



When someone close to you dies

What to do after a death • Living and coping with bereavement
Helping children cope

Second Edition

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Introduction

We acknowledge the distress and pain felt after the death of a loved one, and would like to offer our sincere sympathy to you and to all your family and friends who are affected by this sad loss.

We hope this booklet will help you in the days ahead. It covers some of the feelings you may have along with a section on helping children cope with the death of someone they love.

Taking time

Death can happen at any time of life. Sometimes it is expected, because of illness and ageing. Sometimes it happens suddenly, such as an accident, heart attack, suicide, or the death of a baby or child. Whether it is expected or sudden, the initial shock can be overwhelming. There are often unanswered questions, the main one being "Why?"

It is important to take some time to gather your thoughts, to cry, or to talk. It can be helpful to have the support of family and friends. Your minister, priest or spiritual advisor can also give support at this difficult time.

Please do not be afraid to ask for help. There are contact details of some useful organisations at the end of this booklet. The organisations listed will be glad to help and support you for as long as you need them.

Helpful Information

We hope this section will give you useful information. Talk to us if there is anything you are not sure about and we will be glad to help.

The death certificate

The doctor who cared for your loved one before they died will issue a certificate showing the cause of death, unless the coroner is involved (see page 5). Please keep this medical certificate of cause of death safe. You will need it to register the death (see page 7) and perhaps for other things, such as insurance. It's a good idea to ask the registrar for extra copies when you register the death.

The funeral director

You will need to contact a funeral director. The funeral director will need to see the death certificate. If the coroner is involved, tell the funeral director as you must have consent from the coroner before you can start making funeral arrangements (see page 6).

If your loved one died in hospital, the funeral director will contact the mortuary staff and will tell you when the body can be released from the hospital.

The funeral director can make all the arrangements for you, including placing the notice of death in newspapers and organising flowers. If you need to buy a grave, the funeral director will explain this process.

The cost of a grave will vary from one council area to another. The council may also charge a burial fee, even if there is already a family grave.

Your spiritual advisor

Contact your minister, priest or spiritual advisor to discuss what kind of funeral service you want. They will help you plan and prepare for it.

Cremation

All cremations in Northern Ireland are carried out in Roselawn Crematorium, Belfast. If your loved one died in hospital, the ward doctor will tell you all you need to know about cremation. Otherwise the funeral director will do this. Cremations can take place only after two doctors have confirmed the cause of death.

If the coroner is involved

The coroner investigates sudden or unexplained deaths. A doctor or the police will notify the coroner if a death seems to be:

- Unexpected or unexplained
- A result of violence
- An accident
- A result of negligence, or
- Due to industrial disease

The coroner will investigate if the cause of death is unknown or if the death does not seem to have been caused by natural illness or disease. The coroner will also be called if a doctor did not see or treat the person for the apparent cause of death in the 28 days beforehand.

If the death is referred to the coroner, you cannot finalise funeral arrangements until the coroner has authorized the release of the body for burial or cremation. The death certificate will not be available until the coroner's investigation is complete. However, the coroner can give consent for the funeral without a death certificate, based on the initial findings of the post-mortem examination.

In some circumstances the coroner may order an inquest. An inquest is an inquiry to understand the facts about a death. It does not consider why the person died or if anyone is to blame. If an inquest is ordered, the death certificate will be issued only after the inquest.

If there is going to be an inquest or a coroner's post-mortem examination, the coroner will appoint a coroner's liaison officer who will help and support you through the process.

Post-mortem examination

A post-mortem is an examination of a body after death to help find out the exact cause of death. There are two types of post-mortem examination: a coroner's post-mortem, which the family cannot refuse and a hospital consented post-mortem examination, for which you will be asked to give consent. Staff will explain the process to you and give you written information about this.

Organ and tissue donation

Some people choose to join the donor register or carry an organ donor card. In the absence of this, next of kin can consent to organ / tissue donation when someone dies. If you know your loved one wished to donate their organs or tissue or if this is something you wish to consider on their behalf, please inform ward staff.

The consent of the next of kin is always required for organ / tissue donation. In some hospital wards for example, the Intensive Care Unit, you may be specifically approached about organ or tissue donation. Sometimes however, a medical condition or cause and place of death will mean a person cannot be a donor.

Repatriation

If you need to have your loved one's body or cremated remains repatriated to another country, permission needs to be obtained from the coroner for NI. Your funeral director will guide you through these arrangements and mortuary staff will also be a source of information and support.

Registering a death

The death must be registered at an office of the Registrar of Births, Deaths and Marriages within five working days. There are contact details for Registrars' offices at the end of this booklet.

Who can register a death?

Any relative of the deceased person who has all the necessary information - see below. This can be a relative by marriage, such as the deceased's wife.

The death can also be registered by:

- A person present at the death.
- A person taking care of the funeral arrangements.
- The executor or administrator of the deceased's estate.

What information will the Registrar need?

- Full name and surname of the deceased.
- Their usual address.
- Date and place of death.
- Marital status - single, married, widowed, or divorced.
- Date and place of birth.
- Occupation of the deceased (if the deceased was a wife or widow, the full names and occupation of her husband (or deceased husband) will be required.
- If the deceased was a child, the full name and occupation of the father will be required. If the parents are not married, give the full name and occupation of the mother.
- Maiden surname (if the deceased was a woman who had married).
- The medical certificate of cause of death.
- The name and address of the deceased's GP.
- Details of any pension that the deceased may have held, apart from the state pension.

Financial support for the funeral

If you are on a low income and need to pay for a funeral, you may be able to get a Funeral Payment. Depending on the benefits you are getting, your relationship with the person who has died and any other money that may be available to help with the cost of the funeral (other than your personal savings)

Contact the Social Security Agency Bereavement Service to check if you may be eligible. (Free phone number in contacts section)

Is there a will?

It might seem strange to be thinking about a will just after your loved one has died, but if they made a will, it may include special requests for the funeral. If there is no copy of the will at home, find out if the deceased's solicitor has it and, if so, whether it says anything about funeral arrangements. If there is no will, you may need to contact the Citizens Advice Bureau later to find out what you should do about any money or property your loved one owned.

It is hard enough coping with the loss of a loved one without having to sort out all the financial and legal things that usually need to be done. You may want to ask a solicitor to help you, especially if there are complex legal or financial arrangements to be made. The Citizens Advice Bureau can also give you advice and support. If things are simpler but you do not feel like dealing with them yourself, perhaps your family or a close friend could help.

Who else needs to know about the death?

As well as registering the death with the Registrar, you will need to tell some or all of the following:

- Local social security office - to cancel things such as pensions, disability living allowances and a mobility car if the deceased person had one.
- The local HM Revenue and Customs office.
- The deceased's employer or trade union (or both).
- Local social services - to cancel any home-help arrangements, such as meals on wheels or day-centre transport.
- The deceased's car-insurance company. Anyone driving a car insured in the deceased's name is legally insured only if they are included on the insurance policy.
- Any hospital the deceased had been attending - to cancel appointments or treatment.
- The district nurse - to return equipment, such as a special bed, mattress, commode or syringe driver.
- Electricity and phone supplier, newsagent, post office and any other organisations that gave a service to the deceased.
- The local housing department or landlord if the deceased lived in rented accommodation.
- Banks, building societies or credit unions where the deceased had accounts.

Coping with bereavement

Understanding your feelings

We all react to death in different ways, even people in the same family. There is no 'right' or 'wrong' way to grieve. There are so many different emotions, some of which are described below. You might feel some or all of these. They can last for different lengths of time and some may be more intense than others.

Shock and numbness

The death of someone close is always a shock, even if it is expected. You will want to understand why it happened and sometimes there are no clear answers. Everything may seem unreal or remote. You may be in a daze or feel so numb that you go on as if nothing has happened. This is nature's way of protecting you from the shock.

As the numbness wears off, you may begin to realize more sharply what has happened. You may feel depressed or anxious, and cry often. Do not be afraid to cry or to let people see you cry. The tears will help to relieve your pain and tension.

Your grief can have physical effects too. You may be unable to sleep and feel tired all the time. You may have aches and pains and be over-sensitive to noise.

You may even have panic attacks and perhaps feel you are going to breakdown. This is all part of grief.

Anger

Feeling angry after the death of a loved one is common. You might be angry with the doctors and nurses, even with family members, or with whoever happens to be around. If you believe in God or another spiritual figure, your anger may be directed towards them. You might even be angry with the person who died. You may not understand these feelings but they are very natural given your sense of loss.

Guilt

Guilt is a common feeling after the death of a loved one. You may feel that you should have done more to prevent the death or should have spent more time with the person. All sorts of questions will go around in your head, most starting with 'If only'.

'If only...I had called the doctor sooner...stayed the night instead of going home for a rest...been there more...' It feels as though 'if only' that thing had been done, perhaps your loved one would not have died. Memories may come flooding back of arguments you had, things you said and did or did not do, opportunities for kindness missed. You might want to say 'sorry', and feel that the chance to do so is lost forever. But it is not. Bereavement support can give you the chance to say 'I'm sorry' or to remember the good times and accept that these feelings of guilt are a very normal part of your loss and grief.

Acceptance

Although it will not seem like it now, gradually you will learn to accept what has happened. But it can take a long time. How long is sometimes impossible to say.

No two people grieve the loss of a loved one in the same way. The early intense feelings and emotions of grief can last a year or longer, depending on the circumstances of the death. And even when it seems to be easier to bear, you may find that something triggers those strong feelings of loss again.

Even after many years there may be difficult days - birthdays, anniversaries, Christmas, family gatherings, or even going somewhere that meant a lot to you and your loved one. The process of acceptance is not about moving on as if nothing has happened. It is about accepting that life has changed and it will not be the same again. If you have a religious faith, it can help to know that your loved one is with you in a different way. But it will all take time.

Try to remember the following:

- Do not hide your feelings. Try to bring out into the open whatever you are feeling. Feel free to question the 'why' of death.
- If possible, try not to make any major life changes while you are still grieving, such as moving house or changing jobs. Sometimes when people are grieving they think that a change like this will make them feel better; it does not always. Give yourself plenty of time to think and discuss plans with family and friends.
- Look after yourself. Try to eat well and get plenty of rest. Take time to laugh and cry.

- Take time to grieve. There is no 'right' amount of time. Do not compare yourself to others. This is 'Your' grief.
- Express your feelings as much as possible and be patient with yourself. Talk through what has happened with someone you trust - a family member or friend.
- When you feel ready, try to make longer-term plans - maybe plan a break away - so that you have something to look forward to.
- Alcohol, drugs or smoking will only numb the pain for a while. They will not take away your grief, and could lead to other problems for you and your family.
- Contact your GP if you feel unwell. Ask your GP to refer you to other services who can support you.
- Remember to keep in touch with friends and family.

Many people feel awkward and embarrassed about talking to someone who has been bereaved. They worry that they will only upset the person, especially if they mention the death. So it may be left to you to make the first move, even though this may be difficult for you.

Once people see that it is all right to talk to you about the death and that this helps you, it will be easier for everyone. But if you find that it is too hard for you to cope with your grief, ask your GP about bereavement counseling or use the contacts at the back of this booklet.

Contact us

Sometimes, when you think back after a death, everything can seem muddled and hazy. This is very natural given the shock at the time. If you would like to understand things better, when you feel ready, you can speak with your GP, district nurse, care-home manager or other professional involved in the care of your loved one. If your relative died in hospital, you can contact the hospital and arrange to come to the ward or department and talk to the doctor or nursing staff. If coming into the ward would be too painful for you, a meeting in another department in the hospital can be arranged, if that would help.

Again, please accept our sympathy on the death of your loved one.

Helping children cope

We hope this section will assist you to help a child, or children, to cope with the death of someone they love.

Should I say anything?

When someone close to a child dies, it is important to talk to the child about the death as soon as possible. Your instinct may be to say very little to protect them from the pain. This is a natural reaction. But children need to know what has happened and need to be able to share their feelings. If they cannot, or they do not understand what has happened, they may feel confused and angry at being excluded and find it more difficult to deal with their feelings about their loss in the future.

Like adults, children find it hard to accept that someone close to them has died. They too need to grieve in their own way. Let them cry or be angry. Spend time with them. Be honest about your own feelings, and encourage them to ask questions or talk about the person who has died. Being close to people they love and having someone to talk to are important for children at this time.

What should I say?

Use simple, everyday words that you know your child will understand. Say 'died', not that 'granny has gone away' or 'Uncle John has fallen asleep'.

This can be misleading and confusing for children. They may question why granny has not returned and think that perhaps it was their fault that she went away. Or they may be afraid to fall asleep in case, like Uncle John, they do not wake up again.

Let them ask questions when and where they want to. Listen to what they want to know, and answer as honestly and simply as you can - even when your answer is 'I don't know'. Some children may prefer to draw pictures rather than try out unfamiliar words.

Children are often more capable than we think of understanding an honest explanation of death. You might want to say something such as 'When we die our bodies stop working and cannot be mended. We do not feel hurt, cold or pain anymore.' Encourage the child to go on remembering the person who died as the special person they used to be.

Explaining death honestly helps the child to ask other questions, maybe why their loved one died. Each parent knows their own child best and will find the right words to help their child. Reading storybooks on the subject sometimes helps. Books suitable for children are included at the end of this booklet. Above all, give your child plenty of time, love and reassurance.

What about the funeral?

Do not be afraid to involve children in the funeral arrangements. They need to feel included. Allow them to see their loved one and to attend the funeral if they want. Make sure they understand what will happen at the wake or at the graveside so that they are not confused or frightened.

Coping afterwards with grief

Children need to remember the person who has died, so do not be too quick to tidy away a loved one's belongings. Taking time to sort through these things together is painful but is another way of saying goodbye. Sharing stories about the person or looking at photos together can also help keep children's memories alive and warm, and can help both of you cope a little easier with your grief. Giving a child a keepsake of the person, such as a watch or a ring or a special photograph, can be another way of celebrating their relationship.

Should I get help?

Most children will recover from grief if they can express it openly. But sometimes a child's grief may be so extreme that professional support is needed. It is reasonable for a child not to accept for a few weeks or months that a loved one is not coming back, but if this continues, it may be a sign that they need support.

If a child has regular headaches, sleeplessness, long periods of restless activity, or continual feelings of anger or guilt, this may also suggest that something is wrong and professional help may be appropriate.

Helping children through this difficult time may also help you. But it is important that you make time for yourself. Make sure you talk with friends and family or, if you prefer to talk with someone you do not know, contact one of the bereavement organisations listed at the end of this booklet.

Information and Support

Sometimes it is easier to talk to someone you do not know about how you are feeling or what you want to do. This section lists some organisations that can give you practical advice, support and counselling, whether you need it now or in the future. Keep it handy so that it is there when you need it.

Bereavement support and counselling services

Aisling Centre

Counselling service for adults.

Donation requested for appointments.

37 Darling Street, Enniskillen, Co.Fermanagh, BT94 7DP

Tel: 028 6632 5811 www.fermanagh.info/aislingcentre

Aware Defeat Depression

Support groups available across Northern Ireland.

Helpline 084 5120 2961 www.aware-ni.org.uk

Barnardos

Individual and group support for bereaved children and young people up to 18 years old. Advice line for adults concerned about a bereaved child.

23 Windsor Avenue, Lisburn Road, Belfast BT9 6EE

Tel: 028 9066 8333 Advice line: 028 9064 5899

www.barnardos.org.uk/childbereavementservice.com

Bereaved by Suicide

North West Bereaved by Suicide Support Group

Meets first and third Monday of every month at 19.30

Foyle Search and Rescue Base, Prehen, Derry / Londonderry

Barry McGale, Suicide Liaison Officer Western Trust

Tel: 028 7132 0138 or 079 4991 4100

Bereaved by Suicide Support Group Fermanagh

Meets the first Monday of every month at 20.00
Aisling Centre, 37 Darling Street, Enniskillen BT94 7DP
Tel: 028 6638 2000 for information.

Bereaved by Suicide - PATHS Group Omagh

Positive action to help people bereaved by suicide.
Meets first Tuesday of every month at 20.00
Tara Centre, 11 Holmview Terrace, Omagh BT97 0AH
Tel 078 7941 4385

Bereavement Support for Teenagers (12-16)

www.riprap.org.uk
A web site to help you cope when a parent has cancer.
You will find stories from other young people as well as
information and tips to help you understand and deal with
what is happening in your family.

Brake: the road safety charity

For anyone bereaved, injured or affected by a road crash.
Helpline: 084 5603 8570 www.brake.org.uk

British Association of Counselling and Psychotherapy

Professional counselling association and accrediting body.
Tel: 087 0443 5252 Mon - Fri 08.45-17.00
www.bacp.co.uk Includes a '*Find a Counsellor*' section.

Carecall

Confidential staff counselling service for Western Health and
Social Care Trust staff. Available 24 hours, 365 days a year.
Tel: 0808 800 0002

Child Bereavement UK

Supports families and educates professionals when a baby
or child dies or when a child is bereaved.
Tel: 014 9456 8900 www.childbereavement.org.uk

Child Bereavement Network

Provides information, guidance and support for children and young people to enable them to manage the impact of death on their lives

Tel: 020 7843 6309 www.childbereavementnetwork.org.uk

Child Death Helpline

Helpline support for anyone affected by the death of a child, irrespective of the age of the child, the relationship or the length of time since the death.

Tel: 0800 282986 www.childdeathhelpline.org

Childline 0800 1111

Free confidential helpline for children and young people in danger or distress.

Citizens Advice Bureau

Benefit enquiries 084 5266 6696

Derry/Londonderry CAB, Embassy Court, 3 Strand Road,
Derry BT487BJ Tel 028 7136 2444

Strabane CAB, 17 Dock Street, Strabane BT82 8EE
Tel 028 7138 2665

Fermanagh CAB, Fermanagh House, Broadmeadow Place,
Enniskillen BT74 6AH Tel 028 6632 4334

www.citizensadvice.co.uk

Contact NI

Independent counselling service.

Tel: 0808 808 8000 Monday-Friday 16.00-21.00

www.contatcni.com

Cruse Bereavement Care

Confidential bereavement support and counselling for adults, young people and children.

Foyle Area Derry / Londonderry Tel: 028 7126 2941
Omagh / Fermanagh Area Tel: 028 8224 4414
NI Regional Office Tel: 028 9079 2419
Freephone Helpline Tel: 084 4477 9400
www.cruse.org.uk

Support for young people:

Helpline 0808 808 1677 Website: www.rd4u.org.uk

Derry Well Woman Counselling Service

17 Queen Street, Derry BT48 7EQ
Tel: 028 7136 0777 www.derrywellwoman.org

Disaster Action

Self-help group for those bereaved by a major disaster.
014 8379 9066 www.disasteraction.org.uk

Family Trauma Centre

Provides specialist treatment services for children, young people and their families following severe trauma.
Local outreach offices available throughout NI
1, Wellington Park, Belfast BT9 6DJ
Tel: 028 9020 4700 www.belfasttrust.hscni.net

HIV Support Centre Belfast

Support and counselling for anyone affected by Aids/HIV, for those preparing for bereavement or for those who have been bereaved.
Tel: 028 9024 9268 Helpline: 0800 137 437
www.thehivsupportcentre.org.uk

Koram Centre

Listening ear and counselling service.
2-3 Mourne Villas, Strabane BT82 8BG
Tel: 028 7188 6181 www.koramcenter.com

Lifeline



0808 808 8000

If you, or someone you know, is in distress or despair, no matter what your age or where you live in Northern Ireland, Lifeline is there to help you. Lifeline counsellors are available 24 hours a day, 7 days a week to listen and give you the help and support you need, in confidence.
Calls are free from all UK landlines and mobiles.
Textphone: 18001 0808 808 8000 www.contactni.com

LGBT Bereavement Helpline

Support for lesbian, gay, bisexual and transgender callers, also their families and friends, who have been bereaved or are preparing for bereavement.

Tel: 020 7837 3337 Mon – Wed and Fri 19.30 – 21.30
www.londonfriend.org.uk

Life after Loss

Help for anyone affected by the loss of a baby at any stage of pregnancy or early in life, for any reason.
Tel: 028 9336 0989 www.lifeafterloss.org.uk

Lone Twin Network

Support group run by and for lone twins
54 Ventnor Avenue, Hodge Hill, Birmingham B36 8EF
www.lonetwinnetwork.org.uk

Meningitis Trust

Offers bereavement counselling and emotional support for children.

Tel: 0845 120 0663

www.meningitis-trust.org/meningitis-info/after-meningitis/bereavement/

Northwest Counselling

Unit 8, The Vale Centre, Clooney Road

Tel: 028 7181 3587 www.northwestcounselling.co.uk

SANDS - Stillbirth and Neonatal Death Charity

Sands NI Helpline Tel: 077 4099 3450

www.sandsni.org www.uk-sands.org

Sudden Infant Death – The Lullaby Trust

Helpline 0808 802 6868 www.lullabytrust.org.uk

Support after Murder and Manslaughter

0845 872 3440 www.samm.org.uk

Tara Centre

Counselling / Psychotherapy service.

11 Holmview Terrace, Omagh BT79 OAH

Tel: 028 8225 0024 www.taraomagh.com

The Compassionate Friends

Supporting bereaved parents and their families after a child dies

Helpline: 0845 123 2304 NI Helpline 028 8778 8016

www.tcf.org.uk

The Samaritans

Derry / Londonderry Tel: 028 7126 5511

Omagh Tel: 028 8224 4944

www.samaritans.org.uk

Twins and Multiple Births Association (TAMBA)

Bereavement support group

Tel: 0800 138 0509 www.tamba.org.uk

Victim Support NI

Offers a free and confidential service of emotional support, information and practical help to victims and witnesses affected by any type of crime. www.victimsupportni.co.uk

Derry / Londonderry Office

1st Floor, Embassy Building, 3 Strand Road , BT48 7BH

Tel: 028 7137 0086

Omagh Office

22 Campsie Road Omagh, BT79 0AG

Tel: 028 8224 0012

WAVE Trauma Centre

Supports people bereaved, injured or traumatised as a result of 'the troubles' in NI, irrespective of religious, cultural or political beliefs.

5 Chichester Park, South Belfast, Antrim BT15 5DW

Tel: 028 9077 9922

23a Bishop Street, Derry Tel: 028 7126 6655

18 Holmview Avenue, Omagh Tel: 028 8225 2522

www.wavetraumacentre.org.uk

Winston's Wish

Gives support for those caring for children affected by the death of a parent or a sibling and to the children themselves.

Helpline 084 5203 0405 www.winstonswish.org.uk

Youthlife

Bereavement support and youth led residential weekends.
23 Bishop Street Derry / Londonderry BT48 6PR
Tel: 028 7137 7227 www.youthlife.btik.com

Zest

Counselling and support for anyone affected by the impact of self-harm and suicide.
15a Queen Street, Derry / Londonderry BT48 7EQ
Tel: 028 7126 6999 www.zestni.org

Practical Information

Age NI

3 Lower Crescent, Belfast BT7 INR
Tel: 0808 808 7575 www.ageuk.org.uk/northern-ireland

Alzheimer's Society

Unit 4 Balmoral Business Park, Boucher Crescent, Belfast
Tel: 028 9066 4100 Helpline: 084 3300 0336
www.alzheimers.org.uk

Bereavement Register

Registering will prevent unwanted direct mail being sent to the deceased. www.the-bereavement-register.org.uk

Coroners Service for Northern Ireland

Mays Chambers, 73 May Street, Belfast BT1 3JL
Tel: 028 9044 6800 website: www.coronersni.gov.uk

Coroners Liaison Officers

Tel: 028 9044 6811 / 028 9044 6809 / 028 9044 6814

Disability Action

Improving the quality of life of people with disabilities, their families and carers.
Tel: 028 9029 7880 www.disabilityaction.org

District Registrar Offices, Western Trust Area

Guildhall, **Derry / Londonderry** BT48 6DQ

Tel: 028 7126 8439

Opening Hours: 9.30-12.30 and 14.00-16.30

Townhall, **Enniskillen** BT74 7BA

Tel: 028 6632 5050

Opening Hours: 9.00-12.30 and 14.00-16.30

Please note this office closes at 16.00 on a Friday.

7 Connell Street, **Limavady** BT49 0AH

Tel: 028 7772 2226

Opening Hours: 9.00-12.15 and 13.30-16.30

District Council Offices, Mountjoy Road, **Omagh** BT79 7BL

Tel: 028 8224 5321

Opening Hours: 9.30-12.30 and 14.00-16.30

District Council Offices, 47 Derry Road, **Strabane**

BT82 8DY

Tel: 028 7138 2204

Opening Hours: 9.30-1.30 and 14.00-17.00

Mencap Information Service NI

Mencap supports people with a learning disability and their families in Northern Ireland.

Tel: 028 9069 1351 Helpline: 0808 808 1111

www.mencap.org.uk

Natural Death Centre

Information on 'green' funerals and arranging a funeral yourself.

Tel: 087 1288 2098 www.naturaldeath.org.uk

Northern Ireland Housing Executive

Derry / Londonderry Tel: 028 7137 2000

Omagh Tel: 028 8224 6111

Enniskillen Tel: 028 6632 5770

Dungannon Tel: 028 8772 3000

Official Government Website for NI

www.nidirect.gov.uk

Social Security Agency Bereavement Service

Contact this service to:

- Report a death to the Social Security Agency
- Check if you may be entitled to benefits.
- Make a claim for Bereavement Benefit or Social Fund Benefit

Freephone 0800 0852463

Social Security Agency Pensions

Branch Windsor House, 9 -15 Bedford Street, Belfast

Tel: 028 9054 9393

Spiritual / Cultural Support

Bahá'i Council for Northern Ireland

64 Old Dundonald Road, Belfast BT16 OXS

Tel: 028 9048 0500

www.bahaicouncil-ni.org

Black Mountain Zen Centre

64 Donegal Street, Cathedral Quarter, Belfast

Tel: 028 9024 4010

www.blackmountainzencentre.org

Potala Buddhist Centre (Kadampa)

40d Donegal Pass, Belfast BT7 1BS

028 9023 8090 www.meditationbelfast.org

Jampa Ling Buddhist Centre

Bawnboy, Co. Cavan

Tel: 00353 49 952 3448 www.jampaling.org

Chinese Welfare Association NI

1, Stranmillis Embankment, Belfast BT7 1GB

Tel: 028 9028 8277 www.cwa-ni.org

Church of Ireland

Diocesan Centre, 24 London Street

Londonderry BT48 6RQ

Tel: 028 7126 2440 www.ireland.anglican.org

Derry Travellers' Support Group

To encourage participation and empowerment among the traveller community.

Ballyarnet Road, 141 Racecourse Road BT48 8NG

Tel: 028 7135 9340

Hare Krishna Temple

140 Upper Dunmurry Lane, Belfast

Tel: 028 9062 0530 iskcon.belfast.com

Hindu Cultural Centre and Temple NI

86 Clifton Street, Belfast BT13 1AB

Tel: 028 9024 9746

Humanist Association NI (HUMANI)

Ceremonies Coordinator

Myrtle Ewing Tel: 028 9076 0002

Jennifer Sturgeon Tel: 028 7035 4287 or 078 1803 6404

www.humanistni.org www.humanism.org.uk

Indian Community Centre

86 Clifton Street, Belfast BT13 1AB

Tel: 028 9024 9746 www.iccbelfast.com

Irish Council of Churches

Inter-Church Centre, 48 Elmwood Avenue,
Belfast BT9 6AZ
Tel: 028 9066 3145 www.irishchurches.org

Islamic Centre Belfast

38 Wellington Park, Belfast BT9 6DN
Tel: 028 9066 4465 www.belfastislamiccentre.org.uk

Jewish Community Belfast

Wolfson Centre, 49 Somerton Road, Belfast BT15 4HP
Tel: 028 9077 7974

Methodist Church

1 Fountainville Avenue, Belfast BT9 6AN
Tel: 028 9032 4554 www.irishmethodist.org

Multi-Cultural Resource Centre

9, Lower Crescent, Belfast BT7 1NR
Tel: 028 9024 4639 www.mcrc-ni.org

Muslim Family Association NI

4 Thornhill Manor, Belfast BT17 9RB
Tel: 077 6802 8072 www.nimfa.co.uk

NI Council for Ethnic Minorities (NICEM)

Ascot House, 24-31 Shaftsbury Square, Belfast BT2 7DB
Tel: 028 9023 8645 www.nicem.org.uk

Omagh Ethnic Communities Support Group

Community House, 2 Drumragh Avenue, Omagh
Tel: 028 8224 9750

Polish Association Northern Ireland

7 North Street, Belfast, BT1 1NH
Tel: 028 9032 1232

Pakistani Cultural Association NI

8 Braniel Park, Belfast BT5 7JL
Tel: 028 9083 6704

Presbyterian Church in Ireland

Assembly Buildings, Fisherwick Place, Belfast BT1 6DW
Tel: 028 9032 2284 www.presbyterianireland.org

Religious Society of Friends (Quakers)

www.quakers-in-ireland.ie

Roman Catholic Church

Diocesan Office, Bishops House Derry BT48 9YG
Tel: 028 7126 2302 www.catholicireland.net

Sikh Cultural Community Centre NI

1 Simpson Brae, Waterside, Derry / Londonderry
Tel: 028 7134 3935

The National Secular Society

Tel: 020 7404 3126 www.secularism.org.uk

Disclaimer

This resource is intended to act as a guide to the range of support and information available both locally and regionally. Inclusion in this resource does not necessarily constitute or imply any endorsement or recommendation by the Western Health and Social Care Trust of that organisation or service.

Helpful Reading ~ Books for Adults

Surviving the Early Loss of a Mother: Daughters Speak

Tracey, Anne (2008) Veritas

Through Grief: The Bereavement Journey

Collick, Elizabeth (1986) Darton Longman and Todd

A Special Scar: The Experiences of People Bereaved by Suicide

Wertheimer, A. (2001) Routledge 2nd edition

A Grief Observed

Lewis, C. S. (1961) Faber and Faber

Grieving: A Beginners Guide

McCormack J. H., (2006) Paraclete Press

Healing Grief: A Guide to Loss and Recovery

Ward B., (1993) Vermillion

Living with Leo

Di Clemente M. (2004) Bosun-Publications

Losing a parent: practical help for you and other family members

Marshall, Fiona (1999) Fisher Books

Beyond the Rough Rock: Supporting a Child who is bereaved through Suicide

Stubbs, D and Stokes, J (2008) 2nd edition
Winston's Wish Publications

Younger Children

Remembering

Leutner, D (2009) Child Bereavement Charity
A keepsake / memory book when someone special has died. For 4-10 years.

When Someone Very Special Dies

Haggard, M. (1991) Woodland Press
For children to illustrate their own stories and feelings.

On the Wings of a Butterfly

Maple, M. (1992) Parenting Press
A story about a girl coping with cancer.

What Happens When We Die?

Nystram, C. (1981) Moody Press

Waterbugs and Dragonflies Explaining Death to Young

Children Stickney, D. (1982) The Pilgrim Press

Badger's Parting Gifts

Varley, S. (1985) Hodder and Stoughton
Remembering a loved friend.

Children 13+

Bereaved Children and Teens

Grollman, E.A. (1995) Beacon

Shira: a legacy of courage

Grollman, S. (1988) Doubleday
Coming to terms with one's own death and others' reactions

See Ya Simon

Hill, D. (1995) Puffin
A teenager's last year with a dying friend.

Help for the Hard Times: getting through loss

Hipp, E. (1995) Hazelden
A self-help workbook.

At Risk

Hoffman, A. (1998) GP Putnam and Sons
The story of an 11-year old girl with AIDS.

After a Suicide: young people speak up

Kuklin, S. (1994) GP Putnam and Sons
Teenagers dealing with the suicide of others, including friends.

A summer to die

Lowry, L (1993) Dragon
The death of a 13-year-old girl's older sister from leukemia.

Losing Someone You Love

Richter, E. (1986) Putnam
Young people share experiences about the death of a sibling.

My Twin Sister Erika

Vogel, I. M. (1986) Harper and Row
The loss of a twin sister

Mama's going to buy you a mockingbird

Little, J. (1985) Puffin Ontario
A sensitive story of a boy's experience and response to his father's illness and death.

Teenagers

Healing Your Grieving Heart for Teens 100 Practical Ideas

Wolfelt, Alan, D (2001) Companion Press

The Summer Before

Windsor, P. (1973) Harper and Row

A girl's journal about the accidental death of her boyfriend.

Facing Grief, Bereavement and the Young Adult

Wallbank, Susan (1991) Cruse Bereavement Care

My Father Died

Wallbank, Susan (1998) Cruse Bereavement Care

My Mother Died

Wallbank, Susan (Revised 1998) Cruse Bereavement Care

When Someone Dies: Help for Young People Coping with Grief

Steffes, Dwaine Cruse Bereavement Care (1997)

Learning Disability

Understanding Death and Dying

Cathcart, F. (1994) British Institute of Learning Disability

Remembering My Brother

Morris, L. and Perkins, G. (1996) A and C Black

Feedback

We hope you found this booklet useful. If you would like to comment on it, suggest improvements or if you wish to give feedback about your experience of bereavement, please do let us know. We will be pleased to hear from you.

Please contact:

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Altnagelvin Hospital
Glenshane Road
Derry / Londonderry BT47 6SB
Tel: 028 7134 5171 Ext: 214184

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