

Bereavement Benefits:

You may be able to get Bereavement Support Payment if your partner has died. It has replaced Widowed Parent's Allowance (if you already get this, your payments will continue until you're no longer eligible), Bereavement Allowance (previously Widow's Pension) and Bereavement Payment.

For more information:

[Bereavement Support Payment: How it works - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Some helpful information:

Child Bereavement UK

www.childbereavementuk.org 0800 02 88840

Ataloss – Support and Wellbeing

www.ataloss.org

Cruse Bereavement Support

[Home - Cruse Bereavement Support](http://www.cruse.org.uk)

A directory of national and local bereavement support organisations is available at:

- Halton www.haltonccg.nhs.uk
www.halton.gov.uk/mhinfo
- Warrington www.warringtonccg.nhs.uk
www.happyoksad.org.uk
- Urgent mental help support NHS North Boroughs Healthcare NHS Foundation Trust - a dedicated 24/7 mental health crisis line for people living in Halton and Warrington. Call 0800 051 1508



Grove House Practice
St Paul's Health Centre
High Street
Runcorn

Tel No: 01928 566561

Cancellation line: 01928 842577
(message facility only)

Website: www.grovehouse.co.uk

If you require this leaflet in a different format or if you need further information or advice, please contact the Practice

Bereavement Information & Support

Grove House Practice



A person with their hands covering their face, surrounded by a word cloud of negative emotions. The words include: blues, depression, heartache, sorrow, agony, mourning, anguish, grief, loss, despair, woe, heartbreak, misery, pain, grid, sadness, disappointment, and meltdown.

Grief is the price we pay for love we feel this pain because the person who died meant so much to us.

Grief takes time - often much longer than we or others may think. It's okay to both grieve and live if you find yourself not thinking about the person who has died or enjoying yourself without them it is alright.

Grief can be lonely – it can lead to depressing thoughts and even thoughts of suicide. It is alright to experience, and to express, these thoughts. If you feel unable to keep yourself safe and there is immediate risk to life, call 999, or go to A&E.

Illness - grief can make us more vulnerable to illness causing symptoms such as back pain and stomach upsets. If these persist, speak with your GP.

Register the death within 5 days (8 days in Scotland) - this includes weekends and bank holidays. When someone dies, a doctor involved in their care has to complete a medical certificate of cause of death (MCCD), which is then forwarded to the register office to register the death.

You must do one of these before the funeral can take place.

<https://www.grovehouse.co.uk/wp-content/uploads/pdfs/17-registering-a-death.pdf>



The funeral can only take place once the death has been registered and the registrar has issued the certificate stating that no post-mortem or inquest is required.

You can pay for a funeral director to arrange the funeral or do it yourself. You should check if the person who died had made arrangements for their funeral - this could include prepaid funeral plans or life insurance.

- funeral director fees
- things the funeral director pays for on your behalf (called 'disbursements' or 'third-party costs'), for example crematorium or cemetery fees, or a newspaper announcement about the death

Paying for a funeral

- from a financial scheme the person had, for example a pre-paid funeral plan or insurance policy
- by you, or other family members or friends
- with money from the person's estate (savings, for example) - getting access to this is called applying for a 'grant of representation' (sometimes called 'applying for probate')

You can find more a lot more information at:
What to do after someone dies: Arrange the funeral - GOV.UK (www.gov.uk)