

## Bereavement Support across 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 COVID pandemic has affected so much of the normalities of life. The way we die, the way we hold a funeral and the way we grieve have all been affected, meaning that for some, the usual events to mark and manage the loss of a loved one changed or did not happen. It is therefore, so much more important that we are all able to access bereavement support at a time and level that is right for each one of us as an individual.

The government has 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>

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.

### Local Support:

**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/](http://www.bluebell.org.uk/)

**Cancer Care (South Cumbria) :** Tel. 03330 150 628 [www.cancercare.org.uk/BereavementLeaflet](http://www.cancercare.org.uk/BereavementLeaflet)

**Child Bereavement UK Cumbria:** Providing bereavement support to children and families. Face to face in Kendal and Carlisle, and elsewhere available by telephone, video and instant messenger. Tel. 0800 02 888 40  
Email: [northsupport@childbereavementuk.org](mailto:northsupport@childbereavementuk.org) [www.childbereavementuk.org/](http://www.childbereavementuk.org/)

**Churches together in Cumbria (CTiC):** Signposting to a church or minister  
<https://www.churchestogethlercumbria.org.uk/>

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

**Cumbria County Council:** <https://www.cumbria.gov.uk/publichealth/bereavement.asp>

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

**Every Life Matters (Cumbria):** Support for people bereaved by suicide: [www.every-life-matters.org.uk/affected-by-suicide/](http://www.every-life-matters.org.uk/affected-by-suicide/)

**Grief Chat:** <https://griefchat.co.uk/chat/>

**Hospice at Home Carlisle and North Lakeland:** Tel. 01228 608942 [www.hospiceathome.co.uk/](http://www.hospiceathome.co.uk/)

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

**North Cumbria Integrated Care NHS Foundation Trust Bereavement Services:** Tel 01228 616878 or 01946 523309

**Samaritans (Carlisle):** <https://www.samaritans.org/branches/carlisle/>

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

**Samaritans (West Cumbria):** <https://www.samaritans.org/branches/whitehaven/>

**Samaritans:** <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/support-groups-people-bereaved-suicide/>

**Sands (East Cumbria):** [www.facebook.com/East-Cumbria-Sands-2202217466682708](https://www.facebook.com/East-Cumbria-Sands-2202217466682708) [www.sands.org.uk](http://www.sands.org.uk)

**Schools Resources Cumbria:** [localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBgTs](http://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBgTs)

## Bereavement Support across Cumbria

**Silent Footprints (West Cumbria):** [www.alwaysanotherway.co.uk/current-community-projects](http://www.alwaysanotherway.co.uk/current-community-projects)

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

**Including the Forget Me Not Centre:** Providing bereavement and grief support to children, young people and families. Tel. 01524382538 <https://www.sjhospice.org.uk/forgetmenotcentreinfo/>

**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 (& surrounding area):** Tel. 07572 975 721 or 07896 703 757  
[www.sbs.org.uk/](http://www.sbs.org.uk/)

**Suicide and Co:** Support for anyone bereaved by suicide: Tel. 0800 054 8400 (Monday - Friday 9am-9pm)  
<https://www.suicideandco.org/>

**Tigerlily Trust:** Support following baby loss: Email: [enquiries@tigerlilytrust.co.uk](mailto:enquiries@tigerlilytrust.co.uk)

Facebook: <https://www.facebook.com/TigerLilyTrust/>

**Time to Share (Copeland) :** Support to Children and Young People Tel. 07926385262 (between 9am-3pm Mon-Fri)  
Email: [timetoshareberservice@gmail.com](mailto:timetoshareberservice@gmail.com) <https://timetosharecopeland.co.uk/>

**University Hospitals of Morecambe Bay:** Tel. 01524 512406 [www.uhmb.nhs.uk/our-services/services/bereavement](http://www.uhmb.nhs.uk/our-services/services/bereavement)

### National and online 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/)

**Brake:** Provide support for people bereaved by a death on the road <https://www.brake.org.uk/>

**Care for the Family:** <https://www.careforthefamily.org.uk/family-life/bereavement-support>

**Child Bereavement UK:** Includes Live Chat via the website: Tel. 0800 02 888 40 [www.childbereavementuk.org/](http://www.childbereavementuk.org/)

**Coroners' Courts Support Service:** Provide support to people where there is an inquest following a death  
Tel. 0300 111 2141 [www.coronerscourtsupportservice.org.uk](http://www.coronerscourtsupportservice.org.uk)

**Cruse Bereavement Care:** Tel. 0808 808 1677 [www.cruse.org.uk/](http://www.cruse.org.uk/)

**Drowning Support Network:** Peer support group for people who have lost loved ones in drownings or other aquatic accidents <https://drowningsupportnetwork.wordpress.com/about/>

**Dying Matters:** [www.dyingmatters.org/](http://www.dyingmatters.org/)

**Good Thinking:** <https://www.good-thinking.uk/bereavement/>

**Grief Chat:** <https://griefchat.co.uk/chat/>

**Grief Encounter:** Tel. 0808 802 0111 <https://www.griefencounter.org.uk/>

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

**Kooth:** Online support for children and young people <https://www.kooth.com/>

**Lullaby Trust:** Support for anyone affected by the sudden and unexpected death of a baby or young child  
[www.lullabytrust.org.uk/bereavement-support/](http://www.lullabytrust.org.uk/bereavement-support/)

**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/>

**Network - Health:** Supports pastoral, spiritual, and religious care in healthcare, particularly at end-of-life  
<https://network-health.org.uk/>

**NHS Bereavement Helpline:** Tel. 0800 2600 400 [www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/](http://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/) The helpline is now run by Sudden <https://www.suddendeath.org/>

**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/>

**Sudden:** Support when someone has died suddenly, or too soon in their lives Tel. 0800 2600 400  
<https://sudden.org/>

**Suicide and Co:** Support for anyone bereaved by suicide: Tel. 0800 054 8400 (Monday - Friday 9am-9pm)  
<https://www.suicideandco.org/>

**Survivors of Bereavement by Suicide:** Tel. 0300 111 5065 [uksobs.org/](http://uksobs.org/)

**The Compassionate Friends:** Tel. 0345 123 2304 <https://www.tcf.org.uk/>

**The Good Grief Trust:** [www.thegoodgrieftrust.org/](http://www.thegoodgrieftrust.org/)

**The Loss Foundation:** Supporting those bereaved by cancer or COVID <https://thelossfoundation.org/>

## Bereavement Support across Cumbria

**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 support online

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

**Child Bereavement UK:** [www.childbereavementuk.org/coronavirus-supporting-children](http://www.childbereavementuk.org/coronavirus-supporting-children)

<https://www.childbereavementuk.org/Pages/Category/coronavirus>

**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/)

**Cruse Bereavement Care:** <https://www.cruse.org.uk/get-help/coronavirus-bereavement-and-grief>

**Books for children:** [www.cruse.org.uk/about-cruse/publications/recommended-books/books-for-children](http://www.cruse.org.uk/about-cruse/publications/recommended-books/books-for-children)

**Devon CC:** Blessings, rituals and last rites during the coronavirus pandemic

<https://www.devon.gov.uk/equality/communities/religion-faith-or-belief/coronavirus-pandemic>

**Dying Matters:** Aims to help people talk more openly about dying, death and bereavement, and making plans for the end of life. [www.dyingmatters.org/page/updated-resources](http://www.dyingmatters.org/page/updated-resources)

**Faith Action:** <https://www.faithaction.net/>

**Humanist UK:** [humanism.org.uk/2020/04/20/humanists-uk-welcomes-updated-guidance-on-funerals-during-the-pandemic/](http://humanism.org.uk/2020/04/20/humanists-uk-welcomes-updated-guidance-on-funerals-during-the-pandemic/)

**Interfaith and Multifaith:** [www.interfaith.org.uk/news/covid-19](http://www.interfaith.org.uk/news/covid-19)

**Irish Hospice Foundation:** [hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/](http://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/)

**Marie Curie:** [www.mariecurie.org.uk/help/support/coronavirus](http://www.mariecurie.org.uk/help/support/coronavirus)

**Mental Health & Wellbeing during Covid-19:** [www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf](http://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf)

**National Bereavement Alliance:** [nationalbereavementalliance.org.uk/covid-19/](http://nationalbereavementalliance.org.uk/covid-19/)

[nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/](http://nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/)

**Nurtureuk:** a specially edited version of their Bereavement guide: <https://www.nurtureuk.org/bereavement-support-for-children-and-young-people/>

**Oxford Health:** Coping with the Coronavirus - Bereavement (one of a series about Coronavirus and mental health): [www.oxfordhealth.nhs.uk/wp-content/uploads/2020/03/OH-008.20-Coronavirus-and-bereavement-Local-v2.pdf](http://www.oxfordhealth.nhs.uk/wp-content/uploads/2020/03/OH-008.20-Coronavirus-and-bereavement-Local-v2.pdf)

<https://www.oxfordhealth.nhs.uk/publication/coronavirus/>

**Public Health Northern Ireland :** Saying Goodbye-when someone special dies:

[https://www.publichealth.hscni.net/sites/default/files/2020-](https://www.publichealth.hscni.net/sites/default/files/2020-04/Saying%20Goodbye%20workbook%20for%20children%20Final%2004%2020.pdf)

[04/Saying%20Goodbye%20workbook%20for%20children%20Final%2004%2020.pdf](https://www.publichealth.hscni.net/sites/default/files/2020-04/Saying%20Goodbye%20workbook%20for%20children%20Final%2004%2020.pdf)

**Quaker Social Action:** Have produced a guide to organising a meaningful funeral when people cannot attend:

<https://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/information-guidance/coronavirus>

**Samaritans:** <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-pandemic/>

**School 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)

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/contact-us/bereavement-support-cumbria>