



Bereavement Services

Fact Sheet No.1

The Carers Centre for Brighton & Hove
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Introduction

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

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 for bereaved carers.

Tel: 01273 977000

Email: info@carershub.co.uk

Website: www.carershub.co.uk

There is an independent group for carers in Brighton and Hove who have been bereaved. This group meets monthly at a Hove location. Anyone interested in this should contact the Carers Hub for details.

Coronavirus

Some of the services and facilities covered in this Fact Sheet may still be affected by Covid-19.

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: 0800 019 1310

Email: info@ageukwsbh.org.uk

Website: www.ageuk.org.uk

Website (local): www.ageuk.org.uk/westsussexbrightonhove

Bereavement Advice Centre

Services: A free helpline and online 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 Care

Services: Free one to one confidential counselling and support groups offering the bereaved help with emotional, practical and social needs. This is run by Caring Lady, Funeral Directors.

Address: 155 Lewes Road, Brighton BN2 3LG

Tel: 08081 647 852

Website: www.caringladyfuneraldirector.co.uk

Bereavement Office, Royal Sussex County Hospital

Services: Bereavement Officers provide help and advice to relatives and carers of patients who have died in hospital. 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 caring and dignified.
Address: Bereavement Services, 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 Support

Services: Information, advice and support to bereaved people of all ages including group and one-to-one support and drop-ins.
Address: Community Base, 113 Queens Road, Brighton BN1 3XG.
Tel: 01273 234007.
Email: Brighton@cruse.org.uk
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 and eBooks 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
Note: Some libraries in Brighton & Hove have useful order and collect services for selected books.
Website: www.brighton-hove.gov.uk

Brighton & Hove Wellbeing Service

This is a free NHS service for people 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, 8am-6pm.
Tel: 0300 002 0060
Email: spnt.brightonwellbeing@nhs.net
Website: www.brightonandhovewellbeing.org

Down to Earth

Service: A quaker support service helping people on low incomes. Practical advice is offered concerning funeral planning, funeral costs 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 5055

Email: downtoearth@qsa.org.uk

Website: www.quakersocialaction.org.uk

Funeral Choice

Service: Practical online information and advice to help people with bereavement and funeral planning.

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: Crystal House, Daws Lane, London NW7 4SD

Tel: 020 8371 8455

Helpline: 0808 802 0111

Email: griefftalk@griefencounter.org.uk

Website: www.griefencounter.org.uk

Health Care Media

Service: A free 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

Hospice UK

Services: Information, advice and support for dealing with death and bereavement and making plans for end of life.

Address: Hospice House, 34-44 Britannia Street, London WC1X 9JG.

Tel: 020 7520 8200

Website: www.hospiceuk.org

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)

Website: www.macmillan.org.uk

Martlets Hospice

Services: Bereavement advice and 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.uk

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. Some leaflets can be downloaded from the website.

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

Helpline: 01962 712690

Email: contact@naturaldeath.org.uk

Website: www.naturaldeath.org.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: uhsussex.pals@nhs.net

Tel: 01273 242292 (Brighton General Hospital)

Email: sc-tr.pals@nhs.net

Samaritans

Services: Support by telephone or by email or through 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 either complete the Tell Us Once service for them or will give them a telephone number and a unique

reference number so that they can use the Tell Us Once service either online or by telephone.

Website: www.gov.uk/after-a-death

The Compassionate Friends

Services: Support for bereaved families following the death of a child. Services include a telephone helpline and online support. Helpful leaflets and fact sheets can also be downloaded from the website.

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

Tel: 0345 123 2304 (helpline).

Email: helpline@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: CAN Mezzanine, 7-14 Great Dover Street, London SE1 4YR

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

Email: support@lullabytrust.org.uk

Website: www.lullabytrust.org.uk

The National Bereavement Service

Services: Practical advice and support on all aspects of bereavement. Some useful guides can be downloaded from the website.

Address: Consell Innovation Centre, Ponds Court Business Park, Genesis Way, Consett, County Durham DH8 5XP

Tel: 0800 024 6121

Email: info@thenbs.org

Website: www.thenbs.org

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 GL50 3DA

Tel: 01242 515157

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