

COLLEAGUE WELFARE AND
Wellbeing Support



Sherwood Forest Hospitals
NHS Foundation Trust

Bereavement Support Guide

A guide for #TeamSFH colleagues that have lost a loved one



We are in this together | Just do the best that you can do | Look out for each other | It's ok not to be ok

We are all individual and experience grief differently; but most of us will experience the feeling of grief and loss when we lose a loved one or pet that is important to them. Feelings of loss can bring different emotions and cycles of grief. If these feelings are overwhelming and affecting your life, there are organisations to support you.

Bereavement is different to each person, we may experience different emotions at different times. There is no right or wrong way to feel. Some feelings include shock, numbness, sadness, tiredness, exhaustion, anger or guilt. Sometimes these may feel intense and stop you doing things; others they may seem like they are in the background and you are able to do your day-to-day activities. Things that can influence the way we feel or react could be the relationship you had with the person who died, if their death was expected, how they died and our previous experiences of death. The NHS website has further information on the cycles of grief and sources of support, **Get help with grief after bereavement or loss - NHS (www.nhs.uk)**.

This booklet seeks to offer a short guide of where to go for support or information if you need this. Within this booklet are some additional resources where you can read about the cycles of grief, process of bereavement but also some specific organisations specific to your situation. We also enclose signposting to internal support at the Trust for SFH colleagues.

Please note that this is not an extensive list.

Bereavement Service Directories

At a Loss	<p>www.ataloss.org</p> <p>Email: hello@thegoodgrieftrust.org.uk</p> <p>Live chat to a Grief Chat Counsellor online via the web page 9am-9pm Monday-Friday.</p>	The Good Grief Trust and At a Loss collate the UK bereavement resources, bereavement and counselling services. Offering tailored bereavement support for illness, cancer, hereditary, genetic or sudden bereavement.
Bereavement Advice	<p>www.bereavementadvice.org</p>	Range of information, advice and practical information on what things may need to be arranged. Links to other organisations.
Mind	<p>www.mind.org.uk</p> <p>Telephone: 0300 123 3393</p> <p>info@mind.org.uk</p>	The UK's signposting website for those who has experienced a loved one dying. Mind provides information about the bereavement, cycles of grief, support and self-care for yourself, family and friends. Additional links to other charities and organisations; for example Cruse Bereavement Support, Compassionate Friends, SANDS etc. Information on connecting with others; professionals or peers are also located within the 'connect with others section.'
Notts Help Yourself	<p>Nottshelpyourself</p>	Nottshelpyourself includes support groups and local services to Nottinghamshire that can be searched. National support organisations can also be found here.

Family and Child Bereavement

<p>Butterfly Project - Barnardo's Family Support Service</p>	<p>www.barnardos.org.uk Telephone: 01773 530515 (Monday-Thursday 9-5pm)</p>	<p>The Butterfly Project provides comprehensive practical and emotional support to children & young people with life limiting illnesses and their families, from diagnosis to bereavement. The project is funded by the local health authority and can provide a service in the following areas:- City of Nottingham, Gedling, Rushcliffe & Broxtowe.</p>
<p>Child Bereavement UK</p>	<p>www.childbereavementuk.org Telephone: 0800 0288840</p>	<p>Support when a baby or child of any age is dying, or a child is facing bereavement. Child Bereavement UK exists to ensure that all people in the UK receive appropriate support and information during a bereavement.</p>
<p>Compassionate Friends</p>	<p>www.tcf.org.uk Telephone: 0345 123 2304 helpline@tcf.org.uk</p>	<p>Bereavement support following the bereavement loss of a child. Range of leaflets available, including supporting siblings, and colleague who has lost a child.</p>
<p>Miscarriage Association</p>	<p>www.miscarriageassociation.org.uk/ Helpline: 01924 200799 01924 200795 info@miscarriageassociation.org.uk</p>	<p>If you or your partner have been affected by the loss of a baby in pregnancy and would like to talk to someone else who has had this experience, the Miscarriage Association can put you in touch with a support volunteer in your area. Offers information and details of your nearest support group, where you can meet others who have experienced pregnancy loss. We also have a Pregnancy and Baby Loss guidance at SFH please access the intranet page or contact the People Directorate for this guidance with further support materials.</p>
<p>Sands</p>	<p>www.sands.org.uk Telephone: 0808 164 3332 (Monday-Friday 10-3pm, evening support Tuesday and Thursdays 6-9pm).</p>	<p>The Sands National Helpline provides a safe, confidential place for anyone who has been affected by the death of a baby at any stage, if this was a long ago or recently.</p>
<p>Winston's Wish</p>	<p>www.winstonswish.org.uk Telephone: : 08088 020021 01242 515157 Urgent Support text WW to 85258 info@winstonswish.org.uk</p>	<p>The death of a parent or sibling is one of the most fundamental losses a child will ever face. Support for the young person, parent or carer or professionals.</p>

24/7 Support and Listening

Samaritans	www.samaritans.org 116 123 (freephone) Telephone: 0808 164 0123 (7pm–11pm every day). jo@samaritans.org	Supportive free 24/7 support line available to all to talk confidentially about how you are feeling and talk through concerns and worries.
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Advice and Support

Cruse Bereavement Care	www.cruse.org.uk Telephone: 0808 808 1677 (Monday-Friday 9:30am-5pm, Tuesday, Wednesday and Thursday 9:30-8pm, weekends 10am-2pm. Nottinghamshire telephone: 0115 9244404	National organisation offering support to individuals with a support line with trained counsellors. Offers resources to how to support others who have experienced a bereavement. Support is available for adults and children.
Nottinghamshire Hospice Care	www.nottshospice.org Telephone: 0115 9621222	Support pre and post bereavement from Nottinghamshire Hospice. Can self-refer or care team can refer you to bereavement and emotional support.

Suicide - Bereavement by suicide

Survivors of Bereavement by Suicide, Nottinghamshire and East Midlands (SOBS)	https://uksob.org Support Line: 0300 111 5065 National Support Line: 0300 111 5065 (Monday-Thursday 9am-5pm) support@uksobs.org or bereavment@uksobcs.org Punjabi Speaking Women's Group: birmingham@uksobs.org or 07376 303 438	Emotional and practical support for those bereaved or affected by suicide. Covering practical resources and local groups available.
The Tomorrow Project	www.tomorrowproject.org.uk/ Telephone: 0115 880 0280 Email: crisis@tomorrowproject.org.uk	The Tomorrow Project are a confidential, community based suicide prevention, intervention and postvention service that will help and support you in times of struggle. There are two pathways of care, (Crisis pathway and Suicide Bereavement pathway) supporting those in suicide crisis and those who have been bereaved by suicide. There is no age restriction in the service.

Pet Bereavement

Blue Cross Pet Bereavement Support Line	www.bluecross.org.uk Telephone: 0800 096 6606 pbssmail@bluecross.org.uk	Support to those experiencing a loss of a pet. Support through the live chat online, or call the support line.
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War Widows Association of Great Britain

The War Widows' Association	www.warwidows.org.uk Telephone: 0845 2412 189 info@warwidows.org.uk	A campaign to improve the conditions of War Widows and their dependants in Great Britain. Supports those who have suffered bereavement as a result of World War II, Iraq and Afghanistan. The WWA also represents those who have suffered the loss of their partner and in peacetime, when the death was attributable to their service life.
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SFH Support

Departments at the Trust who can offer support

Bereavement Centre	Team offering support if you have lost a loved one at SFH. But they also have a range of supportive information on their page on SFH intranet page. This includes a practical bereavement booklet and also have leaflets called sincerest sympathies and what to expect. The team can be contacted on their direct number 01623 422 702 or 016233 622515 extension 4189 or 4190 .
Clinical Psychology Team	Offering Clinical Psychology support, signposting and talking therapy to SFH colleagues. Contact the team on sfh-tr.clinicalpsychologists@net.net or via the Occupational Health number 01623 622515 extension 3780 .
Macmillan Cancer Information and Support Team	Support through the End of Life Team and Macmillan Team supporting those who are experiencing a Cancer diagnosis or has lost a loved one to Cancer. The pod is based in the reception area of Kings Mill Hospital, you can stop by without an appointment for advice, guidance to someone to talk to. They also run walking groups, peer led support and a buddy system. Contact the team directly for further support 01623 622515 ext 6499 . Or email on sfh-tr.info@nhs.net Mobile App called "Myhealthboost" collating a range of materials and support is also available, ask the team for further information.
Occupational Health	Occupational Health can provide advice on physical and mental health that may be affecting you at work. Further advice can be obtained by calling the department on 01623 622515 ; extension 3780 or email sfh-tr.occupationalhealth@nhs.net

SFH Support

Departments at the Trust who can offer support (cont'd)

People Partnering Team	<p>The People Partnering Team can offer advice and support with process, guidance and policy queries, support on sickness and bereavement leave.</p> <p>Contact the People Partnering Team on sfh-tr.hrbpteam@nhs.net</p>
Support Groups at Sherwood Forest with the Bereavement Midwives and Pastoral Care	<p>Snow Drops and Butterflies - for families who have lost a baby</p> <p>Rainbows and Butterflies - for families expecting a baby</p> <p>Both groups are run jointly by the Spiritual and Pastoral Care Team and Bereavement Midwife team.</p> <p>Contact Bereavement Midwives on sfh-tr.bereavementmidwives@nhs.net</p> <p>Spiritual and Pastoral Care Team can be reached on 01623 622515 extension 3047 or email sfh-tr.chapliancy@nhs.net</p>
VIVUP	<p>www.vivup.co.uk is the employee assistance programme counselling support line, 0330 3800658 and also have a bereavement workbook guide with further information and signposting resources.</p>
Wellbeing Champions	<p>Wellbeing Champions can signpost you to an array of resources available to colleagues. For support, please email sfh-tr.wellbeing@nhs.net</p>

