

Beech House Surgery

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*On behalf of Beech House Surgery,
please accept our deepest sympathy
at this difficult time.*

*The information provided in this
booklet has been sourced from
BCUHB and www.gov.uk May 2020*

*Help for you following
bereavement*

*Please note that during the current Covid-19 Pandemic there may
be certain procedures that differ from normal. Please contact
Beech House if you have any concerns.*



What To Do When Someone Dies

It can be a confusing time following the loss of a loved one and you may find it difficult to think about practical things and what to do next. The aim of this booklet is to help you consider the next steps over the coming days along with some details of other agencies that may be of some comfort, or offer personal support, in moving forward.

The Medical Certificate of Cause of Death

Contact the Register Office on 01824 708100

Road Peace National charity for road crash victims in UK providing support and advice for those bereaved and injured in road crashes.

Helpline 0845 4500 355

www.roadpeace.org

For Children Who Are Bereaved

Cruse For Children And Young People A safe place where you can learn from other young people, how to cope with grief, and feel less alone 0808 808 1677

www.hopeagain.org.uk

Winston's Wish Support for grieving children and their families

08088 020 021

www.winstonswish.org.uk

LOCAL

Macmillan Information & Support Services North Wales:

Glan Clwyd: 01745 448788 ext 3935

Samaritans of Rhyl and North East Wales Providing confidential emotional support 24 hours a day. Helpline: 116 123

www.samaritans.org

St Kentigern Hospice Comprehensive bereavement support service for all ages to accommodate individual needs. Drop in sessions Thursday afternoons 3pm at Bowen Court site on St Asaph Business Park. One-to-one counselling for adults and children is specifically for those bereaved of someone who has been a patient at the hospice. 01745 774923

www.stkentigernhospice.org.uk/services/family-support-services/

Support Groups

Support groups can provide the opportunity to meet people who are in a similar situation. Although not for everyone, they can offer a reliable contact and provide potential benefits to help you progress through your grief. As well as emotional support, many offer advice on matters such as DSS benefits and housing too. They are generally cost free and require no commitment for attendance.

NATIONAL

The Good Grief Trust Offers advice and support.

Covid /Sudden Bereavement Helpline: 0800 2600 400 8am-8pm

www.thegoodgrieftrust.org

Age Concern: Practical advice for the over 50s following bereavement.

Information Line: 0800 678 1174

www.ageconcern.org.uk

Cruse Bereavement Care:

Offers support, help & advice to those bereaved.

Helpline: 0808 808 1677

www.cruse.org.uk

Compassionate Friends:

Support for bereaved parents and their families, especially helpful for parents who have lost older / adult children.

Helpline: 0345 123 2304

www.tcf.org.uk

WAY Widowed and Young:

Support, help & understanding to those widowed before the age of 50.

www.widowedandyoung.org.uk

Contacting A Funeral Director

It is important to contact a funeral director as soon as possible so that they can start making arrangements on your behalf. You **do not** need to wait for the Medical Certificate of Death to be issued prior to contacting a funeral director. Final arrangements for the funeral should not be made until you are sure that the death does not need to be referred to the coroner. Please contact Beech House if you are unsure or need advice.

If you are receiving certain benefits from the Department for Work and Pensions or local council (e.g. council tax benefit) you may be entitled to claim money towards the cost of the funeral, but it will not cover all of the costs.

Citizens Advice

www.citizensadvice.org.uk/wales/benefits/claiming-bereavement-support-payment/

Telephone: 0800 731 0469 (Monday—Friday 8am—6pm)

UK Government

www.gov.uk/funeral-payments

Contact the Social Fund to check eligibility: telephone 0800 169 0140

Friends or Clergy may be able to suggest a funeral director, however, a list can be found in the Yellow Pages

www.yell.com/s/funeral+directors-denbighshire+county+council.html

Coroner

In some circumstances a Medical Certificate Of Death is not able to be issued by the GP. This can happen if, for example, there is no certain cause of death or the death is a result of an accident or violent incident. The GP has a legal obligation to refer these deaths to H.M. Coroner, who will decide if a post-mortem examination is required prior to the Certificate being issued. In this situation, the paperwork needed to register the death will be issued by the Coroner. The Coroner's Office will contact you to explain the process and provide you with the information and support you require.

Registering The Death

You need to register the death at the Office for the Registration of Births, Deaths and Marriages for the area in which the death occurred. This needs to be done within 5 working days by law and is by appointment only. If you are not sure where to contact, either ourselves at Beech House, the coroner's office or the undertaker can provide you with this information.

Who should register a death? A relative should register the death.

If a relative cannot register the death, you can do it if you:

- 1) were there at the time of death
- 2) are an administrator from the hospital (if the person died in hospital)
- 3) are in charge of making funeral arrangements

What you need to do

The register office will tell you what you need to do when you contact them. The register office may also want to see the person's: Birth certificate, Council Tax bill, Driving Licence, Marriage or Civil Partnership Certificate, NHS Medical Card, Passport, Proof of Address (e.g. utility bill).

Ask the register office what to do if you do not have them.

You'll need to tell the registrar:

- the person's full name at the time of death and any names previously used, e.g. maiden name
- the person's date and place of birth
- their last address
- their occupation
- the full name, date of birth and occupation of a surviving or late spouse or civil partner
- whether they were getting a State Pension or any other benefits

Grief And Bereavement

At some point in all of our lives we will experience the loss of someone close to us. Grief is the emotion we experience with loss and it is common to feel distressed and confused. You may feel isolated and that no one understands how you feel. Each individual responds to grief in a different way which is personal to them. It is not wrong or improper to have a range of feelings and emotions. It is important to take time to come to terms with what has happened. Setting small goals can help reduce the feeling of being overwhelmed. Talk to friends or family. At Beech House, we are happy to provide whatever support we can. On the next page are a selection of support groups that can provide further information at this difficult time.