



Blythe House Hospice adds quality to life by providing the highest levels of care for people affected by cancer and certain other life-threatening illnesses and supporting those who are bereaved.

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Information for the Recently Bereaved



Grief is normal - your way of grieving is the right one for you

When someone close dies, your reaction is unique. There are no rules about grieving. Although you may share feelings with others who are coping with loss, your experience may be very different from theirs. There is no 'right' or 'wrong' way to be or to feel, and there is no timetable.



Grief is normal, but sometimes it can feel as if something very abnormal is happening to you. After all, this particular grief is an entirely new experience which may be difficult to compare with anything that has ever happened to you before.

SANDS (Stillbirth and neonatal death)

UK charity providing support for bereaved parents and their families

Tel: 020 7436 5881

<http://www.uk-sands.org>

Samaritans

If something's troubling you, then get in touch

Tel: 08457 909090 (24hr)

www.samaritans.org

Survivors of Bereavement by Suicide (SOBS)

Aims to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. A self-help organisation, many volunteers have themselves been bereaved by suicide.

National Helpline - 0844 561 6855 9am to 9pm every day

<http://www.uk-sobs.org.uk>

Winston's Wish

Practical support for bereaved children, young people and their families, publications.

Tel: 0845 203 0405 Monday to Friday 9am - 5pm

www.winstonswish.org.uk

It is important to be kind to yourself and find ways to support yourself during this time. Here are some things you can do:

- Talk – about what has happened, about the person who has died, about how you are feeling
- Allow yourself time to sleep, rest, think, write, 'do nothing'
- Let other people help if that help is going to be a support to you
- Choose the company of people who care, who let you be how you need to be and let you cry if you need to cry
- Allow other family members and friends, including children, to share your grief and theirs
- Help children to express their grief – books, games and drawings might help.

Tell children's teachers what has happened.

At Blythe House, we offer a one-to-one counselling service which helps people with specific problems arising from their bereavement. For instance, you might be finding bereavement particularly difficult to cope with, perhaps because you have had several bereavements, or because there are important things that remained unresolved between you and the person who has died.



Whatever the reason, counselling can help, although it is not usually effective when your bereavement is recent. We find that it helps the most when you have been bereaved for about three months or more and the initial shock has subsided.

Further Information

Cruse

Help for anyone bereaved by death to understand their grief and cope with their loss.

National Office 0208 939 9530

Helpline 0844 477 9400

Young People's Helpline 0808 808 1677

www.crusebereavementcare.org.uk

Cardiac Risk in the Young (CRY)

A charity that offers help, support and counselling to families where there has been a sudden cardiac death of an apparently fit and healthy young person.

Tel: 01737 363222

<http://www.c-r-y.org.uk>

Email: cry@c-r-y.org.uk

The Compassionate Friends (TCF)

A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child/children.

TCF National UK Helpline 0845 123 2304 10am - 4pm; 7-10pm

<http://www.tcf.org.uk/>

Child Bereavement UK

Child Bereavement UK believes all families should have the support they need to rebuild their lives when a child grieves or when a child dies.

Tel: 01494 568900 weekdays from 9am-5pm

<http://www.childbereavement.org.uk>

Bereavement may plunge you into new situations, bringing major upheaval to the way you live your life, often at a time when you feel least equipped to cope with change of any kind. You may feel steeped in deep sadness and uncertainty. Some bereaved people think they are 'going mad' and some become more susceptible to illness. Sometimes people feel they are 'getting worse' with time. This is quite common and may happen as the full impact of your loss sinks in and the initial 'busyness' subsides. Any of things, or none, may apply to you.

The time it takes to accept the reality of bereavement and find a new sense of life and purpose can vary enormously from person to person. In any case, life will never be the same again. But, however long it takes for you, be open to the support and help of family and friends. Some people who are close to you and have good intentions may not know how best to support you, so let them know what you need.