

# Bereavement Support across Cumbria

The death of a loved one can be among the most difficult moments that any of us will face in our lives, and it often falls on those closest to the deceased and grieving the most to organise the funeral.

The government have produced a leaflet which shares important information to help bereaved families, friends or next of kin make important decisions during this national emergency and guides you to the extra help and support that is available. <https://www.gov.uk/government/publications/support-for-the-bereaved>

Across Cumbria, there are many organisations that offer bereavement support and it is important that following a death we are able to signpost and guide people for appropriate help.

## Level 1: General support that everyone can access

The first level of bereavement support represents general support and information. Most people who experience loss will only require first level support, which involves providing people with information on the grieving process, practical help with tasks, and social support. Family, friends, and colleagues will provide much of this support. For those offering support, this is a time of “watchful waiting;” active listening; reminding people that grief is normal; exploring the emotions they may feel, the person’s thoughts about that and how everyday behaviour or skills might be affected. This level of support will also include community groups, churches and religious and spiritual organizations (all faiths and none), hospital and hospice bereavement teams, online forums and national support.

## Local support:

**Bluebell (South Cumbria):** Provide free support for people experiencing grief associated with loss during pregnancy, the death of a baby, child or young person: Tel. 07516556081 or 07849400315 [www.bluebell.org.uk/](http://www.bluebell.org.uk/)

**Cancer Care (South Cumbria) :** Tel. 03330 150 628 [www.cancercare.org.uk/BereavementLeaflet](http://www.cancercare.org.uk/BereavementLeaflet)

**Child Bereavement UK Cumbria** Tel. 01539628311 [www.childbereavementuk.org/cumbria](http://www.childbereavementuk.org/cumbria)

**Churches together in Cumbria (CTiC):** Signposting to a church or minister  
<https://www.churchestogethercumbria.org.uk/>

**Cruse Bereavement Care Cumbria:** Tel. 0300 600 3434 [www.crusecumbria.org.uk/](http://www.crusecumbria.org.uk/)

**Eden Valley hospice and Jigsaw Children’s Hospice:** Tel. 01228810801 [www.edenvalleyhospice.org/](http://www.edenvalleyhospice.org/)

**Every Life Matters (Cumbria):** Support for people bereaved by suicide: [www.every-life-matters.org.uk/affected-by-suicide/](http://www.every-life-matters.org.uk/affected-by-suicide/)

**Grief Chat:** Tel. 01524 782910 [www.griefchat.co.uk/contact-grief-chat/](http://www.griefchat.co.uk/contact-grief-chat/)

**Hospice at Home Carlisle and North Lakeland:** Tel. 01228 608942 [www.hospiceathome.co.uk/](http://www.hospiceathome.co.uk/)

**Hospice at Home West Cumbria:** Tel. 01900 705200 [hospiceathomewestcumbria.org.uk/](http://hospiceathomewestcumbria.org.uk/)

**North Cumbria Integrated Care NHS Foundation Trust:** Tel. 01228 602000

**Samaritans (Carlisle):** [www.samaritans.org/branches/carlisle](http://www.samaritans.org/branches/carlisle)

**Samaritans (Furness and South Lakes):** [www.samaritans.org/branches/barrow/](http://www.samaritans.org/branches/barrow/)

**Samaritans (West Cumbria):** [www.samaritans.org/branches/whitehaven](http://www.samaritans.org/branches/whitehaven)

**Sands (East Cumbria):** [www.facebook.com/East-Cumbria-Sands-2202217466682708](https://www.facebook.com/East-Cumbria-Sands-2202217466682708) [www.sands.org.uk](http://www.sands.org.uk)

**Schools Resources Cumbria:** [localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs](http://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs)

**Silent Footprints (West Cumbria):** [www.alwaysanotherway.co.uk/current-community-projects](http://www.alwaysanotherway.co.uk/current-community-projects)

**St John’s Hospice (South Lakes):** Tel. 01524382538 [www.sjhospice.org.uk/bereavement-support/](http://www.sjhospice.org.uk/bereavement-support/)

**St Mary’s Hospice (Furness):** Tel. 01229 580305 [www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/](http://www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/)

**Suicide Bereavement Support Cumbria:** Tel. 07572 975 721 or 07896 703 757 [www.sbs.org.uk/](http://www.sbs.org.uk/)

**Time to Share (Copeland) :** Support to Children and Young People Tel: 07926385262 (between 9am-3pm Mon-Fri)

Email: [timetoshareberservice@gmail.com](mailto:timetoshareberservice@gmail.com)

<https://directory.childbereavementuk.org/organisation/time-to-share-bereavement-group-whitehaven-and-copeland/>

**University Hospitals of Morecambe Bay:** Tel. Tel. 01524 512406 [www.uhmb.nhs.uk/our-services/services/bereavement](http://www.uhmb.nhs.uk/our-services/services/bereavement)

# Bereavement Support across Cumbria

## National and online support:

**Age UK:** [www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/](http://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/)

**At a Loss:** Provide the UK's signposting website for the bereaved [www.ataloss.org/](http://www.ataloss.org/)

**Brake:** Provide support for people bereaved by a death on the road <https://www.brake.org.uk/>

**Care for the Family:** <https://www.careforthefamily.org.uk/family-life/bereavement-support>

**Child Bereavement UK:** Includes Live Chat via the website: Tel. 0800 02 888 40 [www.childbereavementuk.org/](http://www.childbereavementuk.org/)

**Coroners' Courts Support Service:** Provide support to people where there is an inquest following a death  
Tel 0300 111 2141 [www.coronerscourtsupportservice.org.uk](http://www.coronerscourtsupportservice.org.uk)

**Cruse Bereavement Care:** Tel. 0808 808 1677 [www.cruse.org.uk/](http://www.cruse.org.uk/)

**Dying Matters:** [www.dyingmatters.org/](http://www.dyingmatters.org/)

**Grief Encounter:** Tel. 0808 802 0111 <https://www.griefencounter.org.uk/>

**Interfaith and Multifaith:** [www.interfaith.org.uk/](http://www.interfaith.org.uk/)

**Kooth:** Online support for children and young people <https://www.kooth.com/>

**Lullaby Trust:** Support for anyone affected by the sudden and unexpected death of a baby or young child  
[www.lullabytrust.org.uk/bereavement-support/](http://www.lullabytrust.org.uk/bereavement-support/)

**Marie Curie:** Tel. 0800 090 2309 [www.mariecurie.org.uk/](http://www.mariecurie.org.uk/)

**National Bereavement Alliance:** [nationalbereavementalliance.org.uk/](http://nationalbereavementalliance.org.uk/)

**National Bereavement Partnership:** Tel. 0800 448 0800 <https://www.nationalbereavementpartnership.org/>

**Network- Health:** Supports pastoral, spiritual, and religious care in healthcare, particularly at end-of-life  
<https://network-health.org.uk/>

**NHS Bereavement Helpline:** Tel. 0800 2600 400 [www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/](http://www.nhs.uk/conditions/coronavirus-covid-19/bereavement-advice-and-support/) The helpline is now run by Sudden <https://www.suddendeath.org/>

**Samaritans:** Tel. 116 123 free from any phone 0330 094 5717 local call charges apply <https://www.samaritans.org/>

**Sands:** Support for anyone affected by the death of a baby Tel. 0808 164 3332 <http://www.sands.org.uk/>

**Sudden:** Support when someone has died suddenly, or too soon in their lives Tel. 0800 2600 400  
<https://sudden.org/>

**Survivors of Bereavement by Suicide:** Tel. 0300 111 5065 [uksobs.org/](http://uksobs.org/)

**The Compassionate Friends:** 0345 123 2304 <https://www.tcf.org.uk/>

**The Good Grief Trust:** [www.thegoodgrieftrust.org/](http://www.thegoodgrieftrust.org/)

**Way Widowed and Young:** For people aged 50 or under when their partner died: [www.widowedandyoung.org.uk/](http://www.widowedandyoung.org.uk/)

**Winstons Wish:** Tel. 08088 021 [www.winstonswish.org/about-us/](http://www.winstonswish.org/about-us/)

## Level 2: Extra support that some people might need to access

A small percentage of people may need extra support through their bereavement. Although this can still be offered by people and networks known to the person, it may be helpful to create opportunities to consult with professionals who have had more direct experience of working with bereaved people. This could be because of the nature of the loss – the death of a child, for example, or a sudden death – or because of other circumstances in the person's life.

## Local support:

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**Cancer Care (South Cumbria) :** Tel. 03330 150 628 [www.cancercare.org.uk/BereavementLeaflet](http://www.cancercare.org.uk/BereavementLeaflet)

**Child Bereavement UK Cumbria** Tel. 01539628311 [www.childbereavementuk.org/cumbria](http://www.childbereavementuk.org/cumbria)

**Cruse Bereavement Care Cumbria:** Tel. 0300 600 3434 [www.crusecumbria.org.uk/](http://www.crusecumbria.org.uk/)

**Eden Valley Hospice and Jigsaw Children's Hospice:** Tel. 01228810801 [www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support](http://www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support)

**Every Life Matters (Cumbria):** Bereavement support for people bereaved by suicide: [www.every-life-matters.org.uk/affected-by-suicide/](http://www.every-life-matters.org.uk/affected-by-suicide/)

## Bereavement Support across Cumbria

**Hospice at Home Carlisle and North Lakeland:** Tel. 01228 608942 [www.hospiceathome.co.uk/about-us/family-support/](http://www.hospiceathome.co.uk/about-us/family-support/)  
**Hospice at Home West Cumbria:** Tel. 01900 705200 [hospiceathomewestcumbria.org.uk/service/family-bereavement-services/](http://hospiceathomewestcumbria.org.uk/service/family-bereavement-services/)  
**Samaritans (Carlisle)** [www.samaritans.org/branches/carlisle](http://www.samaritans.org/branches/carlisle)  
**Samaritans (West Cumbria):** [www.samaritans.org/branches/whitehaven](http://www.samaritans.org/branches/whitehaven)  
**Samaritans (Furness and South Lakes):** [www.samaritans.org/branches/barrow/](http://www.samaritans.org/branches/barrow/)  
**Sands (East Cumbria):** [www.facebook.com/East-Cumbria-Sands-2202217466682708](http://www.facebook.com/East-Cumbria-Sands-2202217466682708) [www.sands.org.uk](http://www.sands.org.uk)  
**Silent Footprints (West Cumbria):** [www.alwaysanotherway.co.uk/current-community-projects](http://www.alwaysanotherway.co.uk/current-community-projects)  
**St John's Hospice (South Lakes):** Tel. 01524382538 [www.sjhospice.org.uk/bereavement-support/](http://www.sjhospice.org.uk/bereavement-support/)  
**St Mary's Hospice (South Cumbria):** Tel. 01229 580305 [www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/](http://www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/)  
**Suicide Bereavement Support Cumbria:** Tel. 07572 975 721 or 07896 703 757 [www.sbs.org.uk/](http://www.sbs.org.uk/)  
**Time to Share CIC (West Cumbria):** [timetoshareberservice@gmail.com](mailto:timetoshareberservice@gmail.com)

### National and online support :

**Child Bereavement UK :** Tel. 0800 02 888 40

**Samaritans:** Tel. 116 123 free from any phone 0330 094 5717 local call charges apply [www.samaritans.org/](http://www.samaritans.org/)

### Level 3: A few may need more complex grief support

A few people who have experienced trauma or severe/extended and complicated grief reactions after bereavement may need some individualised 1-1 specialist bereavement support. This level is most likely to be provided by bereavement specific charities and organisations.

### Local support:

**Bluebell (South Cumbria):** Tel. 07516556081 or 07849400315 [www.bluebell.org.uk/](http://www.bluebell.org.uk/)

**Cancer Care (South Cumbria) :** Tel. 03330 150 628 [www.cancercare.org.uk/BereavementLeaflet](http://www.cancercare.org.uk/BereavementLeaflet)

**Child Bereavement UK Cumbria:** Tel. 01539628311 [www.childbereavementuk.org/cumbria](http://www.childbereavementuk.org/cumbria)

**Cruse Bereavement Care Cumbria:** Tel. 0300 600 3434 [www.crusecumbria.org.uk/](http://www.crusecumbria.org.uk/)

**Eden Valley Hospice and Jigsaw Children's Hospice:** Tel. 01228810801 [www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support](http://www.edenvalleyhospice.org/our-care/family-support/counselling/bereavement-support)

**Hospice at Home Carlisle and North Lakeland:** Tel. 01228 608942 [www.hospiceathome.co.uk/about-us/family-support/](http://www.hospiceathome.co.uk/about-us/family-support/)

**Hospice at Home West Cumbria:** Tel. 01900 705200 [www.hospiceathomewestcumbria.org.uk](http://www.hospiceathomewestcumbria.org.uk)  
[hospiceathomewestcumbria.org.uk/service/family-bereavement-services/](http://hospiceathomewestcumbria.org.uk/service/family-bereavement-services/)

**Samaritans (Carlisle):** [www.samaritans.org/branches/carlisle](http://www.samaritans.org/branches/carlisle)

**Samaritans (Furness and South Lakes):** [www.samaritans.org/branches/barrow/](http://www.samaritans.org/branches/barrow/)

**Samaritans (West Cumbria):** [www.samaritans.org/branches/whitehaven](http://www.samaritans.org/branches/whitehaven)

**Sands (East Cumbria):** [www.facebook.com/East-Cumbria-Sands-2202217466682708](http://www.facebook.com/East-Cumbria-Sands-2202217466682708) [www.sands.org.uk](http://www.sands.org.uk)

**Silent Footprints (Always another Way):** [www.alwaysanotherway.co.uk/current-community-projects](http://www.alwaysanotherway.co.uk/current-community-projects)

**St John's Hospice (South Lakes):** Tel. 01524382538 [www.sjhospice.org.uk/bereavement-support/](http://www.sjhospice.org.uk/bereavement-support/)

**St Mary's Hospice (South Cumbria):** Tel. 01229 580305 [www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/](http://www.stmaryshospice.org.uk/our-care/for-families/bereavement-support/)

**Suicide Bereavement Support (SBS) Cumbria:** Tel. 07572 975 721 or 07896 703 757 [www.sbs.org.uk/](http://www.sbs.org.uk/)

**Time to Share CIC (West Cumbria):** [timetoshareberservice@gmail.com](mailto:timetoshareberservice@gmail.com)

### National and online support:

**Child Bereavement UK:** Tel. 0800 02 888 40 [www.childbereavementuk.org/](http://www.childbereavementuk.org/)

**Samaritans:** Tel. 116 123 free from any phone 0330 094 5717 local call charges apply [www.samaritans.org/](http://www.samaritans.org/)

# Bereavement Support across Cumbria

## Other resources available - Information following a death

Bereavement books are given out to families by the bereavement teams at our hospitals as well as the hospices.

Cumberland Infirmary:

Furness General Hospital: [www.rns.uk/furness](http://www.rns.uk/furness)

West Cumberland Hospital:

Eden Valley Hospice & Jigsaw Children's Hospice:

Hospice at Home Carlisle and North Lakes:

Hospice at Home West Cumbria:

St Mary's Hospice: Available on request Tel. 01229 580305

St John's Hospice: [www.sjhospice.org.uk/app/uploads/2016/01/St-Johns-Hospice-When-Someone-Dies.pdf](http://www.sjhospice.org.uk/app/uploads/2016/01/St-Johns-Hospice-When-Someone-Dies.pdf)

## Bereavement support online

The following is a list of nationally produced online information, which families and carers can be signposted to about grief, funerals and support in exceptional times.

**Child Bereavement UK:** [www.childbereavementuk.org/coronavirus-supporting-children](http://www.childbereavementuk.org/coronavirus-supporting-children)

**Compassion in Dying:** Helping people prepare for the end of life. How to talk about it, plan for it, and record your wishes Tel: 0800 999 2434 [coronavirus.compassionindying.org.uk/making-decisions-about-treatment/](http://coronavirus.compassionindying.org.uk/making-decisions-about-treatment/)

**Cruse Bereavement Care:** [www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief](http://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief)

**Books for children:** [www.cruse.org.uk/about-cruse/publications/recommended-books/books-for-children](http://www.cruse.org.uk/about-cruse/publications/recommended-books/books-for-children)

**Devon CC:** <https://www.devon.gov.uk/equality/communities/religion-faith-or-belief/coronavirus-pandemic>

**Dying Matters:** Aims to help people talk more openly about dying, death and bereavement and to make plans for the end of life [www.dyingmatters.org/page/updated-resources](http://www.dyingmatters.org/page/updated-resources)

**Faith Action:** [www.faithaction.net/campaigns/coronavirus/](http://www.faithaction.net/campaigns/coronavirus/)

**Humanist UK:** [humanism.org.uk/2020/04/20/humanists-uk-welcomes-updated-guidance-on-funerals-during-the-pandemic/](http://humanism.org.uk/2020/04/20/humanists-uk-welcomes-updated-guidance-on-funerals-during-the-pandemic/)

**Interfaith and Multifaith:** [www.interfaith.org.uk/news/covid-19](http://www.interfaith.org.uk/news/covid-19)

**Irish Hospice Foundation:** [hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/](http://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/)

**Marie Curie:** [www.mariecurie.org.uk/help/support/coronavirus](http://www.mariecurie.org.uk/help/support/coronavirus)

**National Bereavement Alliance:** [nationalbereavementalliance.org.uk/covid-19/](http://nationalbereavementalliance.org.uk/covid-19/)

[nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/](http://nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/)

**Network Health:** Network for Pastoral, Spiritual & Religious Care in Health <http://network-health.org.uk/index.php/about/covid-19>

**Oxford Health:** Coping with the Coronavirus - Bereavement (one of a series about Coronavirus and mental health): [www.oxfordhealth.nhs.uk/wp-content/uploads/2020/03/OH-008.20-Coronavirus-and-bereavement-Local-v2.pdf](http://www.oxfordhealth.nhs.uk/wp-content/uploads/2020/03/OH-008.20-Coronavirus-and-bereavement-Local-v2.pdf)

**Quaker Social Action:** Have produced a guide to organising a meaningful funeral when people cannot attend: [quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/information-and-guidance/coronavirus-organising-meaningful](http://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/information-and-guidance/coronavirus-organising-meaningful)

**Schools Resources Cumbria:** [localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs](http://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs)

**Way Widowed and Young:** A national charity in the UK for people aged 50 or under when their partner died: [www.widowedandyoung.org.uk/news/offering-support-through-the-coronavirus-outbreak/](http://www.widowedandyoung.org.uk/news/offering-support-through-the-coronavirus-outbreak/)

**Mental Health & Wellbeing during Covid-19:** [www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf](http://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf)

This list is not exhaustive and we are not endorsing or approving any specific organisation.

## Other formats:

If you would like to access this information in an alternative format, then please contact us on

Tel. 01768 245 486 or visit <https://northcumbriaccg.nhs.uk/>