

LOOKING AFTER YOURSELF FOLLOWING THE DEATH OF A LOVED ONE

We'd like to express our sympathy and hope this information offers you support, reassures you that you're not alone and explains where you can go to for help. The death of someone you're close to can be devastating. Grief is a complex and intensely personal experience with no right or wrong way of coping. Talking to someone can help. Don't go through this alone and don't be afraid to talk about the person who has died. People in your life might not mention their name because they don't want to upset you, it might be worth saying you don't mind talking about them.

WHAT YOU NEED TO DO

When someone dies you need to talk to some organisations and complete certain documents needed by law. If you are a relative or friend, you can do some of these things yourself. Others need to be done by the executor or administrator of the person's estate, named in the deceased person's will (if they made one).

1. Get a medical certificate. If the person died in hospital (and the death was expected), the hospital will give this to you. If the person died at home, contact their GP.
2. You must contact the Register Office and register the death within 5 days (in England). If there's a coroner's inquest, registration is delayed until the inquest concludes. You'll need the medical certificate, full name, date and place of birth, last address, occupation, full name, date of birth and occupation of their surviving/late spouse or civil partner if they were married. The Registrar will provide the death certificate and a certificate for cremation or burial (the 'Green Form'), which you'll need to give to the Funeral Director. (See Staffordshire County Council's website (www.staffordshire.gov.uk) for registration offices.
3. When you've registered the death, you can arrange the funeral. (The contact details of local funeral directors and memorial masons are listed on our website: www.biddulph.co.uk. *Biddulph Town Council are unable to recommend any local supplier, organisation or group*).
4. In the weeks following the death, you can start to inform various organisations – insurance companies, banks and building societies, housing associations, private landlords, mortgage providers, utility providers, etc. You can use the 'Tell Us Once' service on the GOV.UK website to inform government departments such as HMRC (re taxes); DVLA (to cancel a driving licence, etc); Passport Office (to cancel their passport).
5. You may need to apply for probate to share out the estate (the deceased person's money, property, debts and possessions). You can apply for probate yourself, or use a solicitor. Probate is not always needed, sometimes a death certificate is enough to release money.

FEELINGS OF GRIEF

Everyone deals with bereavement differently, grief is a natural response to loss – there is no right or wrong way to feel. Your thoughts and feelings can be chaotic and overwhelming.

Shock, Denial or Disbelief - You may feel shock initially, often accompanied by a feeling of unreality, disconnection, feeling numb.

Anxiety, Panic or Confusion - You may feel overwhelmed, anxious and unable to cope.

Anger or Hostility - You might feel anger towards the person who has died, towards others around you, or to God. You may feel a sense of injustice, that it's unfair. You may feel alone or that others don't understand how you feel.

Guilt - You may feel guilty you're alive or about something you wish you'd said or about something you did say.

Sadness or Depression - You might feel exhausted, you may lose your appetite or comfort eat. You may have disturbed sleep or experience nightmares. You may feel your friends and family have gone back to their normal routines and have forgotten, but they probably want to help you, but don't know how to. Try to explain how you're feeling; don't isolate yourself. Be kind to yourself and allow yourself time.

GENERAL ADVICE & INFORMATION

A Child of Mine

Practical information, guidance and emotional support after a baby or child has died. Phone 01785 283434 or go to <https://achildofmine.org.uk>

Bereavement Advice Centre

Practical help when someone dies. Phone 0800 634 9494 or go to <https://www.bereavementadvice.org>

Cruse Bereavement Care

Support, advice and information when someone dies. Working to enhance society's care of bereaved people. Call 0808 808 1677 or go to <https://www.cruse.org.uk>

Grief Encounter

Support to bereaved children and young people. Phone 0808 802 0111 or go to <https://griefencounter.org.uk>

NHS

Need medical attention? Call 111 or dial 999 in an emergency. For general medical information and advice, go to nhs.uk

Samaritans

A 24 hour confidential telephone helpline, also contactable via email. Phone 116 123 or email jo@samaritans.org

Survivors of Bereavement by Suicide

Providing dedicated support to adults who have been bereaved by suicide. Call 0300 111 5065 or go to <https://www.sobs.org>

LOCAL SUPPORT

The Dove Service

Offering counselling and support to people who have experienced a bereavement or significant loss. Phone 01782 638155 or email enquiries@thedoveservice.org.uk or go to <https://www.thedoveservice.org.uk>

Bereavement Friendship Group

Helping to rebuild connections after loss. Talking openly to others who have experienced bereavement can help you reconnect to people, reduce feelings of isolation, and provide support to build a life around your loss. If you'd like to talk to others who are living with loss, a warm welcome awaits. For people aged 50+. Meet 10.30am to 12noon on the second Wednesday of each month in the Council Chamber at Biddulph Town Hall.

For more information email Malcolm at fusewire@sky.com

Social Inclusion & Bereavement Worker

Lynn is the 'Outreach Worker' based at Biddulph Methodist and Victoria Centre, providing advice and support for those who have been recently bereaved and/or are feeling socially isolated. Lynn's role is to encourage engagement in community-based activities to improve the quality of life for the residents of Biddulph and the wider communities.

Phone Lynn on 0777 6166990 or email lynn@biddulphmethodists.org

BIDDULPH BURIAL GROUNDS

Biddulph Town Council manages the Town's Burial Ground at the rear of St Lawrence's churchyard, north of the town centre on the A527 and Woodhouse Burial Ground, off Woodhouse Lane (at the rear of the bowling club on Congleton Road). The Council is also responsible for the upkeep and maintenance of the closed churchyard (no further interments in new plots are permitted) at St Lawrence's Parish Church. The Council takes pride in maintaining it to a high standard and creating an atmosphere of peace and calm.

Both burials and interment of cremated remains are available. To arrange an interment, contact Biddulph Town Council to check availability for the required date and time, as a Town Council Officer will attend. (This is usually arranged via your Funeral Director). The Council does not offer an option to purchase plots or reserve graves for future use. We will, of course, honour plot reservations made when such a scheme previously operated. Links to the Town Council's burial documents are available via the Council's website: <https://www.biddulph.co.uk>

We've taken care to ensure the accuracy of this information, no responsibility can be accepted for errors or omissions.

If you feel some information is incorrect, or details have changed, please let us know.

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