Bereavement support in Cumbria

The death of a loved one can be among the most difficult moments that any of us will face in our lives, and it often falls on those closest to the deceased and grieving the most to organise the funeral.

The government have produced a leaflet which shares important information to help bereaved families, friends or next of kin make important decisions during this national emergency and guides you to the extra help and support that is available. [https://www.gov.uk/government/publications/support-for-the-bereaved](https://www.gov.uk/government/publications/support-for-the-bereaved)

Across Cumbria there are many organisations that offer bereavement support and it is important that following a death we are able to signpost and guide people for appropriate help.

Most people who experience loss will only require low level support, which involves providing people with information on the grieving process, practical help with tasks, and social support. Family, friends, and colleagues will provide much of this support. For those offering support, this is a time of “watchful waiting;” active listening; reminding people that grief is normal; exploring the emotions they may feel, the person’s thoughts about that and how everyday behaviour or skills might be affected. This level of support will also include community groups, churches and religious and spiritual organizations (all faiths and none), hospital and hospice bereavement teams, online forums and national support.

Age UK: [www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/](http://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/)
At a Loss: Provide the UK's signposting website for the bereaved [www.ataloss.org/](http://www.ataloss.org/)
Child Bereavement UK: Includes Live Chat via the website: Tel. 0800 02 888 40 [www.childbereavementuk.org/](http://www.childbereavementuk.org/)
Churches together in Cumbria (CTiC): Signposting to a church or minister [https://www.churchestogethercumbria.org.uk/](https://www.churchestogethercumbria.org.uk/)
Cruse Bereavement Care: Tel. 0808 808 1677 [www.cruse.org.uk/](http://www.cruse.org.uk/)
Dying Matters: [www.dyingmatters.org/](http://www.dyingmatters.org/)
Cumbria Bereavement Services Partnership

Eden Valley hospice and Jigsaw Children’s Hospice: Tel. 01228 810801
www.edenvalleyhospice.org/
Every Life Matters (Cumbria): Support for people bereaved by suicide:
www.every-life-matters.org.uk/affected-by-suicide/
Grief Chat: Tel. 01524 782910 www.griefchat.co.uk/contact-grief-chat/
Hospice at Home Carlisle and North Lakeland: Tel. 01228 603208
www.hospiceathome.co.uk/
Hospice at Home West Cumbria: Tel. 01900 705200
hospiceathomewestcumbria.org.uk/
Interfaith and Multifaith: www.interfaith.org.uk/
Marie Curie: Tel. 0800 090 2309 www.mariecurie.org.uk/
National Bereavement Alliance: nationalbereavementalliance.org.uk/
National Bereavement Partnership: Tel. 0800 448 0800
https://www.nationalbereavementpartnership.org/
NHS Bereavement Helpline: Tel. 0800 2600 400
www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/
North Cumbria Integrated Care NHS Foundation Trust:
Tel. 01228 602000
Samaritans: Tel. 116 123 free from any phone 0330 094 5717 local call charges apply https://www.samaritans.org/
Sands: Support for anyone affected by the death of a baby
Tel. 0808 164 3332 http://www.sands.org.uk/
Schools Resources Cumbria:
localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs
St John’s Hospice (South Lakes): Tel. 01524 382538
www.sjhospice.org.uk/bereavement-support/
St Mary’s Hospice (Furness): Tel. 01229 580305
www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/
Suicide Bereavement Support Cumbria: Tel. 07572 975 721 or 07896 703 757 www.sbs.org.uk/
Survivors of Bereavement by Suicide: Tel. 0300 111 5065 uksobs.org/
The Good Grief Trust: www.thegoodgrieftrust.org/
University Hospitals of Morecambe Bay: Tel. tel:01524 512406
www.uhmb.nhs.uk/our-services/services/bereavement
Way Widowed and Young: For people aged 50 or under when their partner died: [www.widowedandyoung.org.uk/](http://www.widowedandyoung.org.uk/)
Winstons Wish: Tel. 08088 021 [www.winstonswish.org/about-us/](http://www.winstonswish.org/about-us/)

**Bereavement and the coronavirus**

The following is a list of nationally produced online information which families and carers can be signposted to during the Covid-19 outbreak about grief, funerals and support in exceptional times.

**Child Bereavement UK:** [www.childbereavementuk.org/coronavirus-supporting-children](http://www.childbereavementuk.org/coronavirus-supporting-children)
**Compassion in Dying:** helping people prepare for the end of life. How to talk about it, plan for it, and record your wishes Tel: 0800 999 2434 [coronavirus.compassionindying.org.uk/making-decisions-about-treatment/](http://coronavirus.compassionindying.org.uk/making-decisions-about-treatment/)
**Dying Matters:** aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life. [www.dyingmatters.org/page/updated-resources](http://www.dyingmatters.org/page/updated-resources)
**Faith Action:** [www.faithaction.net/campaigns/coronavirus/](http://www.faithaction.net/campaigns/coronavirus/)
**Interfaith and Multifaith:** [www.interfaith.org.uk/news/covid-19](http://www.interfaith.org.uk/news/covid-19)
**Marie Curie:** [www.mariecurie.org.uk/help/support/coronavirus](http://www.mariecurie.org.uk/help/support/coronavirus)
**National Bereavement Alliance:**
[nationalbereavementalliance.org.uk/covid-19/](http://nationalbereavementalliance.org.uk/covid-19/)
**Oxford Health:** Coping with the Coronavirus - Bereavement (one of a series about Coronavirus and mental health):
Quaker Social Action have produced a guide to organising a meaningful funeral when people cannot attend: quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/information-and-guidance/coronavirus-organising-meaningful

Schools Resources Cumbria: localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs

St John’s Hospice: Specific coronavirus support for families not know to the hospice: www.sjhospice.org.uk/coronavirus-bereavement

Way Widowed and Young: a national charity in the UK for people aged 50 or under when their partner died: www.widowedandyoung.org.uk/news/offering-support-through-the-coronavirus-outbreak/


This list is not exhaustive and we are not endorsing or approving any specific organisation.

Other formats:

If you would like to access this information in an alternative format, then please contact us on Tel. 01768 245 486 or visit https://northcumbriaccg.nhs.uk/