

Bereavement Care at Bushloe Surgery



Further information about the content, reference sources or production of this leaflet can be obtained by the Health and Wellbeing Team at Bushloe Surgery. If you would like to tell us what you think about the leaflet, please get in touch.

This information is available in alternative forms upon request. Please contact Bushloe Surgery Tel: 0116 344 0233.

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Supporting you through
your bereavement journey



Bereavement

It is natural and normal to grieve when someone we love dies. There is no 'correct' way to grieve, and we each have our own journey. Being bereaved can be a lonely time and you may feel that you need some extra help and support during this time. We are here to support you both now or whenever you feel ready to talk.

Grief

Grief is a personal experience. What you experience in your grief is particular and specific to you. There are no rules or 'right' way to grieve, though, there are some feelings which are commonly experienced and can be normal:

- Sadness - feelings of distress following bereavement can be overwhelming and frightening.
- Anger - this feeling of anger may be towards the person who has died for leaving you or at others, such as family members, healthcare professionals or angry at faith or religion.
- Guilt - people who have been bereaved of someone close often say they feel directly or indirectly to blame for the person's death. Also, you may regret something you said or should have said.
- Physical effects - you may lose your appetite, have difficulty sleeping, or feel anxious. You may feel mentally drained and unable to think straight.

If you are struggling with your grief and you would like someone to talk to, there are several organisations which may be able to offer counselling, information and support, they are detailed in this leaflet.

'Our vision is to see the patients of Bushloe Surgery enjoying healthy lives through the provision of outstanding primary care. Our helpful, caring and enthusiastic staff strive to achieve this through high quality healthcare that is patient-centred and user friendly'



Seeking further help

Speak to our Reception team:

Our receptionists can direct you to our Health and Wellbeing Team and Social Prescribers. The team can help by connecting people to community-based services and activities to improve health and wellbeing by addressing non-medical needs like loneliness, debt, housing issues and mental health struggles.

Request GP support if:

You are struggling to cope with stress, anxiety or a low mood.

- You have had a low mood for more than 4 weeks
- Things that you are trying to do to yourself are not working
- You would like a referral to professional support services

Self-referral for Psychological Therapy

If you are aged 16 or over and registered with a GP practice in Leicester, Leicestershire and Rutland, you can self-refer to 'Talking Therapies' for psychological therapy which helps mental health conditions such as depression and anxiety.

- Telephone: 0330 094 5595
- Website: <https://www.vitahealthgroup.co.uk/make-a-referral/>



Practical Information

Registering a death

When someone in the UK dies, information about what happens next can be found at: <https://www.gov.uk/when-someone-dies>

A medical examiner will check the cause of death to make sure it's accurate. They are a senior doctor, and they will not have been involved in the care of your loved one. They will contact you directly to explain the cause of death and answer any questions you might. They will confirm you can register the death.

Register the person's death within 5 days of being contacted (this includes weekends and bank holidays). You'll get a 'certificate for a burial or cremation' to give to the funeral director or crematorium.

If the death is reported to the coroner, they will decide if the cause of death is clear, a post-mortem is needed or an inquest. The coroner is still usually able to provide an interim death certificate if needed.

Informing others

'Tell Us Once' is a service which allows you to report a death to most government organisations simultaneously. The service will inform:

- The Local Inland Revenue Office
- The Local Social Security Office to cancel pensions, allowances, benefits
- Driver and Vehicle Licensing Agency (DVLA)
- Passport Office
- If the deceased was receiving Housing Benefit/Council Tax Benefit, the local housing department.



Support for Adults

After losing a loved one, you can try talking about your feelings to a friend, family member, health professional or counsellor. This list of bereavement resources may help you now or during your bereavement journey.

Useful Organisations

If you are bereaved and would like to speak with someone, you can contact:

- Cruse Bereavement Care on 0808 808 1677 or visit www.cruse.org.uk
- Good Grief Trust at www.thegoodgrieftrust.org
- The Compassionate Friends on 0345 123 2304 or visit www.tcf.org.uk
- National Bereavement Partnership on 0800 448 0800 or visit www.nationalbereavementpartnership.org
- Sudden on 0800 2600 400 or visit www.sudden.org
- The Sharma Women's Centre, Highfields (emphasis on BAME) on 0116 251 4747.

24/7 Helpline

Samaritans on 0116 226 123

LOROS Bereavement Hubs

Free drop-in sessions at Elliott Hall, Albion Street, South Wigston, LE18 4SA.

Every Wednesday afternoon from 11.30am-1pm.



Support for Children

If you are a young person and have lost someone special, there are many organisations that can support you during your grief. The organisations listed below can help you to understand, acknowledge and to remember your loved one.

Useful Organisations

If you have lost a loved one and would like to speak with someone, you can contact:

- Child Bereavement UK on 0800 028 840 or visit www.childbereavementuk.org
- Grief Encounter on 08088020111 or visit www.griefencounter.org.uk
- Riprap at www.riprap.org.uk
- The Laura Centre on 0116 254 4341 or visit www.thelauracentre.org.uk
- Widowed and Young at www.widowedandyoung.org.uk
- Winston's Wish at www.winstonwish.org

24/7 Helpline

Samaritans on 0116 226 123

Psychological Support

- British Association for Counselling and Psychotherapy on 01455 883 316 or visit www.bacp.co.uk
- Young Minds on 0808 802 5544 or visit www.youngminds.org.uk