

Bereavement Support Guide

A guide for #TeamSFH colleagues that have lost a loved one



We are in this together | Just do the best that you can do | Look out for each other | It's ok not to be ok

We are all individual and experience grief differently; but most of us will experience the feeling of grief and loss when we lose a loved one or pet that is important to them. Feelings of loss can bring different emotions and cycles of grief. If these feelings are overwhelming and affecting your life, there are organisations to support you.

Bereavement is different to each person, we may experience different emotions at different times. There is no right or wrong way to feel. Some feelings include shock, numbness, sadness, tiredness, exhaustion, anger or guilt. Sometimes these may feel intense and stop you doing things; others they may seem like they are in the background and you are able to do your day-to-day activities. Things that can influence the way we feel or react could be the relationship you had with the person who died, if their death was expected, how they died and our previous experiences of death. The NHS website has further information on the cycles of grief and sources of support, **Get help with grief after bereavement or loss - NHS (www.nhs.uk)**.

This booklet seeks to offer a short guide of where to go for support or information if you need this. Within this booklet are some additional resources where you can read about the cycles of grief, process of bereavement but also some specific organisations specific to your situation. We also enclose signposting to internal support at the Trust for SFH colleagues.

Please note that this is not an extensive list.

Bereavement Service Directories

At a Loss	www.ataloss.org	At a loss have a range of resources and support tools to support you during bereavement. There are videos, tips and articles on explaining the bereavement process, how to support a young person during loss, supporting those with a learning disability and much more. They do not have a telephone number you can find a lot of information on their webpage about other services and national contact numbers. Online counsellor web chat 9-9 Monday to Friday on www.ataloss.org
The Good Grief Trust	www.thegoodgrieftrust.org.uk	Collate the UK bereavement resources, and counselling services materials that is for a loss of a parent, sibling, child, parent, partner or if you are young and have lost someone.
Mind	www.mind.org.uk info@mind.org.uk	Supporting individuals through information, advice and local services on mental health. Although not a specific organisation on bereavement they specialise in mental health and offer support on bereavement and grief. On what grief is, cycles of grief, support and self-care for you, your family and friends. There is a chat with us function on the webpage www.mind.org.uk Support line is 0300 102 1234 and is open 9am-6pm Monday to Friday.
Bereavement Advice	www.bereavementadvice.org	Range of information, advice and practical information on what things may need to be arranged. Links to other organisations.
Notts Help Yourself	www.nottshelpyourself.org	Nottshelpyourself includes support groups and local services to Nottinghamshire that can be searched. National support organisations can also be found here.

24-hour Support Lines

Samaritans	www.samaritans.org 116 123 (freephone) jo@samaritans.org	Supportive free 24/7 support line available to all to talk confidentially about how you are feeling and talk through concerns and worries.
Childline	Telephone: 0800 1111	Support for those under 18 and their relatives
Silverline	Telephone: 0800 470 8090	Support for those over the age of 50

Family and Child Bereavement

Butterfly Project - Barnardo's Family Support Service	www.barnardos.org.uk Telephone: 07725 623910 (Monday-Thursday 9-5pm) BFSSNottinghamshire Derbyshire.org.uk	The Butterfly Project provides comprehensive practical and emotional support to children & young people with life limiting illnesses and their families, from diagnosis to bereavement. The project is funded by the local health authority and can provide a service in the following areas:- City of Nottingham, Gedling, Rushcliffe & Broxtowe.
Child Bereavement UK	www.childbereavementuk.org Telephone: 0800 0288840 helpline@childbereavementuk.org.uk	Support when a baby or child of any age is dying, or a child is facing bereavement. Child Bereavement UK exists to ensure that all people in the UK receive appropriate support and information during a bereavement. Live chat is available from 9am to 4:30pm Monday to Friday.
Compassionate Friends	www.tcf.org.uk Telephone: 0345 123 2304 helpline@tcf.org.uk	Bereavement support following the bereavement loss of a child. Range of leaflets available, including supporting siblings, and colleague who has lost a child.
Miscarriage Association	www.miscarriageassociation.org.uk/ Helpline: 01924 200799 01924 200795 info@miscarriageassociation.org.uk	If you or your partner have been affected by the loss of a baby in pregnancy and would like to talk to someone else who has had this experience, the Miscarriage Association can put you in touch with a support volunteer in your area. Offers information and details of your nearest support group, where you can meet others who have experienced pregnancy loss. We also have a Pregnancy and Baby Loss guidance at SFH please access the intranet page or contact the People Directorate for this guidance with further support materials.
Sands	www.sands.org.uk Telephone: 0808 164 3332 (Monday-Friday 10-3pm, evening support Tuesday and Thursdays 6-9pm). helpline@sands.org.uk	The Sands National Helpline provides a safe, confidential place for anyone who has been affected by the death of a baby at any stage, if this was a long ago or recently.

Advice and Support

Cruse Bereavement Care	www.cruse.org.uk Telephone: 0808 808 1677 Monday, Wednesday, Thursday and Friday 9:30-5pm, Tuesday 1-8pm. Closed over the weekend.	National organisation offering support to individuals with a support line with trained counsellors. Offers resources to how to support others who have experienced a bereavement. Support is available for adults and children.
Nottinghamshire Hospice	www.nottshospice.org Telephone: 0115 9621222 info@nottshospice.org	Support pre and post bereavement from Nottinghamshire Hospice. Can self-refer or care team can refer you to bereavement and emotional support.
Gov.uk	https://www.gov.uk/	Wealth of information from how to register a death, probate, information on wills, estate, funeral costs, bereavement support allowance, and support from your local councils. Web page: www.gov.uk/browse/birth-death-marriages/death

Family and Child Bereavement

Winston's Wish	www.winstonswish.org.uk Telephone: : 08088 020021 01242 515157 Urgent Support text WW to 85258 ask@winstonswish.co.uk	A charity helping children, teenagers and young adults up to the age of 25 following a bereavement. Helpline - to speak with a Bereavement Support Worker call 8am to 8pm weekdays. Online chat function is also available between 8am to 8pm weekdays.
Newark Children's Bereavement Centre	www.childrensbereavementcentre.co.uk Telephone: : 01626 551 739 info@childrensbereavementcentre.co.uk	Specialist support and guidance for children, young people and their families from Nottinghamshire to parts of Lincolnshire affected by the death or terminal illness of a loved one. Free 1:1 bereavement support and group activities.
Widowed and young	www.widowedandyoung.org.uk Telephone: : 0300 201 0051 Urgent Support text WW to 85258 ask@winstonswish.org	UK charity supporting all those lose a partner who are under 50, married or unmarried, all cultures, religions and sexual orientation. Resources on understanding grief, talking to children, finances and paperwork support. Monday-Friday 9:30-5pm.

Suicide - Sudden Loss

Sudden	<u>www.sudden.org</u>	Support if you have lost someone suddenly. Information guides about how to cope with shock and grief, feelings towards others, mental health support and your welfare. Practical information is also covered here about organ donation, post mortem examinations, wills, to criminal investigations.
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Suicide - Bereavement by suicide

Survivors of Bereavement by Suicide	<u>https://uksob.org</u> Support Line: 0300 111 5065 (everyday 9am-7pm) <u>support@uksobs.org</u> Punjabi Speaking Women's Group: <u>birmingham@uksobs.org</u> or 07376 303 438	Emotional and practical support for those bereaved or affected by suicide. Covering practical resources and local groups available.
Harmless and the Tomorrow Project	<u>www.tomorrowproject.org.uk/</u> Telephone: 0115 880 0280 (open Monday-Friday 9-5:30pm) Email: <u>bereavement@tomorrowproject.org.uk</u>	The Tomorrow Project are a confidential, community based suicide prevention, intervention and postvention service that will help and support you in times of struggle. There are two pathways of care, (Crisis pathway and Suicide Bereavement pathway) supporting those in suicide crisis and those who have been bereaved by suicide. There is no age restriction in the service.

Pet Bereavement

Blue Cross Pet Bereavement Support Line	<u>www.bluecross.org.uk</u> The Cross Pet Bereavement Support line 0800 096 6606 <u>pbssmail@bluecross.org.uk</u>	Support to those experiencing a loss of a pet. Support through the live chat online, or call the support line. Available 8:30am-8:30pm every day.
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Armed Forces Support

The War Widows' Association	<u>www.warwidows.org.uk</u> Telephone: 0845 2412 189 <u>info@warwidows.org.uk</u>	A campaign to improve the conditions of War Widows and their dependants in Great Britain. Supports those who have suffered bereavement as a result of World War II, Iraq and Afghanistan. The WWA also represents those who have suffered the loss of their partner and in peacetime, when the death was attributable to their service life.
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Armed Forces Support

British Foreign Legion	Support line available: 0808 802 8080 8am-8pm every day. info@britishlegion.org.uk	Support on a range of areas for those serving in the British Foreign Legion, including a inquest advice services. Signposting to support.
Purple Book Bereavement Guide	<u>Purple Book bereavement guide - GOV.UK</u>	Offering a wealth of support and information for veterans and their families following a death. The full guide can be found on the gov.uk website.

SFH Support

Departments at the Trust who can offer support

Bereavement Centre	Team offering support if you have lost a loved one at SFH. But they also have a range of supportive information on their page on SFH intranet page. This includes a practical bereavement booklet and also have leaflets called sincerest sympathies and what to expect. The team can be contacted on their direct number 01623 422 702 or 016233 622515 extension 4189 or 4190 .
Macmillan Cancer Information and Support Team	Support through the End of Life Team and Macmillan Team supporting those who are experiencing a Cancer diagnosis or has lost a loved one to Cancer. The pod is based in the reception area of King's Mill Hospital, you can stop by without an appointment for advice, guidance to someone to talk to. They also run walking groups, peer led support and a buddy system. Contact the team directly for further support 01623 622515 ext 6499 . Or email on sfh-tr.info@nhs.net Mobile App called "Myhealthboost" collating a range of materials and support is also available, ask the team for further information.
Occupational Health and Wellbeing Team	For signpost and wellbeing support email sfh-tr.wellbeing@nhs.net
People Partnering Team	The People Partnering Team can offer advice and support with process, guidance and policy queries, support on sickness and bereavement leave. Contact the People Partnering Team on sfh-tr.hrbpteam@nhs.net
Support Groups at Sherwood Forest with the Bereavement Midwives	Snow Drops and Butterflies - for families who have lost a baby Rainbows and Butterflies - for families expecting a baby Both groups are run jointly by the Spiritual and Pastoral Care Team and Bereavement Midwife team. Contact Bereavement Midwives on sfh-tr.bereavementmidwives@nhs.net
Spirituality and Pastoral Care Team	The team are there to support patients and relatives but also you as staff members in this process, but also if you have experienced your own loss and want a listening and supportive ear. This is available to those of all faiths. Spiritual and Pastoral Care Team can be reached on 01623 622515 extension 3047 or email sfh.tr.spiritualandpastoralcare@nhs.net

SFH Support

Departments at the Trust who can offer support (cont'd)

VIVUP	www.vivup.co.uk is the employee assistance programme counselling support line, 0330 3800658 and also have a bereavement workbook guide with further information and signposting resources.
Wellbeing Champions	Wellbeing Champions can signpost you to an array of resources available to colleagues. For support, please email <u>sfh-tr.wellbeing@nhs.net</u>
End of life champions	Contact your end of life team if you would like to talk to an end of life champion in confidence. Email <u>sfh-tr.eolc@nhs.net</u> or via telephone extension numbers 4570 or 4571 .
John Eastwood Hospice	based on the King's Mill Site. Specialists in palliative care, you will find the Specialist Palliative Care team based here. Telephone 01623 622 626 or website <u>www.johneastwoodhospice.org.uk</u>
HR	Visit the Human Resources section on the SFH intranet page to look at the Trust's policies and guidance. Some of these include bereavement leave, support with baby loss and fertility guidance and terminal illness guidance. If you want to talk further please contact the Operational HR team on <u>sfh-tr.operationalhr@nhs.net</u>