



# Bereavement Services

## Fact Sheet No.1

The Carers Centre for Brighton & Hove  
18 Bedford Place, Brighton BN1 2PT

Tel: 01273 746222

Fax: 01273 933688

[info@thecarerscentre.org](mailto:info@thecarerscentre.org)

[www.thecarerscentre.org](http://www.thecarerscentre.org)

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## Introduction

This Fact Sheet provides information on local and national services that help and support the recently bereaved.

The Carers Centre has a Garden for the use of carers at Cravenvale Allotments, Beresford Road, Whitehawk Hill. It is usually open on Thursdays, 10am-2pm and recently bereaved former carers of any age are welcome. This is mainly a social experience although light gardening is carried out.

There is also a group (not run by the Carers Centre), which is for carers who have been bereaved. This group meets on the second Tuesday of each month at a Hove location.

Anybody interested in these activities should contact the Carers Hub for details – see below.

**The Carers Hub is a focal point to help unpaid carers in Brighton and Hove get the information, advice and support that they need. This may be useful to you in this connection.**

**Tel: 01273 977000**

**Email: [info@carershub.co.uk](mailto:info@carershub.co.uk)**

**Website: [carershub.co.uk](http://carershub.co.uk)**

## Services

### Age UK

Services: Advice and support for older people affected by bereavement. There is a Bereavement Guide which can be downloaded from the website.

Address: 29-31 Prestonville Road, Brighton BN1 3TJ.

Tel: 01273 720603.

Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)

### Bereavement Advice Centre

Services: A free helpline and web-based information service giving practical information and advice on the many aspects of bereavement.

Tel: 0800 634 9494

Website: [www.bereavementadvice.org](http://www.bereavementadvice.org)

### Brighton & Hove City Council

Services: The Council's bereavement services, which include funeral arrangements and commemorative facilities, are personal, caring and dignified.

Address: Bereavement Services, The Woodvale Lodge, Lewes Road, Brighton BN2 3QB

Tel: 01273 604020

Opening Hours: Monday-Friday, 9am-4.30pm.

Website: [www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Brighton and Hove Cruse Bereavement Care**

Services: Bereavement information, advice and support including one-to-one counselling and drop-ins.

Address: Community Base, 113 Queens Road, Brighton BN1 3XG.

Tel: 01273 234007.

Opening hours: Monday-Friday, 10.30am-12noon.

National Helpline: 0844 477 9400

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

### **Brighton & Hove Libraries**

Services: The Jubilee Library has information on bereavement and support. People can borrow books which aim to help children, families and carers through the process of bereavement.

Address: Jubilee Library, Jubilee Street, Brighton BN1 1GE.

Tel: 01273 290800.

Opening hours: Monday, Tuesday, Thursday 10am-7pm, Wednesday, Friday, Saturday, 10am-5pm, Sunday 11am-5pm.

Note: Many other libraries in Brighton & Hove also have useful information on bereavement and loss.

Website: [www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

### **Brighton & Hove Wellbeing Service**

This is a primary care based mental health service for people over 18 who are registered with a GP in Brighton and Hove. It offers a range of support for common mental health problems such as low mood, stress, anxiety and depression. The service is staffed by a team of qualified mental health specialists and runs in a variety of locations including many GP practices. Self-referral to the service is permitted. The service is available Mon-Fri, 8am-6pm.

Tel: 0300 002 0060

Website: [www.brightonandhovewellbeing.org/adults](http://www.brightonandhovewellbeing.org/adults)

### **Brighton & Sussex University Hospitals NHS Trust**

Services: Bereavement Officers provide help and advice to relatives and carers of patients who have died in hospital. There is a leaflet about the services which can be downloaded from the website. Chaplains can also offer spiritual support.

Address: Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BE.

Tel: 01273 696955, Ext 4611 (Bereavement Office), Ext 4122 (Chaplain).

Website: [www.bsuh.nhs.uk](http://www.bsuh.nhs.uk)

### **Crossroads Care**

Services: Monthly Supper Club for carers and the people they support. These are informal get-togethers at different venues. Information, advice and support are offered. Former carers are welcomed.

Tel: 01273 234021 (Sharlene Small) – for more information.

Website: [www.esbhcrossroads.org.uk](http://www.esbhcrossroads.org.uk)

### **Down to Earth**

Service: A quaker support service for people on low incomes facing bereavement. Practical advice is offered concerning funeral planning, funeral costs, household finances etc. A guide "Planning an affordable and meaningful funeral" can be downloaded from the website.

Address: 17 Old Ford Road, Bethnal Green, London E2 9PJ

Tel: 020 8983 5030

Website: [www.quakersocialaction.org.uk](http://www.quakersocialaction.org.uk)

### **Dying Matters**

Services: Information and advice on dealing with death and bereavement and making plans for end of life. Leaflets on various aspects including bereavement can be downloaded from the website.

Tel: 0800 021 4466

Website: [www.dyingmatters.org](http://www.dyingmatters.org)

### **Funeral Choice**

Service: Practical information and advice to help people find sensibly priced local funeral arrangements.

Address: Kings Manor Farm, Freshwater, Isle of Wight PO40 9TL

Tel: 01983 754387

Website: [www.yourfuneralchoice.com](http://www.yourfuneralchoice.com)

### **Grief Encounter**

Services: Support for bereaved children, young people and their families by means of advice, contact, counselling, family days, group activities etc.

Address: The Lodge, 17 East End Road, London N3 3QE

Tel: 020 8371 8455

Website: [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

### **Health Care Media**

Service: A free local guide dealing with bereavement can be downloaded from the website or requested by post.

Address: Media House, 116/118 Derby Road, Stapleford, Nottinghamshire NG9 7AD.

Tel: 0115 939 2090

Website: [www.impactonlife.com](http://www.impactonlife.com)

### **Macmillan**

Services: Information and support for spouses, families and friends when someone dies from cancer. A booklet "After someone dies: coping with bereavement" can be downloaded from the website.

Address: 89 Albert Embankment, London SE1 7UQ.

Tel: 0808 808 0000 (Support Line)

Opening hours: 9am-8pm, Monday-Friday.  
Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Macmillan Support Nurses**

Services: Bereavement support at the Sussex Cancer Centre for relatives of patients who have been treated at the Centre.  
Address: Sussex Cancer Centre, Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BE.  
Tel: 01273 664693 (Nurses Office)  
Opening hours: Monday- Friday, 9am-5pm.

### **Martlets Hospice**

Services: Practical and emotional bereavement support including counselling for families, carers and friends of former patients (both Hospice and Hospice at Home patients).  
Address: The Martlets Hospice, Wayfield Avenue, Hove BN3 7LW  
Tel: 01273 273400  
Website: [www.themartlets.org.uk](http://www.themartlets.org.uk)

### **Miscarriage Association**

Services: Information and support for anyone affected by miscarriage. A number of leaflets can be downloaded from the website.  
Address: 17 Wentworth Terrace, Wakefield WF1 3QW.  
Helpline: 01924 200799, Monday-Friday, 9am-4pm.  
Website: [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

### **Natural Death Centre**

Services: Help, support, advice and guidance for planning a natural death funeral.  
Address: In The Hill House, Watley Lane, Twyford, Winchester SO21 1QX  
Helpline: 01962 712690  
Website: [www.naturaldeath.org.uk](http://www.naturaldeath.org.uk)

### **Never Alone Group**

Services: A group for bereaved people, which meets on the second Tuesday of each month, 10am – 12.30pm at the Jubilee Library. The group is run by CPJ Field, Funeral Directors and attendance is free.  
Address: Jubilee Library, Jubilee Street, Brighton BN1 1GE  
Tel: 01444 231293 (Bill Scott) – for more information.

### **Patient Advice and Liaison Service (PALS)**

Services: Information, advice and support for people concerning local health services.  
Tel: 01273 238700 (Brighton and Hove Clinical Commissioning Group)  
Tel: 01273 664511 or 664973 (Royal Sussex County Hospital)  
Tel: 01273 242292 (Brighton General Hospital)

### **Samaritans**

Services: Support by telephone or through a visit to the local centre for anyone with emotional worries including the bereaved.

Address: Dubarry House, Newtown Road, Hove BN3 6AE.

Tel: 01273 772277 or 116 123 (free)

Opening hours: 10am-10pm.

Website: [www.samaritans.org](http://www.samaritans.org)

### **Tell Us Once**

Service: Allows a person to report a death to most government organisations in one go. When a person registers the death the registrar will let them know if the service is available in their area, give them the telephone number and give them a unique reference number to use the Tell Us Once service either online or by telephone.

Website: [www.gov.uk/after-a-death](http://www.gov.uk/after-a-death)

### **Terrence Higgins Trust**

Services: Information and advice can be sought by people affected by death attributed to HIV.

Address: 61 Ship Street, Brighton BN1 1AE.

Tel: 01273 764200.

Website: [www.tht.org.uk](http://www.tht.org.uk)

### **The Bereavement Centre**

Services: Free one to one confidential bereavement counselling and support groups offering the bereaved help with emotional, practical and social needs. The Centre is part of Caring Lady, Funeral Directors. Both the counselling and the support groups take place in Brighton and Hove.

Tel: 07834 449069 (Janet Quintavalle) – for more information.

### **The Compassionate Friends**

Services: Support for bereaved families following the death of a child. Services include a telephone helpline and an online forum. Helpful leaflets can also be downloaded from the website or ordered by post.

Address: Kilburn Grange, Priory Park Road, London NW6 7UJ.

Tel: 0345 123 2304 (helpline).

Website: [www.tcf.org.uk](http://www.tcf.org.uk)

### **The Good Death Guide**

This Guide written by Michael Dunn aims to help anyone to be less afraid of death and better prepared for death and bereavement. It offers information about the facts, the processes and the emotional implications of death and includes practical help on such things as making a will, living wills, organ donation and funeral planning. It also explores the consequences for others of different types of death and discusses death in a variety of cultures and traditions.

Published by Pathways 2000. ISBN 13 978 1857035599. Used copies can be bought online at reasonable prices.

**The Lullaby Trust**

Services: Information and support, including an online discussion forum, for anyone affected by the sudden death of an infant.

Address: 11 Belgrave Road, London SW1V 1RB.

Tel: 0808 802 6868 (helpline) or 0808 802 6869 (information and advice).

Opening Hours: Helpline, 10am-5pm, Monday-Friday, 6pm-10pm, Weekends and Bank Holidays.

Website: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

**Winston's Wish**

Services: Support and information for bereaved children and their families after the death of a parent or sibling to help them to rebuild their lives. The charity produces priced publications.

Address: Ventnor Villas, Hove BN3 3DD.

Tel: 01273 805035

Helpline: 0808 8020 021

Website: [www.winstonswish.org.uk](http://www.winstonswish.org.uk)