

Bereavement Support

at St Gemma's
Hospice



t - 0113 218 5500

w - www.st-gemma.co.uk/for-families



**St.
Gemma's
Hospice**

Always caring

Introduction

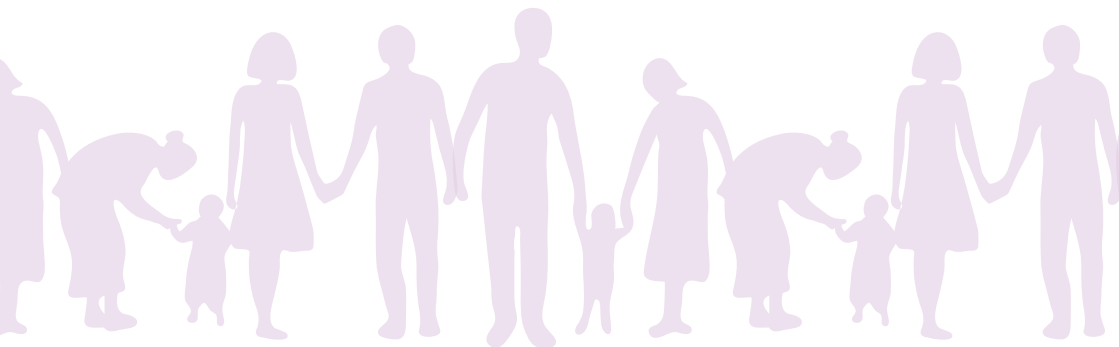
If you are reading this leaflet you may have had a recent bereavement. Please accept our condolences at this difficult time. We hope that this leaflet is helpful to you. The bereavement service is available to all families and carers of patients who were supported by St Gemma's Hospice.

Practical Arrangements

For people who have died at the Hospice, a Doctor will issue a Cause of Death certificate. This will be given to you by a nurse who has looked after the patient. They will explain to you what you need to do. Normally this means taking the certificate to the Registry Office in Leeds to obtain the Death certificate. The Hospice will inform a patient's Family Doctor (GP) of the death.

There is a leaflet available at the Hospice titled "Registering a Death". It is useful to remember when you collect the Death Certificate that you may need copies for banks and insurance companies. It is advisable to ask for copies straightaway, as there is an additional search fee if you require them later.

For St Gemma's patients who die in the community, the GP or District Nurse will write the Cause of Death certificate. This will then have to be taken to the Registry Office as described above. Normally the St Gemma's Hospice Clinical Nurse Specialist will contact the next of kin after the death.



Help with Funeral Arrangements

Planning

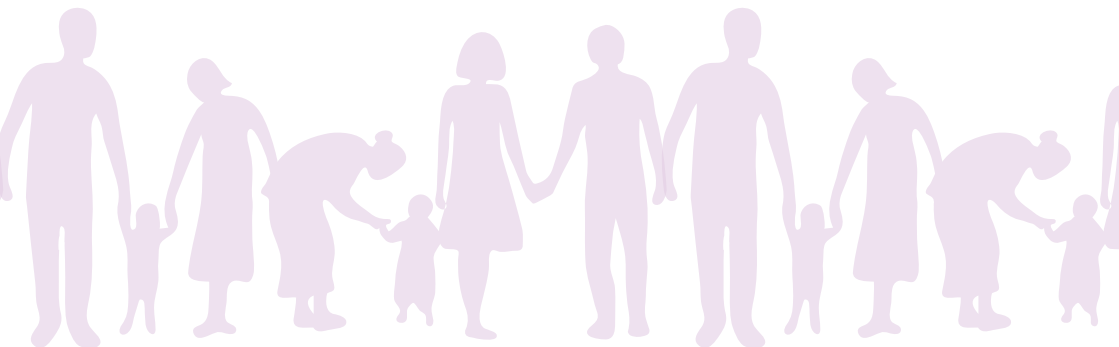
Planning and making choices about the funeral of a loved one is an important part of the grieving process.

Many people seek help from a minister, priest or faith representative. They are happy to support the family and carers in planning a service in a place of worship, at a cemetery or crematorium. Funeral directors will put you in touch with a minister of faith at your request.

If you have no particular connection with a church, synagogue, mosque or temple and you want advice about a non-religious funeral there is help available to arrange a funeral of your choice. Please contact us for details.

Burial or Cremation?

This choice will be influenced by your faith and cultural background. If you choose cremation you will need to consider what you want to do with the ashes of your loved one afterwards.



Children and Funerals

Many children attend funerals and find this useful. Often it is a family choice as to whether young children attend. Whether they are attending or not, it is useful to...



Explain clearly what will happen.



Encourage questions.



Often it's useful to have someone who is appointed to accompany the children who is not directly bereaved so they can support the children.



Children can contribute to funerals by sending a letter, toy, photograph, flowers, etc to be incorporated in the service.



Let them help with the arrangements.



Be aware that others may think that children should be 'protected.'

Grief

Grief is a natural reaction following the death of someone close and it is a very individual experience. Bereavement causes deep sadness, distress and unexpected feelings such as:

disbelief

anger

guilt

panic

This extra emotional distress may cause acute tiredness.

You may find yourself feeling acute grief or coping with your grief by keeping busy or distracting yourself from painful feelings. Other people around you may be coping differently from you and so it can be difficult to connect with each other. You may also be trying to protect each other from distress.

It often helps if you talk about these feelings, which can relieve some of the stress you experience, now or later. You may feel others are avoiding you, maybe because they are embarrassed and do not know what to say. You may need to let them know you want to talk about the person who has died and that you need their support. Particularly if you have children, or work or other commitments, you may need space for yourself in which to grieve.

Grieving takes time. Though it may be difficult to believe it now, most people gradually begin to feel less raw and rebuild parts of their life again, although that life will be different.

St Gemma's Hospice Bereavement Team

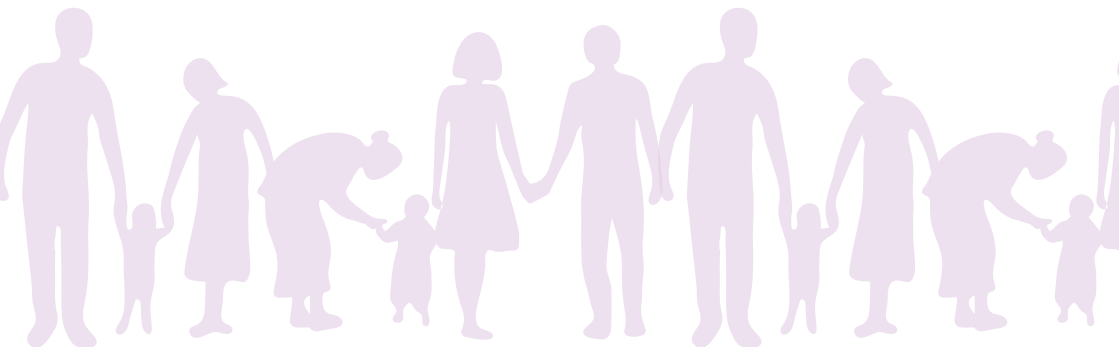
Bereavement Support Meeting

We hold monthly support meetings on the second Friday morning of the month from 10 a.m until 12 noon. These are run by the Bereavement Team and provide an opportunity to meet other people who have been bereaved; sometimes speaking with others going through a similar experience can be helpful. Bereaved people are welcome to attend these meetings for up to 2 years.

Individual Support

We also offer confidential individual bereavement support. It may help you to explore your feelings and look at what is specifically troubling you.

Please contact the Bereavement Team on 0113 218 5500 for more details.



St Gemma's Young People's Service



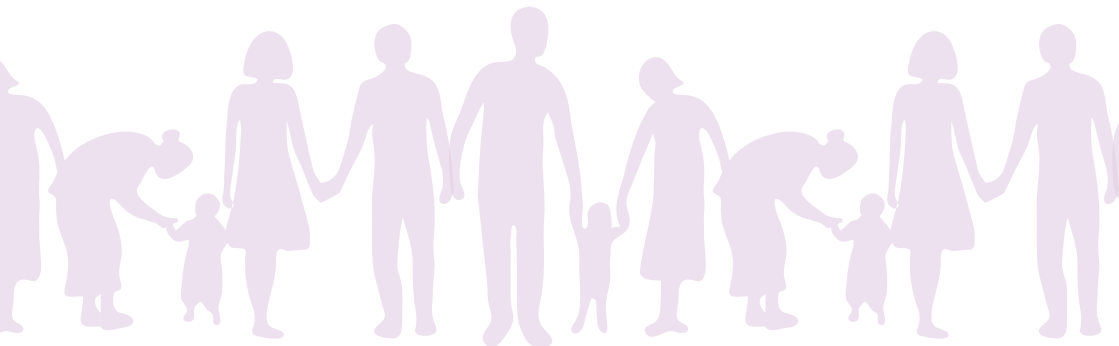
We have specialist children and young people's workers, who offer individual support sessions during their loved one's illness or after they have died. Additionally we run regular days to remember the person who has died.

Please visit www.st-gemma.co.uk/young-peoples-service or call 0113 218 5500.

In-Memory

- Close to the first anniversary of a patient's death, the next of kin will receive an invitation to a Memorial Service at the Hospice.
- The name of patients are inscribed in the Memorial Book in the Hospice's Chapel.
- In return for a donation you can have a leaf inscribed and hung on the Tree of Life in the Memorial Garden, or sponsor a brick in the Wall of Light in our Memorial garden.

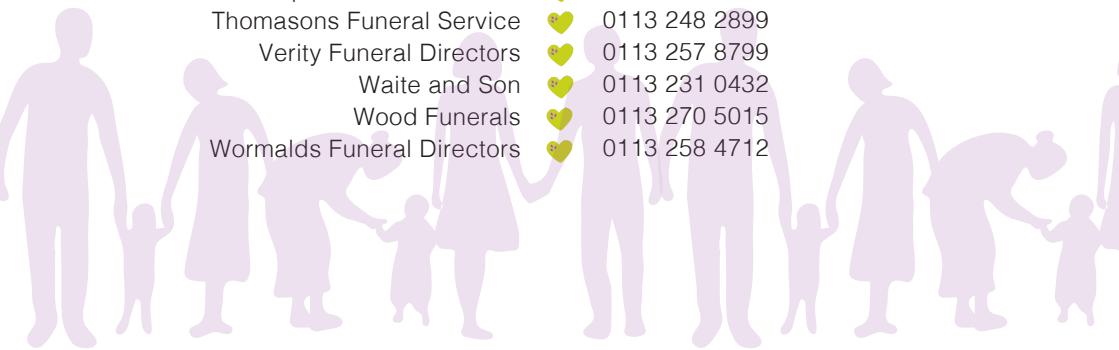
For more information about donating In-Memory and any other fundraising information, please call 0113 218 5500



Funeral Directors

Here are a selection of Funeral Directors in Leeds.

Affordable Funerals	♥	0113 267 4577
Asquiths Funeral Service	♥	0113 252 2503
Bensons Funeral Services	♥	0113 276 0077
Binks Funeral Directors	♥	0113 253 2087
Carroll and Carroll Funeral Services	♥	0113 345 3160
Cooke & Son	♥	0113 286 2752
Co-operative Funeralcare	♥	0800 088 4883
Crabtree and Son	♥	0113 285 2650
Crabtree and Son	♥	0113 252 5243
Denison's Funeral Service	♥	01943 872619
Dodgson & Son	♥	0113 249 8849
Dovener & Son	♥	0113 224 9788
Fisher Funerals	♥	0113 268 6069
Fox and Sons	♥	0113 282 2264
Full Circle Funerals	♥	01943 262626
Gallagher Funeral Services	♥	0113 274 7888
Geldart and Sons	♥	0113 258 2134
Gooding Funeral Services	♥	0113 210 7998
Good's Funeral Directors	♥	01943 462646
Hartley and Son	♥	0113 289 2354
Kaye's of Moortown	♥	0113 237 0485
Kettleys Funeral Service	♥	0113 250 3716
Love & Stevens Funeral Directors	♥	0113 345 3380
Mahony & Ward	♥	0113 256 5209
Robson and Ellis Funeral Service	♥	0113 257 0542
Slaters of Horsforth Ltd	♥	0113 258 2395
Spence Ltd	♥	0113 268 2842
Tate Funeral Directors	♥	0113 834 7671
Tempest Funeral Service	♥	0113 239 2700
Thomasons Funeral Service	♥	0113 248 2899
Verity Funeral Directors	♥	0113 257 8799
Waite and Son	♥	0113 231 0432
Wood Funerals	♥	0113 270 5015
Wormalds Funeral Directors	♥	0113 258 4712



St Gemma's Hospice

St Gemma's Hospice is a local charity providing free care and support to thousands of people each year. If you or someone you know can support our vital work, please contact our fundraising team on 0113 218 5555.

We also have a variety of special ways you can remember a loved one, whilst supporting our work. Please contact 0113 218 5555 for more details.

Other Useful Contacts



St. Gemma's Bereavement Team
0113 218 5500



Leeds Age UK
0113 389 3000



www.ageuk.org.uk/leeds



CRUSE, Bereavement Care
0113 234 4150
www.crusebereavementcare.org.uk



Leeds Lesbian & Gay Switchboard
0113 245 3588



The Samaritans 24 hr National No.
08457 90 90 90



Leeds Samaritans
0113 245 6789



Leeds Mental Health Crisis Team
(Single Point of Assessment)
0300 300 1485



Leeds City Council Welfare Rights Unit
0113 376 0452



www.winstonswish.org.uk



www.rd4u.org.uk



www.childbereavement.org.uk



www.childhoodbereavementnetwork.org.uk



www.themarketplaceleeds.org.uk



www.childline.org.uk



www.youngminds.org.uk

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