Cumbria Bereavement Services Partnership

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.

**Level 1: General support that everyone can access**

The first level of bereavement support represents general support and information. Most people who experience loss will only require first 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.churchestogathercumbria.org.uk/](https://www.churchestogathercumbria.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/)

**Eden Valley hospice and Jigsaw Children’s Hospice:** Tel. 01228810801 [www.edenvalleyhospice.org/](http://www.edenvalleyhospice.org/)


**Grief Chat:** Tel. 01524 782910 [www.griefchat.co.uk/contact-grief-chat/](http://www.griefchat.co.uk/contact-grief-chat/)

**Hospice at Home Carlisle and North Lakeland:** Tel. 01228 603208 [www.hospiceathome.co.uk/](http://www.hospiceathome.co.uk/)

**Hospice at Home West Cumbria:** Tel. 01900 705200 [hospiceathomewestcumbria.org.uk/](http://www.hospiceathomewestcumbria.org.uk/)

**Interfaith and Multifaith:** [www.interfaith.org.uk/](http://www.interfaith.org.uk/)

**Marie Curie:** Tel. 0800 090 2309 [www.mariecurie.org.uk/](http://www.mariecurie.org.uk/)

**National Bereavement Alliance:** [nationalbereavementalliance.org.uk/](http://nationalbereavementalliance.org.uk/)

**National Bereavement Partnership:** Tel. 0800 448 0800 [https://www.nationalbereavementpartnership.org/](http://www.nationalbereavementpartnership.org/)


**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/](http://www.samaritans.org/)

**Sands:** Support for anyone affected by the death of a baby Tel. 0808 164 3332 [http://www.sands.org.uk/](http://www.sands.org.uk/)

**Schools Resources Cumbria:** [localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs](http://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs)

**St John's Hospice (South Lakes):** Tel. 01524382538 [www.sjhospice.org.uk/bereavement-support/](http://www.sjhospice.org.uk/bereavement-support/)

**St Mary’s Hospice (Furness):** Tel. 01229 580305 [www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/](http://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/](http://www.sbs.org.uk/)
Cumbria Bereavement Services Partnership

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/
Winstons Wish: Tel. 08088 021 www.winstonswish.org/about-us/

Level 2: Extra support that some people might need to access

A small percentage of people may need extra support through their bereavement. Although this can still be offered by people and networks known to the person, it may be helpful to create opportunities to consult with professionals who have had more direct experience of working with bereaved people. This could be because of the nature of the loss – the death of a child, for example, or a sudden death – or because of other circumstances in the person’s life.

Bluebell (South Cumbria): Provide free support for people experiencing grief associated with loss during pregnancy, the death of a baby, child or young person: Tel. 07516556081 or 07849400315 www.bluebell.org.uk/
Cancer Care (South Cumbria): Tel. 03330 150 628 www.cancercare.org.uk/BereavementLeaflet
Child Bereavement UK: Tel. 0800 02 888 40 www.childbereavementuk.org/
Child Bereavement UK Cumbria: Tel. 0300 600 3434 www.childbereavementuk.org/cumbria
Cruse Bereavement Care Cumbria: Tel. 0300 600 3434 www.crusecumbria.org.uk/
Eden Valley Hospice and Jigsaw Children’s Hospice: Tel. 01228810801 www.edenvaleyhospice.org/our-care/family-support/counselling/bereavement-support
Hospice at Home Carlisle and North Lakeland: Tel. 01228 603208 www.hospiceathome.co.uk/about-us/family-support/
Hospice at Home West Cumbria: Tel. 01900 705200 hospiceathomewestcumbria.org.uk/service/family-bereavement-services/
Samaritans: Tel. 116 123 free from any phone 0330 094 5717 local call charges apply www.samaritans.org/
Samaritans (Carlisle) www.samaritans.org/branches/carlisle
Samaritans (West Cumbria) www.samaritans.org/branches/whitehaven
Samaritans (Furness and South Lakes): www.samaritans.org/branches/barrow/
Silent Footprints (West Cumbria): www.alwaysanotherway.co.uk/current-community-projects
St John’s Hospice (South Lakes): Tel. 01524382538 www.sjhospice.org.uk/bereavement-support/
St Mary’s Hospice (South Cumbria): 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/
Time to Share CIC (West Cumbria): timetoshareberservice@gmail.com

Level 3: A few may need more complex grief support

A few people who have experienced trauma or severe/extended and complicated grief reactions after bereavement may need some individualised 1-1 specialist bereavement support. This level is most likely to be provided by bereavement specific charities and organisations.

Bluebell (South Cumbria): Tel. 07516556081 or 07849400315 www.bluebell.org.uk/
Cancer Care (South Cumbria) : Tel. 03330 150 628 www.cancercare.org.uk/BereavementLeaflet
Child Bereavement UK : Tel. 0800 02 888 40 www.childbereavementuk.org/
**Cumbria Bereavement Services Partnership**

**Child Bereavement UK Cumbria:** Tel. 01539628311 [www.childbereavementuk.org/cumbria](http://www.childbereavementuk.org/cumbria)

**Cruse Bereavement Care Cumbria:** Tel. 0300 600 3434 [www.crusecumbria.org.uk/](http://www.crusecumbria.org.uk/)

**Eden Valley Hospice and Jigsaw Children’s Hospice:** Tel. 01228 810801 [www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support](http://www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support)

**Hospice at Home Carlisle and North Lakeland:** Tel. 01228 603208 [www.hospiceathome.co.uk/about-us/family-support/](http://www.hospiceathome.co.uk/about-us/family-support/)

**Hospice at Home West Cumbria:** Tel. 01900 705200 [www.hospiceathomewestcumbria.org.uk](http://www.hospiceathomewestcumbria.org.uk)

**Samaritans:** Tel. 116 123 free from any phone 0330 094 5717 local call charges apply [www.samaritans.org/](http://www.samaritans.org/)

**Samaritans (Carlisle):** [www.samaritans.org/branches/carlisle](http://www.samaritans.org/branches/carlisle)

**Samaritans (West Cumbria):** [www.samaritans.org/branches/whitehaven](http://www.samaritans.org/branches/whitehaven)

**Samaritans (Furness and South Lakes):** [www.samaritans.org/branches/barrow/](http://www.samaritans.org/branches/barrow/)

**Sands (East Cumbria):** [www.facebook.com/East-Cumbria-Sands-220221746682708](http://www.facebook.com/East-Cumbria-Sands-220221746682708) [www.sands.org.uk](http://www.sands.org.uk)

**Silent Footprints (Always another Way):** [www.alwaysanotherway.co.uk/current-community-projects](http://www.alwaysanotherway.co.uk/current-community-projects)


**St Mary’s Hospice (South Cumbria):** Available on request Tel. 01229 580305 [www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/](http://www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/)

**Suicide Bereavement Support (SBS) Cumbria:** Tel. 07572 975 721 or 07896 703 757 [www.sbs.org.uk/](http://www.sbs.org.uk/)

**Time to Share CIC (West Cumbria):** timetoshareberservice@gmail.com

**Other resources available**

**Information following a death**

Bereavement books are given out to families by some of the bereavement teams at our hospitals as well as the hospices.

**Cumberland Infirmary:**

**Furness General Hospital:** [www.rns.uk/furness](http://www.rns.uk/furness)

**West Cumberland Hospital:**

**Eden Valley Hospice & Jigsaw Children’s Hospice:**

**Hospice at Home Carlisle and North Lakeland:**

**Hospice at Home West Cumbria:**

**St Mary’s Hospice:** Available on request Tel. 01229 580305


**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.co.uk/making-decisions-about-treatment/](http://coronavirus.compassionindying.co.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/)


---

Bereavement support in Cumbria August 2020 Cumbria Bereavement Services Partnership
Interfaith and Multifaith: www.interfaith.org.uk/news/covid-19
Marie Curie: www.mariecurie.org.uk/help/support/coronavirus
National Bereavement Alliance: nationalbereavementalliance.org.uk/covid-19/
nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/
Network Health: Network for Pastoral, Spiritual & Religious Care in Health http://network-health.org.uk/index.php/about/covid-19
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
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/