loss of a child. We offer a range of specialist bereavement support services designed to help bereaved parents cope with their grief.

- [www.childrenofjannah.com](http://www.childrenofjannah.com)

### Church of England

Open to all: a telephone service offering pastoral ministry of compassionate listening, and the opportunity for prayer in the Christian tradition for those who would welcome it.

- [www.stbarnabaserdington.org.uk/wp-content/uploads/2020/04/CofE-Telephone-Bereavement-Pastoral-Ministry-Service.pdf](http://www.stbarnabaserdington.org.uk/wp-content/uploads/2020/04/CofE-Telephone-Bereavement-Pastoral-Ministry-Service.pdf)
- 0121 426 0405

### Jewish Bereavement Counselling

Help and support Jewish individuals through loss and bereavement. Jewish Bereavement Counselling Service:

- [jbcs.org.uk/](http://jbcs.org.uk/)
- 020 8951 3881



## WEST SUSSEX SUPPORT

### Muslim Bereavement Support Service

We are a non-profit organisation serving the Muslim community by supporting bereaved women who have lost a loved one.

- [mbss.org.uk](http://mbss.org.uk)
- 020 3468 7333

### Quaker Social Action's Down to Earth Project

Struggling to pay for a funeral can impact everything, from mental health to debt management. Quaker Social Action's Down to Earth project gives practical support, including a free helpline and a range of guides and factsheets.

- [quakersocialaction.org.uk/project-tags/down-earth](http://quakersocialaction.org.uk/project-tags/down-earth)
- 020 8983 5030

### Worthing and Adur

### Brighton and Worthing SANDS

We are a group of volunteers offering help and support to bereaved parents in the Brighton and Worthing area.

- [www.brightonandworthingsands.org.uk](http://www.brightonandworthingsands.org.uk)
- [Support.BrightonWorthing@sands.org.uk](mailto:Support.BrightonWorthing@sands.org.uk)
- 07502 763863

### Caring Lady Funeral Directors (Brighton)

Bereavement support: Emotional, practical and social support to help you and your family through the difficult grieving process.

Bereavement Care is a free service designed to support your emotional, practical and social needs, providing access to one to one bereavement counselling, friendship/social and support groups, walk and talk groups, life coaching and memorial services.

- [www.caringladyfuneraldirector.co.uk/bereavement-support](http://www.caringladyfuneraldirector.co.uk/bereavement-support)
- 08081 691 922

### **Friendship Group (Durrington)**

Coffee Mornings and Quiz Evenings – A larger social group for bereaved adults seeking friendship and support after a bereavement.

Thursday Coffee mornings: from 10am to 12pm – Weekly - Chat, Raffle & Outings. Tuesday Quiz afternoons: from 2pm to 4pm – Weekly – small group – Chat and Quiz. Durrington Community Centre, New Road, Durrington, Worthing BN13 3P. For further information about any of these groups please leave a message on the Cruse West Sussex answerphone:

- 0300 311 9959



### **HD Tribe Bereavement Service (Worthing/Goring by Sea)**

Our aim at HD Tribe is to make the whole funeral process as simple and as stress-free as possible and provide bereavement counselling.

- [cb@tribe.co.uk](mailto:cb@tribe.co.uk)
- 01903234516

### **Cruse Bereavement Care - Worthing Branch**

Worthing & District Support 'Drop In' Groups and Friendship Group

- [www.cruse.org.uk/sites/default/files/default\\_images/pdf/Areas/WD%20Groups%20handout%202018%20-%20LATEST%20version.pdf](http://www.cruse.org.uk/sites/default/files/default_images/pdf/Areas/WD%20Groups%20handout%202018%20-%20LATEST%20version.pdf)

### **Cruse Bereavement Support Group Coffee and Chat (Shoreham)**

A small group, especially for bereaved adults, which meets on Monday afternoons. Please feel welcome to join us for coffee and a chat.

Meets at 2.30pm – 3.30pm, every 2nd and 4th Monday, (excluding Bank Holidays) at Shoreham Community Centre, 2 Pond Road, Shoreham-by-Sea, BN43 5WU. For further information about any of these groups please leave a message on the Cruse West Sussex answerphone:

- 0300 311 9959

## Interim (Worthing)

Local Bereavement Support Group meeting 2nd & 4th Thursday of each month 10.30-12. Broadwater Parish Centre, 117 Broadwater Road, Worthing. BN14 8HT. Organiser – Liz Crockett.  
• 01903 206708

## CRUSE Drop In Centre (West Worthing)

The Bereavement Support Drop In offers an opportunity for anyone bereaved or grieving to learn more about Cruse. The Bereavement Volunteers can offer One to One counselling, if appropriate, for a minimum of 30 minutes up to 1 hour, depending on the number of people who attend.

Meets fortnightly on Thursday evenings from 6-8pm. West Worthing Baptist Church, South Street, Tarring, Worthing, BN14 7LU. By the corner of Canterbury Road and South Street, 100m North from West Worthing Railway Station.) For further information about any of these groups please leave a message on the Cruse West Sussex answerphone:

- 0300 311 9959

## CRUSE Bereavement Support Group Coffee Morning (Central Worthing)

A group, welcoming bereaved adults, who are in the earlier stages of their bereavement and are seeking support and



opportunities to meet others in the same position. (Group varies in size but usually has around 10 - 15 members.)

Meets fortnightly on Tuesday mornings from 11.00am - 1pm at The Chatsworth Hotel, The Steyne, Worthing, BN11 3DU. For further information about any of these groups please leave a message on the Cruse West Sussex answerphone:

- 0300 311 9959

## Martlets Hospice Care (Hove)

Our bereavement service offers support to the family and friends of patients who have received care from Martlets - whether

that's in the hospice itself or out in the community. Bereavement support and advice is available to all family and close friends of loved ones who were cared for by Martlets.

- [www.martlets.org.uk/support-for-carers/#BEREAVEMENT](http://www.martlets.org.uk/support-for-carers/#BEREAVEMENT)
- [bereavement@martlets.org.uk](mailto:bereavement@martlets.org.uk)
- 01273 273400

## **Sibling Link CIC (Hove)**

Our Walk & Talk meetings are separate to the general meetings. They are specifically for those of us – not limited to siblings – who have been bereaved by suicide.

- [www.siblinglink.co.uk/bereaved-by-suicide/](http://www.siblinglink.co.uk/bereaved-by-suicide/)
- [info@siblinglink.co.uk](mailto:info@siblinglink.co.uk).



## **Crawley and MidSussex**

### **Friendship and Bereavement Group (Burgess Hill)**

The group meet from 11am to 1pm on the second and fourth Tuesday of the month at Cyprus Hall for coffee and a chat. They organize activities such as visits to restaurants, walks, theatres, etc, and give friendship and support.

### **Cruse Bereavement Care - Crawley, Horsham and Mid**

#### **Sussex branch (Haywards Heath, Crawley, East Grinstead)**

Understanding your bereavement sessions - These sessions are not support groups as they are solely used to provide information on the natural stages of grief along with providing more detail on our service options available.

- [www.cruse.org.uk/get-help/local-services/south/west-sussex](http://www.cruse.org.uk/get-help/local-services/south/west-sussex)
- 0808 808 1677

#### **Cruse - Triage service**

Cruse offers a triage service to adults and children in Sussex, who have been bereaved by suicide or possible suicide.

- [sussexbereavedbysuicide@cruse.org.uk](mailto:sussexbereavedbysuicide@cruse.org.uk)
- 07376 616628

#### **Cruse Friendship Group (East Grinstead and Crawley)**

There is a Cruse Friendship Group that meets in East Grinstead on a fortnightly basis and a number of people from Crawley attend this group. The Group meets the 2nd and 4th Tuesday of

each month 10am to 12noon at East Grinstead Library, Meeting Room – First Floor, 32-40 West Street, East Grinstead RH19 4SR

### **Jigsaw (East Grinstead)**

Information, advice and guidance to help support bereaved children and young people and those facing the death of a loved one. We support families across Surrey, parts of West Sussex, Kent and surrounding areas.

- [www.jigsawsoutheast.org.uk/](http://www.jigsawsoutheast.org.uk/)
- [info@jigsawsoutheast.org.uk](mailto:info@jigsawsoutheast.org.uk)
- 01342 313895. Our dedicated Helpline is staffed between 9 am and 12 pm weekdays.

“ The living close the eyes of the dead, and the dead open the eyes of the living

### **St Catherines Hospice (Crawley)**

We're a local charity with a big ambition: to help everyone face death informed, supported and pain free. Providing expert hospice care, we're there for people in West Sussex and East Surrey when life comes full circle.

Our expert team of counsellors and support visitors can support you in the days, months or even years after your bereavement. We can offer you support in two ways. One is over the telephone and the other is via an NHS secure system, using a mobile smart phone, which allows you to see each other face to face.

- [www.stch.org.uk/bereavement-support/](http://www.stch.org.uk/bereavement-support/)
- [wellbeing@stch.org.uk](mailto:wellbeing@stch.org.uk)
- 01293 447343 or email [wellbeing@stch.org.uk](mailto:wellbeing@stch.org.uk)

### **Seasons and Footsteps - St Peter and St James Hospice (Essex border)**

For people bereaved after receiving support from the Hospice. Seasons is an informal network providing an opportunity to meet others in a similar situation and share experiences over tea or coffee.

They meet monthly between 10.30-12 noon at the Hospice. Footsteps are also for the bereaved but they meet bi-monthly for a walk and talk at Sheffield Park Gardens nearby.

- 01444 471598

## HORSHAM

### **Henfield Bereavement Support**

The group is intended for local people who have been working through their grief and feel they could benefit from social contact with other bereaved people. Venue: The Haven Café monthly (?) on a Thurs 4.15-5.15pm. To join please ring the Church Office on 01273 495532. Transport can be arranged if necessary.

### **Cruse Bereavement Care - Crawley, Horsham and Mid Sussex branch**

Understanding your bereavement sessions. These sessions are not support groups as they are solely used to provide information on the natural stages of grief along with providing more detail on our service options available.

- [www.cruse.org.uk/get-help/local-services/south/west-sussex](http://www.cruse.org.uk/get-help/local-services/south/west-sussex)
- 0808 808 1677

### **Cruse - Triage service (Horsham)**

Cruse offers a triage service to adults and children in Sussex, who have been bereaved by suicide or possible suicide

- [sussexbereavedbysuicide@cruse.org.uk](mailto:sussexbereavedbysuicide@cruse.org.uk)
- 07376 616628



## Arun

### **Cruse - Triage service**

Cruse offers a triage service to adults and children in Sussex, who have been bereaved by suicide or possible suicide.

- [sussexbereavedbysuicide@cruse.org.uk](mailto:sussexbereavedbysuicide@cruse.org.uk)
- 07376 616628

### **Cruse Bereavement Care - Chichester & Arun branch**

Provide free bereavement support on a one-to-one basis to anyone (including children) bereaved by death in West Sussex.

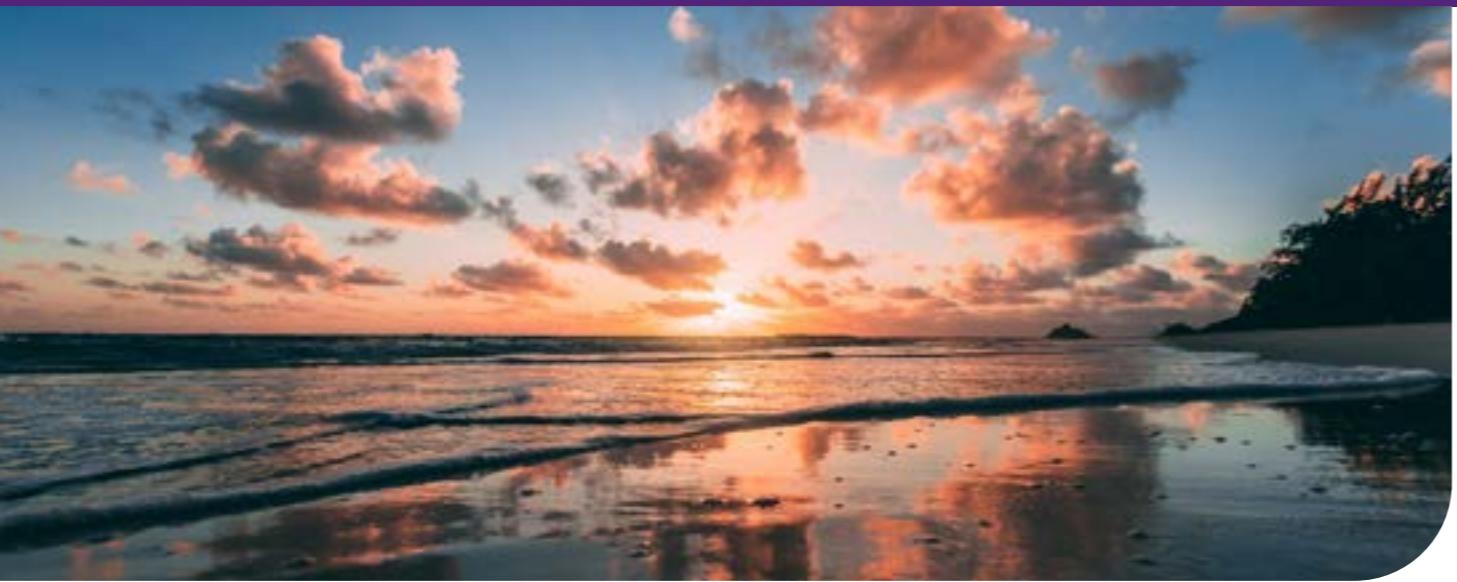
- [www.cruse.org.uk/get-help/local-services/south/west-sussex](http://www.cruse.org.uk/get-help/local-services/south/west-sussex)
- 0808 808 1677

## Chichester

### **At a Loss**

We provide the UK's signposting website for anyone bereaved and those supporting them

- [www.ataloss.org](http://www.ataloss.org) | [office@ataloss.org](mailto:office@ataloss.org)



**Cruse - Triage service** Cruse offers a triage service to adults and children in Sussex, who have been bereaved by suicide or possible suicide.

- [sussexbereavedbysuicide@cruse.org.uk](mailto:sussexbereavedbysuicide@cruse.org.uk)
- 07376 616628

## Cruse Bereavement Care - Chichester & Arun branch

Provide free bereavement support on a one-to-one basis to anyone (including children) bereaved by death in West Sussex.

- [www.cruse.org.uk/get-help/local-services/south/west-sussex](http://www.cruse.org.uk/get-help/local-services/south/west-sussex)
- 0808 808 1677

## All of West Sussex

### Cruse

Cruse exists to promote the wellbeing of bereaved adults, children and young people helping them understand their grief and cope with their loss. They run information sessions, 1 to 1's

support and group work.

Divided into three branches: Crawley, Horsham and Mid Sussex/ Chichester and Arun/Worthing and District. Charity run by trained volunteers.

- 0300 311 9959.

### Carers Support West Sussex

We are running a series of early bereavement workshops, for carers who have been bereaved within the last six months. It is our hope that offering this opportunity to attend these 2-part workshops, will allow bereaved carers to connect with others in a similar situation and gain some tools to support them through their grief.

- [www.carerssupport.org.uk/bereavement-workshops](http://www.carerssupport.org.uk/bereavement-workshops)

### West Sussex County Council

A list of various Bereavement Resources available.

- [arena.westsussex.gov.uk/web/arena/currentoffer/bereavement-support](http://arena.westsussex.gov.uk/web/arena/currentoffer/bereavement-support)

### Dying Matters

Dying Matters is working to create an open culture that talks about death, dying and bereavement. Dying matters to all of us - let's talk about it.

- [www.dyingmatters.org](http://www.dyingmatters.org)

## **Samaritans - Facing the Future**

Samaritans have created Facing the Future, support groups for people bereaved by suicide. Facing the Future gives you the opportunity to meet others who have lost someone to suicide and share your experiences and feelings. Support groups run weekly for six consecutive weeks and last for 90 minutes with a maximum of eight participants. Groups are free of charge and are run by two trained volunteer facilitators from Samaritans and Cruse Bereavement Care.

- [www.samaritans.org](http://www.samaritans.org)

## **Sussex Health and Care Partnership**

Bereavement support during COVID-19. The Sussex Bereavement Helpline has been set up to provide you with information and guidance, and is run by a team of experienced support workers, who can talk to you about the tasks that need to be completed after a death – such as registration of the death, arranging a funeral or informing other people and organisations. The Helpline can also give you information about sources of help and support for you and your family and friends as you grieve.

- [www.sussexhealthandcare.uk/priority/bereavement](http://www.sussexhealthandcare.uk/priority/bereavement)
- 0300 111 2141

PDF Bereavement guide

- [www.sussexhealthandcare.uk/wp-content/uploads/2020/06/Bereavement-support-public-final.pdf](http://www.sussexhealthandcare.uk/wp-content/uploads/2020/06/Bereavement-support-public-final.pdf)

## **Griefcast**

Griefcast is a podcast that examines the human experience of grief and death - but with comedians, so it's cheerier than it sounds.

- [www.cariadlloyd.com/griefcast](http://www.cariadlloyd.com/griefcast)

## **A Living Loss**

In each episode of the podcast I call on my 30 years of experience as a grief counsellor to explore what my guests have learned - from the first loss they can remember to the one that changed everything - and ask them to share how they've adapted and eventually thrived through the profoundly personal experience of grieving, and growing from, their living loss.

- [www.juliasamuel.co.uk/podcasts/a-living-loss](http://www.juliasamuel.co.uk/podcasts/a-living-loss)

## **Purple Ella**

Youtube talk tackling: Autism and bereavement, including the impact of bereavement on autistic people and how best to support them.

- [www.purpleella.com/2018/03/01/autism-and-bereavement](http://www.purpleella.com/2018/03/01/autism-and-bereavement)

## **Autistic Grief Is Not Like Neurotypical Grief by Karla Fisher**

Article outlining some of the issues autistic people face when dealing with grief.

- [www.thinkingautismguide.com/2012/08/autistic-grief-is-not-like-neurotypical.html](http://www.thinkingautismguide.com/2012/08/autistic-grief-is-not-like-neurotypical.html)



### Dying Matters

Whether you've been bereaved, have a family member who's approaching the end of life, want to support a friend, or just want to know how to start the conversation for yourself, this podcast is for you.

- [audioboom.com/channels/4941503](https://audioboom.com/channels/4941503)

### Terrible, thanks for asking

In 2014, Nora McInerny lost her husband, her father, and miscarried in the space of a few weeks. After sharing her story with others, Nora was flooded with messages about other people's experiences, and the idea for a podcast was born. Each episode, Nora asks people to share their grief stories.

- [www.ttfa.org/](https://www.ttfa.org/)

### Marie Curie

We talk to celebrities including Adam Buxton and Dustin Lance Black about their experiences around death and bereavement.

- [www.mariecurie.org.uk/talkabout/podcast](https://www.mariecurie.org.uk/talkabout/podcast)

### Surviving the Impact of Grief on Faith

- [yaqeeninstitute.org/read/paper/i-shouldve-gotten-over-it-by-now-surviving-the-impact-of-grief-on-faith](https://yaqeeninstitute.org/read/paper/i-shouldve-gotten-over-it-by-now-surviving-the-impact-of-grief-on-faith)

### Library books

#### West Sussex Library Lists

Booklists for adults, teens and children.

- [arena.westsussex.gov.uk/web/arena/currentoffer/bereavement-support](https://arena.westsussex.gov.uk/web/arena/currentoffer/bereavement-support)

### Age-related books

#### Muddles, Puddles and Sunshine (Early Years)- Winston's Wish

Activity Book to help when someone has died.

#### Badger's Parting Gifts- Susan Varley

All the woodland creatures—Mole, Frog, Fox, and Rabbit—love old Badger, who is their confidante, advisor, and friend. When he dies, they are overwhelmed by their loss.

#### The Fox and The Star (age 3-17)- Coralie Bickford-Smith

An original fable about need and loss.

#### Huge Bag of Worries (age 5-7) - Virginia Ironside

A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

## Easy Read Books

### Beyond Words

A charity which produces books and other resources for people with a learning disability or communication difficulty, who may find pictures easier to understand than words.

Titles include: When Somebody Dies; When Mum/Dad Died; Am I Going to Die?; When someone dies from coronavirus

### Fiction

#### PS I Love You- Cecelia Ahern

Some people wait their whole lives to find their soul mates. But not Holly and Gerry. Childhood sweethearts, they could finish each other's sentences. No one could ever imagine them without each other.

#### Say Her Name - Francisco Goldman

A novel chronicling great love and unspeakable loss, tracking the stages of grief when pure love gives way to bottomless pain.

#### Grief is the thing with Feathers- Max Porter

A moving story of a widower and his young sons becomes a profound meditation on love and loss.



### Non Fiction

#### On grief and grieving- Elizabeth Kubler Ross / David Kessler

Explores the five stages of death: denial and isolation, anger, bargaining, depression and acceptance.

#### Finding Meaning: The Sixth Stage of Grief - David Kessler

A roadmap to remembering those who have died with more love than pain, how to move forward in a way that honours our loved ones and ultimately transform grief into a more peaceful and hopeful experience.

#### On death and dying- Elizabeth Kubler Ross

What the Dying Have to Teach Doctors, Nurses, Clergy & Their Own Families

#### The wheel of life- Elizabeth Kubler Ross

A Memoir of Living and Dying

**Grief Works or This too shall Pass - Julia Samuels**

Two books containing Stories of Life, Death and Surviving

**Daring Greatly - Brene Brown**

Explores vulnerability really well

**The Body Keeps the Score - Bessel Van Der Kolk**

Brain, Mind, and Body in the Healing of Trauma

**With the End in Mind- Kathryn Mannix**

Offers calm, wise advice on how to face death, live fully and find a model for hope in dark times.

**It's Ok That You're Not Ok - Megan Devine**

Helping people find a new way to deal with loss that honors our experience without trying to "solve" grief.

**Wild Edge of Sorrow- Francis Weller**

An essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving

**Necessary Losses- Judith Viorst**

The Loves Illusions Dependencies and Impossible Expectations That All of Us Have

**Dying Well- John Wyatt**

This is a book for those who are facing death. It is also for their relatives, friends and carers.

**When Breath Becomes Air - Paul Kalanithi**

A profoundly moving, exquisitely observed memoir by a young neurosurgeon faced with a terminal cancer diagnosis who attempts to answer the question 'What makes a life worth living?'

“ We run from grief because loss scares us, yet our hearts reach toward grief because the broken parts want to mend

## **The Souls Journey after Death (Islam/Muslim)- Ibn Qayyim al-Jawziyya**

- [www.amazon.co.uk/Souls-Journey-After-Death/dp/1643541366](http://www.amazon.co.uk/Souls-Journey-After-Death/dp/1643541366)

## **Bereavement and Final Samskara in Hindu Tradition - Sri Dhira Chaitanya**

- [www.amazon.co.uk/Bereavement-Final-Samskara-Antyeshti-Tradition/dp/097770081X](http://www.amazon.co.uk/Bereavement-Final-Samskara-Antyeshti-Tradition/dp/097770081X)

## **A Comprehensive Guide to Religious and Spiritual Care for Sikh Patients in NHS Hospitals and Hospices - Satwant Kaur Rait**

- [www.amazon.co.uk/Comprehensive-Religious-Spiritual-Patients-Hospitals/dp/1838222391/](http://www.amazon.co.uk/Comprehensive-Religious-Spiritual-Patients-Hospitals/dp/1838222391/)



## **Blessing for the broken hearted (Let Us Agree)- Jan Richardson**

- [verse.press/poem/blessing-for-the-brokenhearted-6973785118333689337](http://verse.press/poem/blessing-for-the-brokenhearted-6973785118333689337)

## **Death is nothing at all - Henry Scott Holland**

- [www.familyfriendpoems.com/poem/death-is-nothing-at-all-by-henry-scott-holland](http://www.familyfriendpoems.com/poem/death-is-nothing-at-all-by-henry-scott-holland)

## **Grief is like a river- Cynthia G Kelley**

- [www.ellenbailey.com/poems/ellen\\_626.htm](http://www.ellenbailey.com/poems/ellen_626.htm)

## **The Guest House-Rumi**

- [anubha.medium.com/the-guest-house-by-rumi-a-poem-for-the-broken-hearted-56be432df3ca](http://anubha.medium.com/the-guest-house-by-rumi-a-poem-for-the-broken-hearted-56be432df3ca)

## **When I come to the end of the Road- Christine Georgina Rossetti**

- [www.lifeanddeathmatters.ca/when-i-come-to-the-end-of-the-road/](http://www.lifeanddeathmatters.ca/when-i-come-to-the-end-of-the-road/)

### Headspace

Aimed at promoting wellbeing through meditation and mindfulness techniques. Coping with grief is one area of mental wellbeing that you can sign up to receive helpful meditations for. You can begin with a 'basics' taster and choose to subscribe for regular updates.

- [www.headspace.com/science](http://www.headspace.com/science)

### My Grief Angels

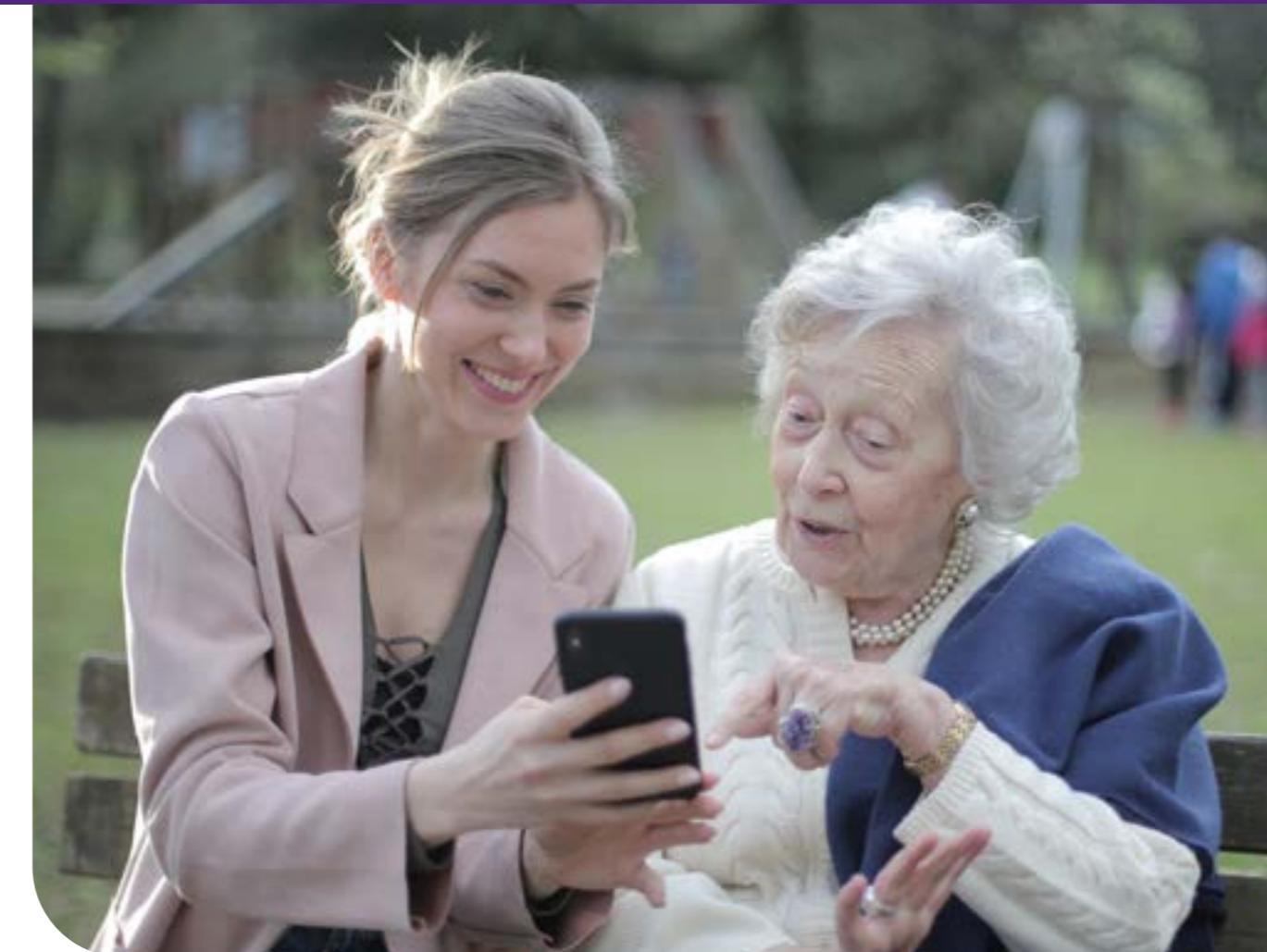
Connects and supports people who have lost a loved one. There is a grief chat feature, which allows users to chat with other 'grief angels'. The app also has a grief meetup feature which allows users the opportunity to create local events for other 'grief angels' to join. The Grief Support Network App is available on iPhone, Android, Amazon and HTML5.

- [www.mygriefangels.org/grief-app.html](http://www.mygriefangels.org/grief-app.html)

### Help 2 make sense

Help 2 make sense is an online tool developed by child bereavement charity Winston's Wish to help young people experiencing grief. The tool features blog posts, advice, and a podcast series sharing the stories of young people who've coped with the death of a loved one.

- [help2makesense.org](http://help2makesense.org)



### Finding meaning in the life of a loved one who dies is part of grief - David Kessler

- [www.theguardian.com/lifeandstyle/2021/jan/17/finding-meaning-in-the-life-of-a-loved-one-who-dies-is-part-of-grief](http://www.theguardian.com/lifeandstyle/2021/jan/17/finding-meaning-in-the-life-of-a-loved-one-who-dies-is-part-of-grief)

### Loss in the pandemic: when a loved one dies, being cut off from the grieving process can make things harder

- [theconversation.com/loss-in-the-pandemic-when-a-loved-one-dies-being-cut-off-from-the-grieving-process-can-make-things-harder-163975](http://theconversation.com/loss-in-the-pandemic-when-a-loved-one-dies-being-cut-off-from-the-grieving-process-can-make-things-harder-163975)

### **Kirsten Neff - Circuit Breaker Exercise**

Physical exercise to help deal with unpleasant feelings like the pain of bereavement.

- [self-compassion.org/exercise-2-self-compassion-break/](https://self-compassion.org/exercise-2-self-compassion-break/)

### **Apart of Me**

Apart of Me is a game, designed by grief experts and young bereaved people, to help children who have experienced loss.

- [www.apartofme.app/](https://www.apartofme.app/)

### **Sikh Ways of Grieving**

- [simranjsingh.wordpress.com/2015/04/18/sikh-ways-of-grieving/](https://simranjsingh.wordpress.com/2015/04/18/sikh-ways-of-grieving/)

### **Surviving the Impact of Grief on Faith**

Blog post: Outlines how faith (Islam in particular) can help make sense of thoughts and feelings after suffering a loss. Also covers the topic of 'healthy guilt'.

- [yaqeeninstitute.org/read/paper/i-shouldve-gotten-over-it-by-now-surviving-the-impact-of-grief-on-faith](https://yaqeeninstitute.org/read/paper/i-shouldve-gotten-over-it-by-now-surviving-the-impact-of-grief-on-faith)

