

St Peter's Catholic Church, Hazel Grove.

16 Green Lane, Hazel Grove, Stockport SK7 4EA
0161 483 3476 admin@stpetershazलगrove.org.uk

Bereavement Resource Pack

You're not on your own. Get in touch with us for support.

If you would like more information please contact Helen 07854928072 email helenlyons1957@hotmail.co.uk or Rachel 07724749217 rachelemckay@icloud.com

You might want to join our bereavement support group (see final page). At the moment during Covid restrictions, we are meeting online / by phone.

General information after someone dies.

Information on what to do when someone dies, step by step.

<https://www.gov.uk/when-someone-dies>

Help with planning a funeral.

Please do contact Fr Peter Sharrocks on 0161 483 3476 if you would like to arrange a funeral at St Peter's church, subject to current government restrictions.

Telephone Helplines

Greater Manchester Bereavement Service Support

Helpline: 0161 983 0902

Available to anyone within Greater Manchester, bereaved or affected by a death.

Monday-Friday 9am-5pm (except bank holidays), Wednesday 9am-8pm Website: <https://greater-manchester-bereavement-service.org.uk>

Cruse Bereavement Care

Helpline: 0808 808 1677

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Monday and Friday 9.30am-5pm, Tuesday/Wednesday/Thursday 9.30am-8pm Email: helpline@cruse.org.uk Website: <https://www.cruse.org.uk/get-help/helpline>

Manchester office: We now offer one to one support to adults aged 18 or over. If you need support please either email us on Manchester@Cruse.org.uk or call us on 07377 710382 and leave a message.

Child Bereavement UK

Helpline: 0800 02 888 40

Helpline offering support and information for talking to children about bereavement.

Monday-Friday, 9am-5pm Email: support@childbereavementuk.org Live chat: <https://www.childbereavementuk.org/about-our-helpline> , Monday-Friday, 9am-5pm

NHS Bereavement Helpline

Helpline: 0800 2600 400

Staffed by trained nurses who are highly skilled and experienced in working with bereaved families. 8am to 8pm daily

Sudden Helpline

Helpline: 0800 121 6510

Sudden helps after a sudden or unexpected bereavement including COVID-19.

Online Advice Sites If you do not have access to the Internet and would like help with the online resources, please get in touch.

Helping adults with grief and bereavement

NHS

Advice for if you are experiencing grief after bereavement or loss <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

At a Loss

Advice and information for those who have been bereaved during the COVID-19 pandemic, and how to support those who have been bereaved at this time.

<https://www.ataloss.org>

The Good Grief Trust

Run for bereaved people, by bereaved people.

This site is excellent. Lots of specific advice and a coronavirus advice section too, including about funerals in Covid times.

<https://www.thegoodgrieftrust.org/>

Cruse Bereavement Care

Resources for dealing with bereavement and grief during the COVID-19 pandemic. It covers some of the different situations and emotions bereaved people may have to deal with.

<https://www.cruse.org.uk/>

Mind

National mental health charity, information and advice about bereavement. <https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/aboutbereavement/>

Sudden

Advice for people who have been bereaved, particularly by a sudden or unexpected death.

<http://www.suddendeath.org>

AgeUK

Information and advice for older people on coping with bereavement. <https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/>

Helping children and young people deal with bereavement

Child Bereavement UK

Advice and resources to support children and young people cope with bereavement.

<https://www.childbereavementuk.org/>

Winston's Wish

Information, advice and guidance on supporting bereaved children and young people.

<https://www.winstonswish.org/coronavirus/>

Gaddum Centre

Advice on talking to children and young people about coronavirus and bereavement. https://www.gaddumcentre.co.uk/wp-content/uploads/2020/04/Gaddum-Child-BereavementCoronavirus-Advice_compressed.pdf

NHS

Advice for supporting children through bereavement <https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-bereavement/>

Young Minds

Information and advice for young people who are dealing with grief and loss. <https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

Specialist support organisations

There are specific organisations which support those bereaved in certain situations, such as suicide, the death of a baby, the death of a child and many other tragic circumstances.

Please ask us for details of these or ask for our help in finding support.

Local Support / Bereavement groups

Many of the above organisations will be able to help you find group or face to face support, including counselling.

St Peter's Bereavement Group

We would like to invite you to our Bereavement Support Group which takes place on the first Tuesday and the third Friday of each month at 7pm (or online during the Covid restrictions).

The Tuesday session is held, either in Church or in the Members Lounge of the Parish Centre. We light candles in memory of our loved ones, this is followed by a prayer service and reflection and then continue with tea and coffee.

The Friday session is a social event, when we have a meal together and occasionally an evening out, or change the time for an Afternoon Tea.

It is a very informal group that offers support and friendship at this very difficult time, not only from the helpers but from those attending the group. There is no commitment to attend both the sessions. If you would like more information please contact Helen or Rachel via email admin@stpetershazelgrove.org.uk

Beechwood Cancer Care Bereavement Group and Family Services

Offers bereavement support following a cancer death

0161 476 0384

enquiries@beechwoodcancercare.co.uk

www.beechwoodcancercare.org.uk/cancer-care-services/bereavements/