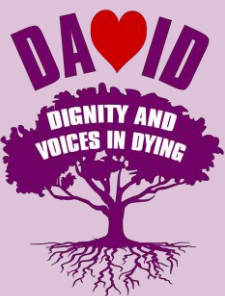


Bereavement Information Booklet



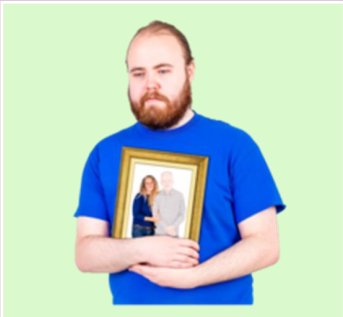
What is in this booklet?



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Important words I need to know

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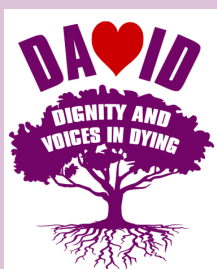
26



More information

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The DAVID Project

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Introduction



This booklet is about Bereavement.



It is a part of a series of booklets that provide information about end-of-life planning.



There are some words in this booklet that you may not know.

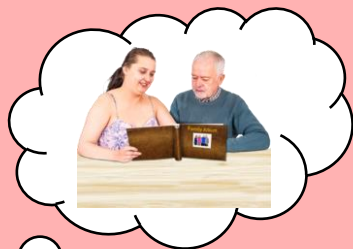
You can find the meaning of all the words in **Purple** in the **Important Words I Need to Know** section on page 26.



This booklet will cover:



- What is bereavement



- How to look after yourself following a bereavement



- How to support others who have been bereaved



There is also a **Bereavement Activity Booklet** on this subject that has a range of fun activities you can do if you would prefer a more interactive way of learning about Bereavement.



What is bereavement?



Bereavement is when someone you care about dies.



This might be a family member, a friend, a pet or even a **public figure**.



Grief is the different emotions you feel in response to the death of someone you care about.



There is no right or wrong way to grieve.

Emotions and feelings

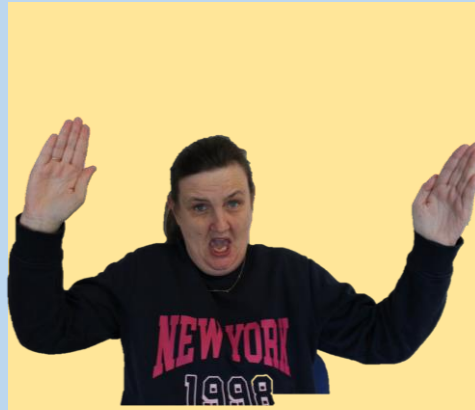


When someone dies, it is natural to feel a range of different emotions.

Some examples of the emotions you might feel when someone you know dies are:



Sadness



Shock



Anger



Emptiness

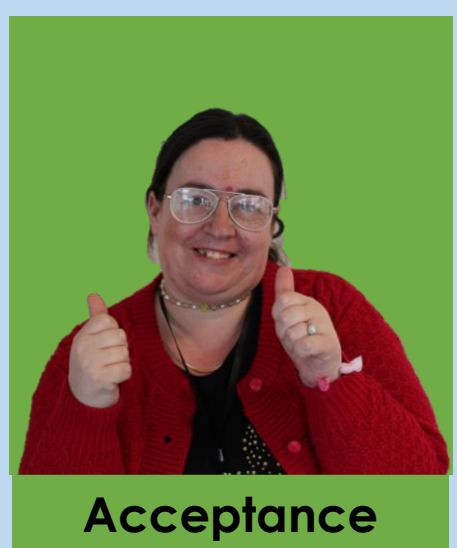
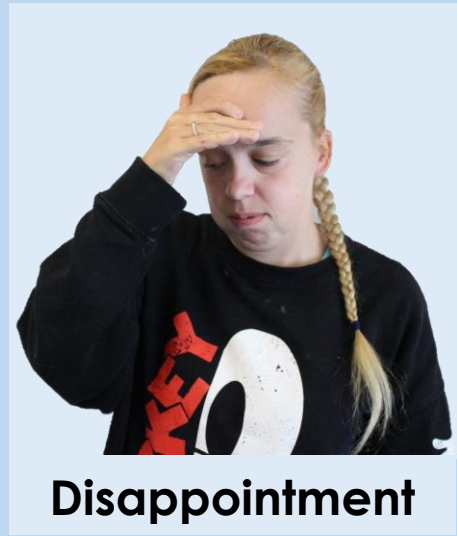
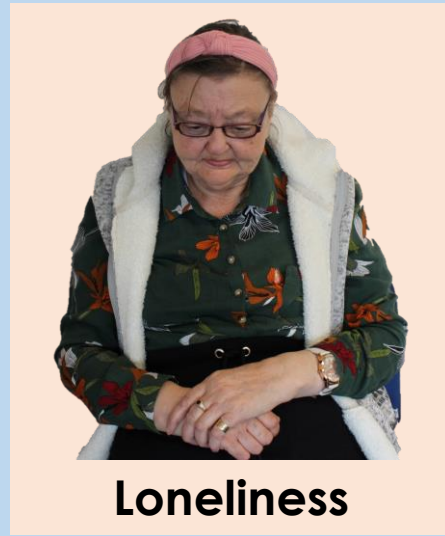
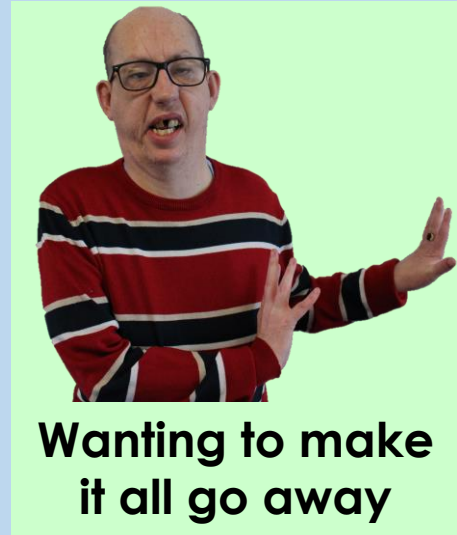
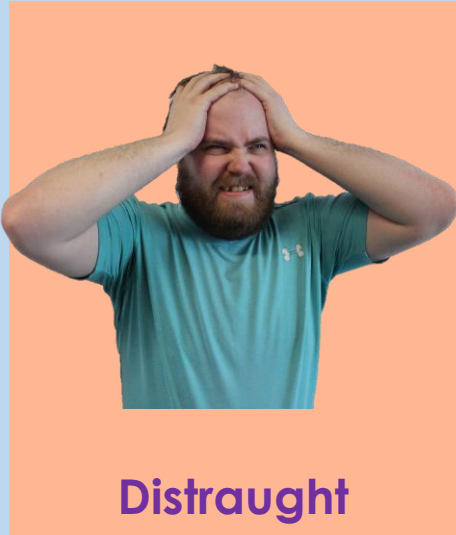


Numbness



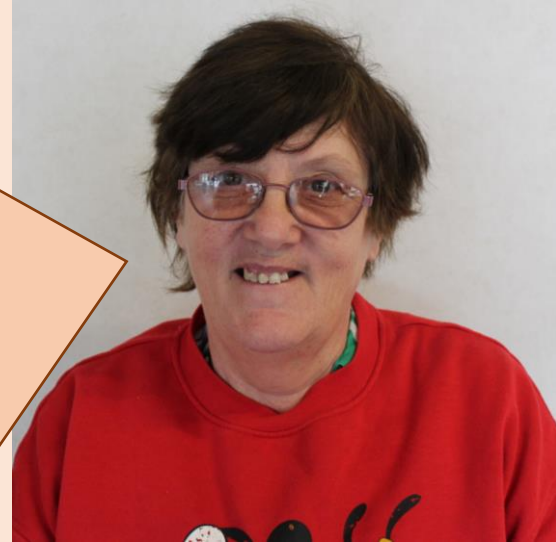
Confusion

Emotions and feelings



“My niece told me my sister passed away. I didn’t want to be alone, I called my boyfriend, and he supported me after my sister died. My mum went to support my nieces and nephews. I couldn’t believe she was gone. I really miss her; I want her here. It’s not the same without her. My mum asked if I wanted to go to the **funeral**, so I asked my boyfriend to come and stand at the back with me. Her **funeral** was a lovely day and loads of people came. I put flowers and balloons on her **grave** on her birthday. I don’t go alone, but it helps me.

Lesley’s Case Study



Karen’s Case Study



“When my mum passed away, I didn’t know whether I was coming or going. It was a shock. I wish it was me, not my mum. If it’s Christmas or another celebration, I put flowers on her **grave**. It’s upsetting to go there. We did loads together, and she was really active. It was a shock. I collapsed at her **funeral**. I couldn’t cope, they nearly didn’t let me go. I just couldn’t believe it. It has been 8 years but I’m still grieving, I still can’t believe it.”

Phil's Case Study

“When my friend David died, I was really hurt and lost. It was an emotional and sad time. David was my best friend, and it was a hard time that I went through not seeing David around. If it wasn't for being a part of Orrell Park Baptist Church and People First Merseyside, David wouldn't have gotten the send-off he would have wanted. David's **funeral** was at Anfield Cemetery, where all of his friends and colleagues attended. The outcome of David's death is that we as people first Merseyside got funding to do a project about death and dying, to help people with learning disabilities and autism to know how to plan and arrange their own **funeral**, which we named The DAVID Project in his honour. David is still with us. David will never be forgotten”



Simon's Case Study



“ When my friend David died, I was sad and miserable. I felt numb. If it wasn't for People First Merseyside and Orrell Park Baptist Church helping us to plan David's **funeral**, we all would have struggled.

Emma's Case Study

“When I saw my Nan died on my birthday, I felt shocked. I broke down crying that she had gone, I didn't accept it. I started to blame myself, I should have been there before she died. After her **funeral**, I kept going to her **grave** all the time. It took me 6 months to move on. I grieved for 3 months. I never celebrate my birthday”



Lisa's Case Study



“When I was 16, my dad died. I went through a lot of years being angry at the world, no one, everything and everyone in it. No one told me all my anger, frustration and general bad mood had a name. It was called grief. So now I am on a mission for all people with a learning disability and complex needs to know all about grief and help them through it in a way that the individual can understand”



Looking after yourself following a bereavement



- Have time off from work



- Go out and visit places



- Movement – go for a walk, yoga



- Be around people, even if you're not ready to talk



Looking after yourself following a bereavement



- Recognise what you're feeling is grief



- Speak to someone you trust, such as a friend, a family member or support worker



- Talk to someone at your school, college or university, if you have one.



- Speak to someone, such as a bereavement counsellor or a doctor



Looking after yourself following a bereavement (Where to get support)



- Speak to your friends and family



- Speak to your doctor

See if you can get support through:



- Your work



- Place of study

OR



- Place of worship, if you have one



Looking after yourself following a bereavement (Where to get support)



- Think about getting some bereavement therapy or counselling



- Visit your local community centre or library to find information about local bereavement services



- Find support online, such as support groups.

Organisation	Contact	Opening Hours	More Information
SAMARITANS	Call: 116 123 Or Text SHOUT: 83238	24 hours	Mind www.mind.org.uk/information-support/guides-to-support-and-services/bereavement
Cruse Bereavement Support	Call: 0800 806 1477	Monday, Wednesday, Thursday & Friday: 9.30am – 5pm Tuesday: 10am-8pm Saturday & Sunday: Closed	Co-op www.coop.co.uk/livercare/ Advice/supporting-people-with-learning-disabilities-through-bereavement
CRISIS-ORGANISATION ALIGNED WITH WISEARABLE	Call: 0800 58 98 58 Web Chat: https://www.thecrisiscentre.org/fo Email: info@thecrisiscentre.org	Everyday: 5pm to midnight	At a Loss www.ataloss.org/supporting-someone-with-learning-disabilities-when-they-are-bereaved
At a Loss	Web Chat (Grief Chat): https://www.ataloss.org/fo:chat Call: 2800 448 0800 Text: 07986 02214	Monday to Friday: 9am – 1pm	Cruse Bereavement Support www.cruse.org.uk/about/blog/supporting-people-with-learning-disabilities-through-grief-and-bereavement
WINSTON'S WISH WWW	For young people up to 25 years old Call: 0800 095 021	Monday to Friday: 8am – 8pm	The Good Grief Trust www.cruse.org.uk/about/blog/supporting-people-with-learning-disabilities-through-grief-and-bereavement/
	Call: 0800 096 2309 Email: support@cruse.org.uk	Monday to Friday: 8am – 6pm Saturday: 11 am – 5pm	
	Website: https://www.goodgrieftrust.org/learn/online-bereavement-support/ Email: online.counselling@suzyder.org	24 hours	

You can find more information about where to access support on the more information section of this booklet on **pages 27-28**.

Sensory Story

Many different things can help us to remember people who have died. Our five senses – seeing, hearing, touch, taste, smell can bring back memories.

1



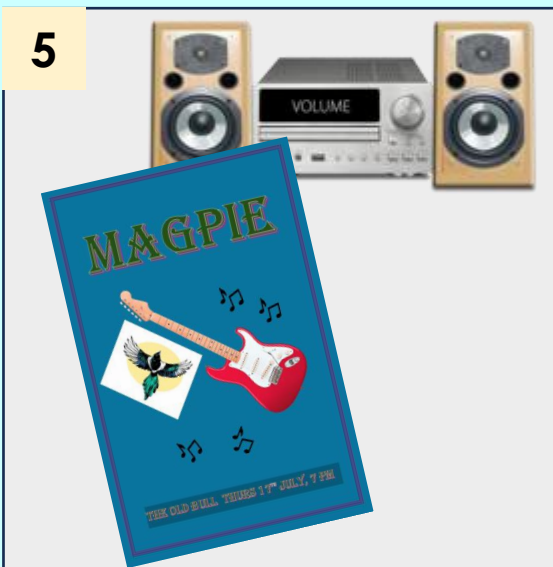
Andy lived all his life in Liverpool (**Touch:** the collage of the Liver Bird)

2



He lived with his partner James and their teenage sons (**SEE:** family photo)

5



Andy played the guitar in his band 'The Magpies'. (**Hear:** music by band, **See:** Magpies poster)

6



He loved going to the café for a latte and chocolate sponge (**Taste:** cake and latte)

Sensory Story

This sensory story about someone called Andy, shows how we can include different items when we share memories to help us think of the person who has died.

3



Andy liked dressing smartly in his blue suit and a black and white tie. (**Touch:** silky tie)

4



His favourite aftershave was in a body-shaped bottle. (**Touch:** bottle **Smell:** aftershave)

7



Andy enjoyed walks in the park with his dog, Rosalee **Touch:** padded jacket, dog collar, leaves

8



He painted lovely landscapes with acrylic paint (**See:** paintings, paints, **Smell:** paint)



How to Support People who are grieving

This section is about how you can support people who are grieving. Everyone grieves differently and there is no right or wrong way to grieve. Here are some suggestions about different ways you can support people through grief. Some of these suggestions may not work for everyone, so it is important to listen to the person you are supporting and find a way that works best for them.



- Make sure you include the person that you are supporting when remembering and celebrating the life of the person who has died.



- Check in with the person who is grieving.



- Look at pictures and think of memories of the person that has died



- Celebrating occasions



How to Support People who are grieving



Are you sure you're, okay?

I miss my Dad

- Ask them if they are okay twice. Sometimes when you ask someone once they may not feel ready to open up but if you ask them again they may feel more comfortable speaking to you.



I'm here when you're ready to talk.

- Speaking to people at their own pace and use the right tone



It's okay. Take your time.

- Have patience



How to Support People who are grieving

My dad has passed away

I'm here if you need me



- Make sure you respond in a way that is most comfortable for the person you are supporting

I miss my Dad

I know how you feel. I miss my Mum.



- Try to put yourself in their shoes

I respect your decision. Do what is right for you.

I don't want to go to the funeral



- Respect their choices, even if you don't agree with it.



- When supporting other people, make sure you look after yourself



How to Support People who are grieving

National Days of Remembrance:

You may also wish to celebrate national days of remembrance in order to support people in remembering their loved ones who have died.

These include:



- National day of reflection in March



- Dying matters week in May



- Grief awareness week in December

There may also be events happening locally where you can join other people who have been bereaved to share memories and celebrate the people who have died.

Look online or ask at your local library for details.

How to Support People who are grieving (What not to Do)



I miss my parents



- Try not to get distracted



I need some space



- Don't overcrowd people, give them space



I miss my nan



- Don't dismiss how people are feeling

Tell me how you're feeling!



I'm not ready to talk

- Don't push people to talk before they are ready

How to Support People who are grieving (What not to Do)



Hurry up! I have dinner plans!

I really miss my friend. Can we talk?



- Don't rush people, let them go at their own pace

I'm not ready to go out!

A walk in the park will make you feel better



- Don't force people to go out if they don't want to

Ha!
Ha!
Ha!

I really miss my friend.



- Don't laugh when it's not appropriate

NO!
It would be too difficult for you!

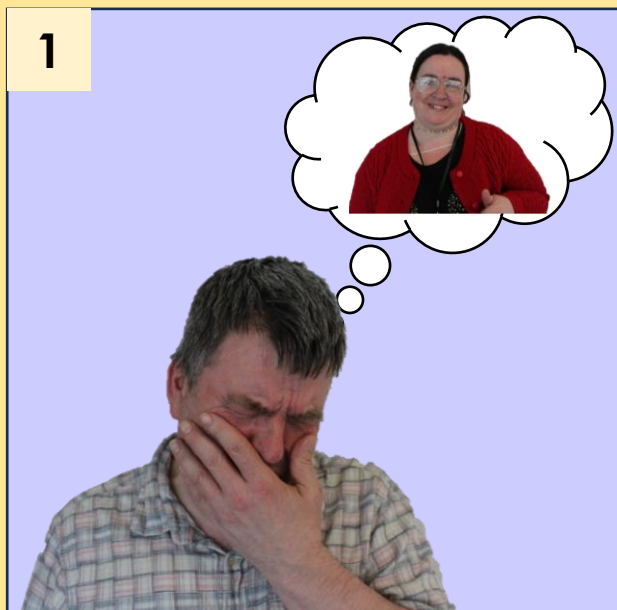
I want to go to the funeral.



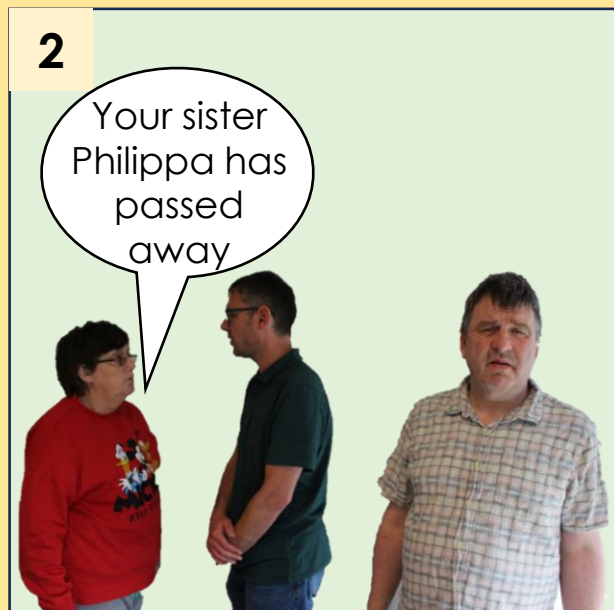
- Don't stop people from going to the funeral, give people the choice



Photo Story



1
Stephen is a person with a learning disability and dementia. His friend Philippa has just died.



2
Philippa's family didn't tell Stephen that Philippa had died.

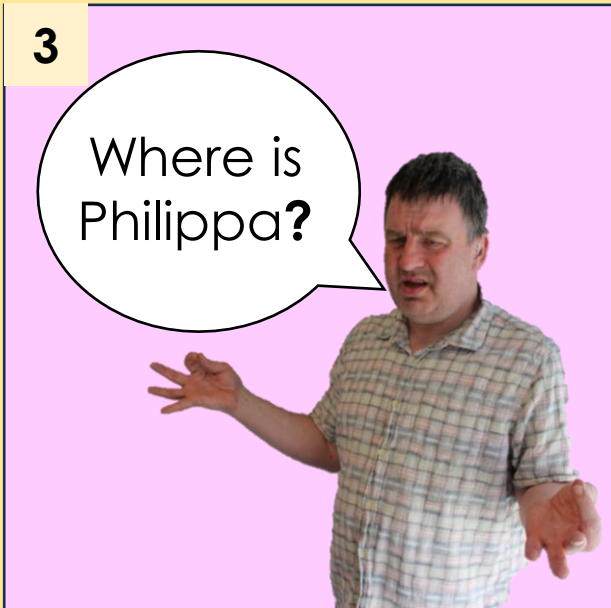


5
Stephen was angry and upset for a long time.



6
Because Stephen has dementia, he often forgets that his friend Philippa has died.

Photo Story



Stephen is really upset because he doesn't know where his friend has gone. He was starting to worry.



Stephen went home to visit his parents. His mum tells him that his friend Philippa has died.



Over the years, his family helped him remember his friend Philippa.



Stephen and his family as well as Philippa's family come together every year to remember Philippa.



Important Words I need to know



Distraught – is when you are very worried and upset and you may not be able to think clearly.



Emptiness – is when you feel no emotions at all or it can be a very unhappy or maybe even a frightening feeling that nothing is worthwhile.



Funeral – is a special ceremony that takes place after someone has died.



Grave – is a place where the person whose died body is buried. It is usually marked by a stone, known as a grave stone.



Numbness – is when you may find it difficult to experience and express the emotions that you are feeling.



Public Figure – a person who is well known within society, such as a celebrity, the royal family and members of government.



More Information: Helplines & Support Services

<u>Organisation</u>	<u>Contact</u>	<u>Opening Hours</u>
SAMARITANS	<p>Call: 116 123 Or Text SHOUT: 85258</p>	24 hours
	<p>Call: 0808 808 1677</p>	<p>Monday, Wednesday, Thursday & Friday: 9.30am – 5pm Tuesday: 1pm-8pm Saturday & Sunday: Closed</p>
	<p>Call: 0800 58 58 58 Web Chat: www.thecalmzone.net/forms/get-in-touch#open-chatbot</p>	Everyday: 5pm to midnight
 <p>Helping bereaved people find support & wellbeing</p>	<p>Web Chat (Grief Chat): www.ataloss.org/live-chat</p> <p>Call: 0800 448 0800 Text: 07860 022814</p>	Monday to Friday: 9am – 9pm
 <p>Giving hope to grieving children</p>	<p>For young people up to 25 years old Call: 08088 020 021</p>	Monday to Friday: 8am – 8pm
	<p>Call: 0800 090 2309</p> <p>Email: support@mariecurie.org.uk</p>	Monday to Friday: 8am – 6pm Saturday: 11am – 5pm
	<p>Website: www.sueryder.org/grief-support/online-bereavement-support</p> <p>Email: online.counselling@sueryder.org</p>	24 hours



More Information



Mind

www.mind.org.uk/information-support/guides-to-support-and-services/bereavement



Co-op

www.coop.co.uk/funeralcare/advice/supporting-people-with-learning-disabilities-through-bereavement



At a Loss

www.ataloss.org/supporting-someone-with-learning-disabilities-when-they-are-bereaved



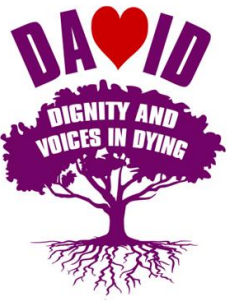
Cruse

www.cruse.org.uk/about/blog/supporting-people-with-learning-disabilities-through-grief-and-bereavement



The Good Grief Trust

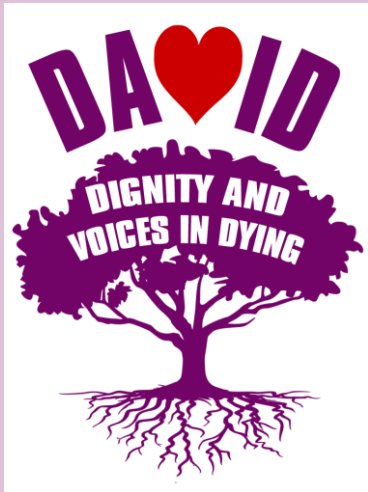
www.cruse.org.uk/about/blog/supporting-people-with-learning-disabilities-through-grief-and-bereavement/



The DAVID Project



Thank you for picking up this booklet about bereavement!



This booklet was made by the members of The DAVID Project.



The DAVID project is run by the members of People First Merseyside, a self-advocacy organization for adults with learning disabilities and/or autism.



The DAVID project started after a member named David Morley passed away.



David hadn't made any end-of-life plans and had no close family.



Because of this, the members of People First Merseyside all got together to work out how to give David the send-off he deserved.



During the process, the members came to understand how important it is to have an end-of-life plan in place before you pass away.



They also realized that death, while the topic can be scary, is an important subject that is tied to life and should not be ignored.



The DAVID project's goal is to make the topic of death not as morbid and more comforting to talk about and to encourage others to put plans into place in case the unexpected happens.



It's also to make information about making end-of-life plans more accessible to the public, including people with learning disabilities and/or autism.

If you liked this booklet, you may also be interested in one of our other booklets such as ...

Organ Donation
Booklet

Funeral Planning
Booklet

Will Writing
Booklet



To find out more look on our website or give us a call:



<https://peoplefirstmerseyside.co.uk/>



0151 329 2137

