



Bereavement Support Information - Milton Keynes

Information and support during Covid-19

Bereavement Support

Local and National information and support during Covid-19

Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. It is a difficult experience under any situation and is taking place under very challenging circumstances during the coronavirus pandemic. Those who experience loss during the coronavirus outbreak may experience increased trauma and may be cut off from some of their usual support network.

A bereavement from COVID-19 is likely to be a very challenging kind of bereavement for most people. Because of this, it is really important that people bereaved by any cause at this time are cared for and receive support, especially in the first days and weeks following their bereavement. We know, that early self-care, care from people immediately around us, and care from others too, can mean that it is easier, over time, to make a recovery, with good mental health.

A death during the coronavirus pandemic potentially means:

- little time to prepare for a loved one's death, following a period of illness that they suffered.
- no time spent with a loved one before they died, due to infection risk.
- inability to say goodbye after death during this time of pandemic, when normal gatherings are not possible safely.
- people are grieving while often separated from loved ones who are also grieving but in other locations, as people are not moving around.
- many practical challenges, for example if the person bereaved was previously receiving care from someone who died, or they have responsibilities to care for others or to continue working.
- coping with a shocking bereavement at a time when the bereaved person, or others in their circle of family and friends, may also be ill.

The NHS website has information on bereavement www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/ and information on supporting mental health and wellbeing during the pandemic www.nhs.uk/oneyou/every-mind-matters/.

Support is still available from GP's, NHS 111, NHS hospitals and mental health services. Telephone and online confidential listening support services such as **Silverline** (0800 470 80 90:for older people), **Samaritans** (116 123) and **Childline** (0800 1111) are also available.

Our Frontline is a resource to support frontline health, care, emergency and key workers which offers round the clock one to one confidential mental health and bereavement support, by call or text. Text **FRONTLINE** to 85258 or call 116 123 for a conversation with a trained volunteer or visit www.mentalhealthatwork.org.uk/ourfrontline/ for online resources.

On the next page we have listed a number of local and national bereavement charities and organisations that offer guidance, advice, and support to deal with bereavement during this pandemic, both the practical and psychological aspects. Please note many faith groups and occupational groups will have their own resources and sources of support.

The details in this resource are correct at the time of printing, but services and information are changing on a frequent basis in response to the current pandemic. If you are aware of any changes or to receive the most up to date copy of this resource please email emma.bates@milton-keynes.gov.uk

Organisation	Type of support	How to contact	Covid-19 specific information
<p>Adapted services: In compliance with current public health guidance, many local services are not providing face to face appointments (1:1 or group support) at the moment but may have put alternatives in place. As well as the information below, services' social media accounts promote key messages and updates on frequently asked questions or times of operation.</p>			
Milton Keynes Bereavement Service	Local service provides support to those who have been bereaved and offers three free sessions of bereavement counselling over the telephone. After initial three sessions individuals can join a waiting list for further counselling if required.	<p>Telephone: 07483 308032 Email: mk.bs@virgin.net www.bereavementservicemk.org.uk/</p>	
Bereavement Advice centre	Bereavement Advice Centre supports and advises people on what they need to do after a death. It provides information on the practical aspects of dealing with a death and information on grief. Also provides support and resources for professionals.	<p>National Information Helpline: 0800 634 9494 Monday-Friday 9.00am-5.00pm Website: www.bereavementadvice.org</p>	
Cruse Bereavement Care (National)	Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. They offer support, advice and information to children, young people and adults when someone dies; by telephone or email.	<p>National Information Helpline: 0808 808 1677 (9:30am-5:00pm Monday, Friday. Extended to 9:30am - 8:00pm Tuesday, Wednesday, Thursday) Website: www.cruse.org.uk</p>	<p>Coronavirus: dealing with bereavement and grief www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief</p>
The Good Grief Trust	Crisis information and signposting to charities, support services and helplines that offer dedicated advice and information. Provides useful information on bereavement and coronavirus. Provides virtual support for those grieving in isolation.	<p>National Information Website: www.thegoodgrieftrust.org</p>	<p>Information concerning bereavement and coronavirus. Including grieving in isolation. Offers: Support via Zoom visit www.thegoodgrieftrust.org/need-know-info/from-us-to-you/pop-up-good-grief-cafes/</p>
SUDDEN	Supports people bereaved by sudden death	<p>www.suddendeath.org and Helpline call 0800 121 6510 or you can talk to us by email at suddenhelpline@brake.org.uk Right now, due to COVID-19, are open Monday to Wednesday between 10.00am and 2.00pm.</p>	<p>Extensive additional resources for coronavirus http://suddendeath.org/covid-19-bereavement</p>
Winston's Wish	Provides support for those caring for children affected by the death of a parent or a sibling and to the children themselves. Information available for professionals supporting families. Remote and digital delivery. Provides information on supporting children with bereavement during coronavirus including funerals, talking to children and managing grief in isolation.	<p>National Information Helpline: 08088 020021 (9.00am-5.00pm) ASK email support: ask@winstonswish.org Crisis Messenger: Text WW to 85258 (24/7) Website: www.winstonswish.org.uk</p>	<p>Information on children and bereavement during coronavirus including how schools can support children www.winstonswish.org/coronavirus/</p>

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Child Bereavement UK	Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Premises are now closed; bereavement support practitioners are working remotely and bereavement support offered by telephone or digital means. Face-to-face groups and drop-in support services are currently postponed but local practitioners can discuss other means of offering support.	Milton Keynes Phone: 01908 550895 Phone: 0800 02 888 40 Email: support@childbereavementuk.org Website: www.childbereavementuk.org/	Coronavirus - supporting bereaved children www.childbereavementuk.org/coronavirus-supporting-children
TCF (formerly The Compassionate Friends)	Support by telephone and befriending for those dealing with a loss of a child. Please note that this charity supports people irrespective of the age of the child at the time of death i.e. the child may have reached adulthood. Support provide by phone and online. Online support groups.	National information Helpline: 0345 123 2304 Every day of the year 10:00-16:00 and 18:30-22:30 Email: helpline@tcf.org.uk Website: www.tcf.org.uk	Information on grieving loss of a child to coronavirus www.tcf.org.uk/content/loss-during-covid-19-pandemic/
Way Foundation (Widowed And Young)	Provides a self-help network across the UK to those who are bereaved through losing their partner/spouse when aged 50 or under, together with their children. Phone and online support to members.	Website: www.widowedandyoung.org.uk/	Online support during coronvirus including coping with the lockdown www.widowedandyoung.org.uk/coronavirus/
Sands	Sands is the stillbirth and neonatal death charity. Throughout the UK, supporting anyone affected by the death of a baby, working to improve the care bereaved parents receive. Provides information for NHS professionals. Telephone and online support being provided.	National Information Helpline: 0808 164 3332 Email: helpline@sands.org.uk Website: www.sands.org.uk/support	Information for families and professionals www.sands.org.uk/support-you/oronavirus-covid-19-updates/
SOBS	A self-help organisation which exists to meet the needs of those bereaved by the suicide of a family member or anyone close to them. Support given by email, online and phone.	National Information Helpline: 0300 111 5065 9.00am-9.00pm Monday to Friday with Saturday and Sunday cover during this pandemic. Email support: email.support@uksobs.org Website: www.uksobs.org	
Support After Suicide Bereavement Service - Mind BLMK	Suicide bereavement support service. Offers 1-2-1 support and counselling for those living in MK who have recently been bereaved by suicide. Support delivered by suicide bereavement specialist by telephone or digital means. Direct referral pathway from Thames Valley police but also accepts self/professional referrals.	Milton Keynes - Victoria Sharp Phone: 0784 240 5045 Email: Victoria.Sharp@mind-blmk.org.uk Website: www.mind-blmk.org.uk/how-we-can-help/milton-keynes/milton-keynes-bereavement-by-suicide-support-service/	