



COVID-19

•National and Local Bereavement Support Information•

LUTON: MAY 2020 UPDATE

Bereavement and grief can cause many different symptoms and affect people in different ways.

These are difficult experiences at any time and happen under particularly distressing circumstances during the coronavirus pandemic.

Those who experience loss during the outbreak may suffer increased trauma and may be cut off from their usual support network.

A bereavement from COVID-19 itself is likely to be especially challenging for most people.

Any death during the pandemic potentially means:

- little time to prepare for a loved one's loss
- no time spent with a loved one before they die, owing to infection risk
- inability to say goodbye in the normal way when traditional gatherings may not be possible.
- grieving while separated from loved ones grieving elsewhere
- practical challenges, for example if the person bereaved was receiving care from someone who died, or they have responsibilities to care for others or continue working.
- coping with a shocking bereavement when the bereaved person, or others in their circle of family and friends, may also be ill

Because of this, it is important that people bereaved by any cause at this time are cared for and get support, especially in the days and weeks immediately after a death. 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.

The NHS website has helpful 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 GPs, 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 on offer.

Our Frontline is a resource to support frontline health, care, emergency and key workers and 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. Visit <https://www.mentalhealthatwork.org.uk/ourfrontline/> for online resources..

On the following pages we have listed a range of local and national bereavement charities and organisations that offer guidance, advice, and support to deal with bereavement, 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 information sheet are correct at the time of printing, but services and information are changing daily in response to the pandemic. If you are aware of any changes or to receive the most up to date copy of this list, please email Elizabeth.bailey@luton.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) now but may have alternatives in place.</p> <p>As well as the information below, services' social media accounts share key messages and updates on frequently asked questions or opening times.</p>			
<p>Chums Bereavement Service Bedfordshire 3-18 years</p>	<p>Initial contact will be made by phone before choosing one of the following:</p> <ul style="list-style-type: none"> - Telephone assessments - Individual - interventions by phone WhatsApp, FaceTime or Skype - Group interventions using Microsoft Teams - Virtual drop-ins 	<p>01525 863924 info@chums.uk.com http://chums.uk.com/</p>	<p>Information on bereavement support and coronavirus for children and young people</p> <p>http://chums.uk.com/covid-19-bereavement-support/</p>
<p>Chums Babyloss Bereavement Bedfordshire</p>	<p>Support for bereaved parents and families who have experienced the death of a baby through late miscarriage, stillbirth, compassionate termination or neonatal death. Online or via telephone support.</p>	<p>Phone:01525 863924 Jan Cooper: 07826 951 528 Jan.cooper@chums.uk.com</p>	
<p>Bereavement Advice Centre</p>	<p>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 resources for professionals.</p>	<p>National Information Helpline: 0800 634 9494</p> <p>Monday-Friday 9.00am-5.00pm</p> <p>https://www.bereavementadvice.org/</p>	
<p>Cruse Bereavement Care</p>	<p>Cruse 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>	<p>Local Information 0300 200 4108 or bedfordshire@cruse.org.uk</p> <p>National Information Helpline: 0808 808 1677 (9:30am-5:00pm Monday, Friday. Extended to 9:30am- 8:00pm Tuesday, Wednesday, Thursday)</p> <p>www.cruse.org.uk</p>	<p>Coronavirus: dealing with bereavement and grief</p> <p>www.cruse.org.uk</p>

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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.	National Information Website: thegoodgrieftrust.org	Information concerning bereavement and coronavirus. Including grieving in isolation. Offers: Support via Zoom visit https://www.thegoodgrieftrust.org/need-know-info/from-us-to-you/pop-up-good-grief-cafes/
SUDDEN	Supports people bereaved by sudden death	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.	Extensive additional resources for coronavirus http://suddendeath.org/covid-19-bereavement
Luton All Women's Centre	Currently offering phone and email support to women in Luton and surrounding areas who are struggling in any areas of their life. As well as support with bereavement, we offer advice and support around a range of issues including domestic and other forms of abuse, harmful practices (forced marriage, honour based abuse and FGM), and mental health and wellbeing. We will be starting a bereavement support group for women once we are back working at the Women's Centre in Luton. We also support professionals who are working with women around any of these issues.	Phone: 01582 416783 support@lawc.org.uk	
Mind BLMK Crisis Café	Mind BLMK Crisis Café is a service for people in any crisis. Who is the Crisis Line for? Adults (18+) experiencing	https://www.mind-blmk.org.uk/how-we-can-help/crisis-support/ Crisis Line 01525 722 225.	

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	<p>severe mental distress or crisis.</p> <p>A safe, non-judgemental space to talk through what you're experiencing.</p> <p>A one-to-one session over the phone with a trained mental health worker.</p> <p>Support to identify positive mental health coping strategies.</p> <p>Advice and guidance about other support services available in your area.</p> <p>If necessary and deemed safe, a face-to-face session can be arranged.</p>	<p>Open 7 nights a week, 5-11pm.</p> <p>Referrals can be made during opening hours on the number provided.</p> <p>Alternatively, an email can be sent to crisiscafe@mind-blmk.org.uk at any time.</p> <p>For more information, please contact Beth Timms (Crisis Café Manager) on beth.timms@mind-blmk.org.uk or 07387 025 991.</p>	
Keech Hospice Bereavement Outreach service	Offers emotional and psychological support to individuals affected by the expected death of a significant adult.	Professional and self-referrals can be made by calling: Freephone 08000353011	
Bedfordshire and Hertfordshire Bereavement alliance	Includes many coronavirus resources on 'keeping in touch when you can't be with someone who might die'.	www.nationalbereavementalliance.org.uk	

Culturally specific services			
Muslim Bereavement Support		020 3468 7333 info@mbss.org.uk	
Urdu & Gujarati Bereavement Helpline		0800 9177 416	
Cantonese & Mandarin Bereavement Helpline		0800 0304 236	

National			
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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. Bereavement support practitioners are working remotely and bereavement support offered by telephone or digital means.	Phone: 0800 02 888 40 Email: support@childbereavementuk.org Website: https://www.childbereavementuk.org/	Coronavirus - supporting bereaved children https://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 provided 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: widowedandyoung.org.uk	Online support during coronavirus including coping with the lockdown https://www.widowedandyoung.org.uk/coronavirus-support/
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.	National Information Helpline: 08088 020021 (9.00am-5.00pm) ASK email support: ask@winstonswish.org Crisis Messenger: Text WW to 85258 (24/7) Website: https://www.winstonswish.org/	Information on children and bereavement during coronavirus including how schools can support children https://www.winstonswish.org/coronavirus/s

National			
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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: https://www.sands.org.uk/support-you/how-we-offer-support	Information for families and professionals at website .
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 https://uksobs.org/	