

# Sources of further support

For further information on the practical aspects of death, refer to the Social Security booklet (D49), entitled 'What to do after a death'. It is a useful source of more detailed information.

If you have any questions about the care received by the person who has died, the opportunity is available for you to meet with a hospice nurse or doctor who was involved in that care.

Many people manage to live with grief with the help of their friends and family, and without any professional help. However, sometimes it can be helpful to talk through your feelings with someone who is caring and interested but not directly involved with your life.

Sometimes it is only clear that someone needs professional help some weeks or months after a bereavement. If you are worried that you are having problems with your grief, you might find it reassuring to talk to your GP, contact the hospice bereavement services, or one of the services from the following pages.

**Please seek help if you think you need it.**

## Local Support:

Age UK, Tel: 01942 615880  
74-80 Hallgate, Wigan, WN1 1HP  
[www.ageuk.org.uk/wiganborough/](http://www.ageuk.org.uk/wiganborough/)

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Department for Works and Pensions Tel: 0345 301 3011  
[www.gov.uk](http://www.gov.uk)

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Wigan and Leigh Citizens Advice Bureau Tel: 0808 2787 801  
Wigan Life Centre, The Wiend, Wigan, WN1 1NJ  
Magnum House, 33 Lord Street, Leigh, WN7 1BY  
[www.cawb.org.uk](http://www.cawb.org.uk)

The Samaritans  
Wigan: 0330 094 5717  
[www.samaritans.org](http://www.samaritans.org)

Tel: 116 123

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Wigan Family Welfare  
Wigan Churches' Association for Family Welfare  
[www.wiganfamilywelfare.co.uk](http://www.wiganfamilywelfare.co.uk)

Tel: 01942 867888

### **National Support:**

Child Death Helpline  
[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

Tel: 0800 282 986

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

Tel: 0808 808 1677

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Young Persons Freephone Helpline  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Tel: 0808 808 1677

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The Compassionate Friends (UK)  
Supporting bereaved parents and their friends  
[www.tcf.org.uk](http://www.tcf.org.uk)

Tel: 0345 123 2304

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Child Bereavement  
[www.childbereavementuk.org](http://www.childbereavementuk.org)

Tel: 0800 028 8840

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Way Widowed and Young  
[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

# Sources of further support

**NHS bereavement support** - advice and support for coping with bereavement and grief, including help with bereavement in children and young people.

[www.nhs.uk/mental-health/advice-for-life-situations-and-events/bereavement/](http://www.nhs.uk/mental-health/advice-for-life-situations-and-events/bereavement/)

**Untanglegrief.com** - a one stop shop for personalised information, advice, services and support to navigate life after a death. Their companion app helps you with everything from getting therapy and meeting people who relate, through to investing inheritance and administering an estate.

**Ataloss.org** – Signposting and information website for bereaved people.

**Good Grief** - Online festival with a programme of over 40 free events and 70+ speakers. Exploring the themes associated with loss, grief and bereavement. It can be watched on the Grief Channel with a packed programme of talks, interviews and webinars. The aim is to provide a space where people can talk, think and learn about grief and perhaps find some support and healing in the process. <https://goodgrieffest.com/>

## Podcasts which may help you with your grief

**Griefcast** - Describes itself as ‘funny people talking about death’. Hosted by Cariad Lloyd, it is a highly engaging and often funny podcast series in which Cariad talks to her fellow comedians and performers about loss. <https://cariadlloyd.com/griefcast>

**Terrible, thanks for asking** - Host Nora McInerney’s husband died in 2014. His obituary went viral and Nora received lots of messages from strangers going through something hard. Nora decided to use these messages to create the first season of ‘Terrible, Thanks For Asking’. The intention is to get past the “how are you?” “I’m fine!” small talk and get right into the heart of the hard things in life. <https://tffa.org/about>

**Grief encounters** - A weekly podcast that hopes to open up the conversation around loss and create a modern platform for people to share their own experiences. <https://podtail.com/podcast/grief-encounters/>

**NPR Grief for beginners** - 5 Things to know about processing loss Terri Daniel, whose 16 year old son died in 2006, talks through five strategies to help you cultivate a healthy relationship with grief. <https://www.npr.org/2020/05/12/854905033/grief-for-beginners-5-things-to-know-about-processing-loss>

**Grief works** - Hosted by grief psychotherapist Julia Samuel, this podcast has stories from those who have experienced great love and loss – and survived. [play.acast.com/s/griefworks](https://play.acast.com/s/griefworks)

**The art of dying well** - Aims to make death and dying something we can talk about openly without discomfort or fear. [www.artofdyingwell.org/podcasts/](http://www.artofdyingwell.org/podcasts/)

**Bereavement room** - A safe space for people of colour to tell their stories of grief and loss. Guests discuss how grief affects us culturally, the discrimination that happens, inequality and the lack of understanding about how grief might manifest itself within the diaspora. [podcasts.apple.com/gb/podcast/bereavement-room/id1488982564](https://podcasts.apple.com/gb/podcast/bereavement-room/id1488982564)

**On the Marie Curie couch** - Features well-known guests who open up and share their experiences of grief and death in a therapeutic conversation with Marie Curie bereavement expert, Jason Davidson. [play.acast.com/s/onthemariecuriecouch](https://play.acast.com/s/onthemariecuriecouch)

**My Grief Angels** - a smartphone grief app with the objective of creating a global community, for people to be there for one another during their difficult times.

**Headspace** - An app aimed at promoting wellbeing through meditation and mindfulness techniques. Coping with grief is one area of mental wellbeing that you can sign up to receive helpful meditations for.

# Supporting Children and Young People

The following resources are specifically aimed at children and young people and can be useful tools for families to use when dealing with a bereavement.

These resources are to give you ideas of what you can do to support a child or young person during bereavement but we understand that every child is different and will need different support.

If you think your child needs urgent support, please speak to your GP.

**Child Bereavement UK** - A national charity which offers support and help for families to rebuild their lives when a child is grieving. They offer a wide variety of resources for professionals and families for children aged 4 – 11 Short guidance films are also available online. [Childbereavementuk.org](http://Childbereavementuk.org)

**Winston's Wish** - This organisation primarily provides support to bereaved children but also has some useful resources: [winstonswish.org](http://winstonswish.org)

**Place 2 Be** - A children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. Offers a good selection of online resources for parents / professionals to use with bereaved children: [placetobe.org.uk](http://placetobe.org.uk)

**RipRap** - This site is developed especially for teenagers who have a parent with cancer. In riprap, they can learn more about cancer and its treatment and through real stories can read the experiences of other young people and if desired, share their own story. [http://www.riprap.org.uk/support/support\\_in\\_my\\_area/north\\_west/](http://www.riprap.org.uk/support/support_in_my_area/north_west/)

**Young Minds** - Mental health charity for children and young people [youngminds.org.uk](http://youngminds.org.uk)

**Child Bereavement Network** - Can provide advice and guidance for children, young people, their families and communities.  
[childhoodbereavementnetwork.org.uk/](http://childhoodbereavementnetwork.org.uk/)

**Lilies** - user-friendly mobile grief app for young people which gives virtual hugs. Developed by six schoolgirls, the app provides a safe community to share thoughts and memories, as well as grief tips.  
<https://liliesgriefsupport.weebly.com/>

**Apart of Me** - a mobile gaming app developed to provide children with strength and resilience when someone is dying or has died. Set in a colourful virtual world, the bereavement app was developed by Bounce Works, and allows children to curate memories of their loved ones in a beautiful and engaging way. Upon opening the app, its users are introduced to a peaceful island that is theirs to explore. As they discover the various different parts of the island, they can undertake quests and puzzles. These have been especially created to help children process their emotions and also help adult carers to begin and support difficult conversations with them. <https://www.apartofme.app/>

**Nino's Mourning Toolbox** - Targeted at children aged four to 12 years old, Nino's Mourning Toolbox tells the story of a dinosaur whose sister has died. The interactive story journeys through steps in the grieving process to help children overcome their loss and help families to support each other. This mobile app invites children to answer death-related questions in a friendly and creative way. The activities encourage singing, drawing, inventing, speaking, thinking and listening as a means to better understand the death of a family member. The app is available for download on Android and iPhone. YouTube film available from: <https://www.youtube.com/watch?v=KUT1goUJcs4>

**HOPE again** - the youth website of Cruse Bereavement Support.

It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one.

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

**A Monster Calls (2016)** – This film explores grief from the perspective of a young person. Watching films that explore grief can be a good way of opening conversations about grief with children and young people.