



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

www.thecarerscentre.org

Registered Charity No. 1015728
Registered Company No. 2758481

June 2020

Introduction

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

Coronavirus

Generally, organisations featured in this Fact Sheet are not running face to face appointments, drop-ins, group meetings etc. during the Covid-19 outbreak. However, some of the organisations have developed improved online resources and telephone facilities to meet the situation.

In addition, Brighton and Hove Council has advised that some of their processes and methods of support have changed during the Covid-19 pandemic and that the Sussex Bereavement Helpline has been set up to provide information and guidance for people in this respect. It is run by a team of experienced support workers, who can advise about the tasks that need to be completed after a death – such as registration of the death, arranging a funeral or informing other people and organisations. The Helpline can also give information to people about sources of help and support for them, their families and friends.

The **Sussex Bereavement Helpline** is available **Monday to Friday** from **8am to 5pm**.

Tel: 0300 111 2141

Related to this the Sussex Health and Care Partnership has issued a “Bereavement Guide to Support You during Covid-19”. This is available through the link below.

<https://www.seshealthandcare.org.uk/wp-content/uploads/2020/06/Bereavement-support-public-final.pdf>

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 can also be helpful to bereaved carers.

Tel: 01273 977000

Email: info@carershub.co.uk

Website: www.carershub.co.uk

There is an independent group for carers who have been bereaved in Brighton and Hove. This group meets on the second Tuesday of each month at a Hove location. Anyone interested in this should contact the Carers Hub for details – see above.

Services

Age UK

Services: Advice and information 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.
Email: info@ageuk-bh.org.uk
Website: 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.
Address: Heron House, Timothy's Bridge Road, Stratford upon Avon CV37 9BX
Tel: 0800 634 9494
Website: www.bereavementadvice.org

Bereavement Office, Royal Sussex County Hospital

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 64611 (Bereavement Office), Ext 64122 (Chaplain).
Website: www.bsuh.nhs.uk

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
Email: woodvale@brighton-hove.gov.uk
Opening Hours: Monday-Friday, 9am-4.30pm.
Website: www.brighton-hove.gov.uk

Brighton and Hove Cruse Bereavement Care

Services: Information, advice and support to bereaved people of all ages including counselling and drop-ins.
Address: Community Base, 113 Queens Road, Brighton BN1 3XG.
Tel: 01273 234007.
Email: Brighton@cruse.org.uk
Opening hours: Monday-Friday, 10.30am-12noon.
National Helpline: 0808 808 1677
Website: 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.
Email: libraries@brighton-hove.gov.uk

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

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 stress, anxiety and depression. The service is staffed by a team of qualified mental health practitioners. Self-referral to the service is permitted. The service is available Mon-Fri, 9am-5pm.

Tel: 0300 002 0060

Email: bics.brighton-and-hovewellbeing@nhs.net

Website: www.brightonandhovewellbeing.org

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.

Address: 113 Queen's Road, Brighton BN1 3XG

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

Email: bhoffice@esbhcrossroads.org.uk

Website: 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

Email: info@qsa.org.uk

Website: 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

Funeral Choice

Service: Practical information and advice to help people with bereavement including local funeral arrangements.

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

Tel: 01983 754387

Website: 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

Helpline: 0808 802 0111

Email: griefftalk@griefencounter.org.uk

Website: 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

Email: enquiry@healthcaremedia.co.uk

Website: 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-5pm, Monday-Friday.

Website: 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.

Website: www.sussex-cancer-centre.org.uk

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

Email: bereavement@martlets.org

Website: www.martlets.org.uk

Miscarriage Association

Services: Information and support for anyone affected by miscarriage. A number of helpful leaflets can be downloaded from the website.

Address: 17 Wentworth Terrace, Wakefield WF1 3QW.

Helpline: 01924 200799, Monday-Friday, 9am-4pm.

Email: info@miscarriageassociation.org.uk

Website: www.miscarriageassociation.org.uk

Natural Death Centre

Services: Help, support and advice for planning a natural death funeral.

Address: In The Hill House, Watley Lane, Twyford, Winchester SO21 1QX

Helpline: 01962 712690

Email: rosie@naturaldeath.org.uk

Website: 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)

Email: info@cpjfield.co.uk

Website: www.cpjfield.co.uk

Patient Advice and Liaison Service (PALS)

Services: Advice and support for people concerning local hospital services.

Tel: 01273 664511 or 664973 (Royal Sussex County Hospital)

Email: bsuh.pals@nhs.net

Tel: 01273 242292 (Brighton General Hospital)

Email: sc.trpals@nhs.net

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: 116 123 (free) or 0330 094 5717

Email: jo@samaritans.org

Website: 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

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.

Address: 155 Lewes Road, Brighton BN2 3LG

Tel: 07834 449069 (Janet Quintavalle)

Website: www.caringladyfuneraldirector.co.uk

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).

Email: info@tcf.org.uk

Website: 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. Paperback price new £12.95. 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).

Email: support@lullabytrust.org.uk

Website: 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: 17 Royal Crescent, Cheltenham GL 50 3DA

Tel: 01242 515157

Helpline: 0808 8020 021
Email: ask@winstonswish.org
Website: www.winstonswish.org