



HOW TO COPE WITH BEREAVEMENT AND GRIEF DURING THE CORONAVIRUS OUTBREAK

UNDERSTANDING THE CURRENT SITUATION

Bereavement, which is a difficult experience under any situation, is taking place under very challenging circumstances during the coronavirus (COVID-19) pandemic. Both those who experience loss as a consequence to Covid-19, or loss through another cause may experience increased trauma and may be cut off from some of their usual support network.

Very sadly, some families may not have had the opportunity to say goodbye to their loved ones before they died, which can be particularly upsetting. Those who are already struggling with bereavement, or whose relatives or friends die through other causes will also be affected.



Several UK bereavement charities and organisations offer guidance, advice, and support to deal with bereavement during this pandemic, both the practical and psychological aspects.

Listening Ear to offer Coronavirus Bereavement Support in South Yorkshire

A new listening service for people who have lost loved ones during the coronavirus pandemic has been launched in South Yorkshire and Bassetlaw .

Barnsley, Doncaster, Rotherham and Sheffield Councils with Rotherham and Bassetlaw Clinical Commissioning Groups have therefore commissioned 'Listening Ear South Yorkshire and Bassetlaw' to support people who have lost loved ones at this time, whether that be by coronavirus or other means.

The service is a free to call number 0800 048 5224 or website: www.listening-ear.co.uk/refer

People who call will be able to talk to a trained therapist who will be able to offer emotional health and wellbeing support and practical support.



AtaLoss.org - Bereavement support during the Coronavirus pandemic

A directory of bereavement support covering hundreds of bereavement services around the UK, both nationally and locally, can be found on the ataloss.org website.

All bereavement charities are unable to offer face to face support at the moment, but many are adapting their services, so by visiting Ataloss.org, people that have been bereaved can search and find the support they need, from the specialist local and national charities all in one place.



The current situation is changing daily as lockdown rules are relaxed and new guidance is published.

The information in this newsletter was correct on the date it was written 16.7.2020

BEREAVEMENT SERVICES AND SUPPORT

The UK's largest bereavement charity in England, Wales and Northern Ireland.

Freephone helpline: 0808 808 1677

Email: helpline@cruse.org.uk

Website: www.cruse.org.uk

The bereavement care charity **Cruse** is helping families affected by coronavirus. You can find a broad range of guidance, including easy read fact sheets, on the Cruse website.

A new Bereavement Helpline has been introduced by the NHS to support bereaved families during the Coronavirus outbreak.

The new helpline is not a counselling service but will be available to offer support, guidance and advice on dealing with grief and loss.

COVID-19 Bereavement Helpline



Please call 8am - 8pm
0800 2600 400

You can find bereavement services from your local council website, and there is the Government's **step-by-step guide** available online at:

<https://www.gov.uk/when-someone-dies>

Please contact Alison Hill, District Safeguarding Officer for more help and guidance by calling 07483 362 735 or via email at safeguarding@sheffieldmethodist.org

The **Childhood Bereavement Network** has provided advice and guidance from a number of children and young people's bereavement organisations. These including supporting a bereaved child or a young person, how to say goodbye when a funeral is not possible due to social distancing restrictions in place, and guidance for families with children and young people around changes to funerals.



National Association of Funeral Directors
Education

NAFD can offer advice and support in regards to arranging a funeral. The section **Advice for the Public** covers various issues including:

- What kind of funeral can I arrange?
- Minimising the risk of transmission
- If I can't attend the funeral, what else could I do?
- Frequently Asked Questions

Telephone: 0121 711 1343

Website: <https://nafd.org.uk/>