

## Coping with Grief

If you have experienced the death of someone who was very important to you, you might be finding it very difficult to adjust to the immense changes happening in your life right now. Grief can shake everything up - your beliefs, your personality and even your sense of reality.

Bereavement is the time we spend adjusting to loss. There is no standard time limit and there is no right or wrong way to feel during the bereavement period, everyone must learn to cope in their own way.

Grief, although normal, can manifest in a huge range of unexpected ways. Some people get angry, some people withdraw further into themselves and some people become completely numb. Sometimes grief can turn into something more serious - like depression.

Bereavement counselling may be able to provide support during these very difficult times. Talking about the loss often allows a person to adjust to their new life with all its changes - good and bad. Keeping things bottled up or denying the sadness could prolong the pain.

The Practice understands the overwhelming feeling with losing a loved one. If coping becomes difficult to manage please contact your Doctor at the Surgery.

**Please see overleaf for helpful contacts**

## Helpful Contacts

### **CRUSE Bereavement Care**

Tel: 0121 687 8010

Head Office helpline: 0844 477 9400

Providing ongoing support and/or counselling for relatives and friends.

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

### **The Samaritans**

Tel: 08450 7909090

Provides a 24 hour a day telephone helpline

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

### **The Child Bereavement Charity**

Tel: 0149 4568900

Provides specialised support and information to all those affected when a child dies or when a child is bereaved.

### **Age UK**

Tel 0800 1698787

Provides information, advice and support to people in later life.

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

### **The WAY Forward**

Tel: 0870 0113450

Provides a support network for those under 50 who have been widowed.

[www.wayfoundation.org.uk](http://www.wayfoundation.org.uk)



**BRADFORD ON AVON &  
MELKSHAM HEALTH  
PARTNERSHIP**

## Bereavement



**We are here to help**

[www.boamhp.co.uk](http://www.boamhp.co.uk)

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## Bereavement

Most people who have just received the sad news of the death of a loved one are bound to be in a state of shock, stress and often disbelief, even when the death was expected, it is perfectly natural to react in this way.

In fact, the most immediate and typical reaction following bereavement is to 'block out' the inevitable list of what to do when someone dies.

It is important to remember that in such times of sorrow, support and practical help is always close at hand.

Depending on the circumstances, in the first few hours after death, the Doctor or the staff at the hospital, Care Home or Nursing Home can all offer emotional support and advice on what to do when someone dies.

Your chosen Funeral Directors will guide you through the necessary preliminary arrangements, allowing you the space and time to grieve in your own way.

## Obtaining the Death Certificate

The following basic 'to-do' list should help ease you through the immediate process of what to do next.

1. When someone passes away a Doctor is called to attend later that day to confirm the death and provide any emotional support to the family.

2. Next the doctor will need to take a number of necessary steps prior to completing the certificate. The process is sometimes not straight forward and often unforeseen delays can occur at this stage.

3. Before booking an appointment to register the death it is wise to contact the surgery and speak to the receptionist who will keep you in touch with the process and advise on when the certificate may be ready for collection.

*Patient Liaison Team @ The Health Centre, Bradford on Avon on 01225 860018 or St Damian's Surgery, Melksham on 01225 898490*

4. Once the death certificate has been collected it is now time to make an appointment to register the death with the registrar and if you haven't already, to instruct a funeral director who will advise you further.

## Registering the Death

The death should usually be registered within five days but registration can be delayed for another nine days if the registrar is aware that a medical certificate has been issued.

If the death has been reported to the coroner you will be unable to register it until the coroner's investigations are completed.

To register the death please contact Wiltshire Council on 0300 003 4569 to make an appointment or telephone The Royal United Hospital in Bath on 01225 477234.

## 'Tell Us Once' Service

The 'Tell Us Once' is a service enabling you to report a death to most government organisations in one go.

Your local registrar will give you a unique reference number to access the 'Tell Us Once' service online or by telephone. You will need the following information about the deceased.

- date of birth
- national Insurance number
- driving licence number
- passport number
- details of any benefits or entitlements they were getting, eg State Pension
- name and address of their next of kin
- name, address and contact details of the person or company dealing with their estate (property, belongings and money), known as their 'executor' or 'administrator'

**Please note you will need permission from the next of kin, the executor, the administrator or anyone who was claiming joint benefits or entitlements with the deceased, before giving the details.**

