

# J81 Bereavement Support

Information for families, carers and  
friends





The staff on J81 would like to take this opportunity to offer you our sincerest condolences on the loss of your loved one and would like to let you know that you can contact us if you need anything or have any questions.

We have a bereavement team on the unit and a member of this team will be contacting you by letter in approx., 6 weeks following the death of your loved one.

This letter will provide you with an email address in order for you to send or contact us, with any questions or concerns about the time your loved was under our care. A member of this team will then be in touch to answer those unanswered questions and queries.

In the meantime you can contact the unit for any help and advice and asking for the nurse in charge or you can write to the J81 bereavement team at the following address:

**Bereavement Team,  
J81 (HDU),  
Beckett Wing,  
St James's University Hospital,  
Leeds,  
LS9 7TF  
0113 206 9181 / 8402**

## Useful contacts

The following contains information on services, agencies and charities that you can access both locally and nationally to help you through this difficult time.

### Leeds bereavement forum

The Leeds bereavement forum can be contacted on **0113 225 3975**, or via their website: **[www.Lbforum.org.uk](http://www.Lbforum.org.uk)**

This is a small charity which works within the city to improve bereavement services for all. Their service is free and open to all. They have put together a directory of services both local and national that is available to access.

### Age UK

This well known charity is available on **0800 169 6565**, or via their website: **[www.ageuk.org.uk](http://www.ageuk.org.uk)**

Age UK provide advice and information for people in later life, they provide advice lines, publications and a free website.

### Bereavement advice centre

The bereavement advice centre can be contacted on **0800 634 9494**, or via their website: **[www.bereavementadvice.org](http://www.bereavementadvice.org)**

The bereavement advice centre offers a free national helpline and website providing information and advice on any practical issues after the death of someone close, they also provide information for the most appropriate support organisation for individual circumstances.

### **BHI counselling services**

The black health initiative can be contacted on **0113 307 0300**, or via their website:

**[www.blackhealthinitiative.org/projects/counselling-service](http://www.blackhealthinitiative.org/projects/counselling-service)**

This group provides a free confidential service to African, African Caribbean, dual heritage and other ethnic minority adults and young people aged over 13 .their qualified counsellors and psychologists are culturally competent and have expertise in dealing with culturally related issues.

### **CASYL (caring and sharing your loss)**

(Formally Chapletown and Harehills community bereavement support group)

This group can be contacted on **0113 262 2332**, or via the following website: **[www.leedsnandemethodist.org.uk/roscoe.php](http://www.leedsnandemethodist.org.uk/roscoe.php)**

This group started in 1997 in response to the need for culturally sensitive support for the black community and others. Their aim is to listen and to support those facing bereavement. They offer home visits to individuals and their families.

### **Citizens Advice Bureau**

The Citizens advice can be found at the following website: **[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

They provide information on all aspects of bereavement including how to register a death, arranging a funeral and what bereavement benefits are available.

### Cruse bereavement care

This group can be found on **0113 234 4150**, or via their website: **[www.cruse.org.uk/leeds-area](http://www.cruse.org.uk/leeds-area)**

Cruse bereavement care offer support to bereaved people aged 18 and over to help them understand their grief and cope with their loss.

### Good grief trust

This service is run by the bereaved for the bereaved, they can be found at the following website:

**[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)**

Their web site offers support and practical help and tips. They have stories and videos from others who have had a similar loss.

### Gov.uk

This web site is run and maintained by the government and gives valuable information about services: **[www.gov.uk](http://www.gov.uk)**

Tell us once service (not available in all areas), lets you report a death to most government organisations in one go (i.e. passport office, DVLA, pensions). You can obtain a unique reference number from the registrar when you register a death.

Look under birth, death, marriage and care, sub heading death and bereavement.

### Lasting post

Can be found at the following website: **[www.lastingpost.com](http://www.lastingpost.com)**

Lasting post's aim is to help a family with practical help after the death of a loved one on matters as the funeral and probate, as well as providing support for people coming to terms with their loss.

### Leeds Mid-Yorkshire Relate Centre

Relate can be contacted by ringing **0130 234 744**, or by visiting: **[www.relate.org.uk/find-my-nearest-relate/centre/mid-yorkshire-relate-centre](http://www.relate.org.uk/find-my-nearest-relate/centre/mid-yorkshire-relate-centre)**

Relate is the UK's largest provider of relationship support, and provides a wide range of services to couples, individuals, young people and families. They can offer counselling and bereavement when it affects behaviour or family relationships.

### Leeds suicide bereavement services

Please contact on **0113 305 5803**, or visit the website at **[www.leedssbs.org.uk](http://www.leedssbs.org.uk)**

The Leeds suicide bereavement service provides support for people who have been bereaved by suicide and have a variety of different methods of support available to them.

### National bereavement service

Please contact them on **0800 024 6121**, or via the website at: **[www.nationalbereavementservice.org](http://www.nationalbereavementservice.org)**

Every bereavement is different this site provides practical help from registering a death to arranging a funeral, stopping unwanted mail through to legal and financial issues. They have a range of practical guides available.

### Northpoint Wellbeing

This charity is contacted on **0113 245 0303**, or via: **[www.northpoint.org.uk](http://www.northpoint.org.uk)**

Northpoint Wellbeing Limited is the new name for Leeds counselling. A registered charity, their mission is to help people experiencing emotional distress. They work across west Yorkshire and offer a range of services.

### SSAFA (soldiers, sailors and air force association)

This military association can be contacted on **0800 731 4880**, or via: **[www.ssafa.org.uk/help-you/veterans/help-loss-loved-one](http://www.ssafa.org.uk/help-you/veterans/help-loss-loved-one)**

If you lose someone who previously served in our armed forces, or you are ex forces and you lose someone, then SSAFA is committed to giving you support during your bereavement, volunteers can provide emotional support and in some cases practical advice.



### Sad Events Team

Contactable on the following **0113 378 5163**, or via the following website: **[www.schoolwellbeing.co.uk/bereavement](http://www.schoolwellbeing.co.uk/bereavement)**

The Sad Events team is a group of professional in Leeds who have a commitment to provide loss and bereavement support for children and young people who have suffered a sad event e.g. bereavement.

### The market place

This support service can be contacted on **0113 246 1659**, or via this website: **[www.themarketplace.org.uk](http://www.themarketplace.org.uk)**

The market place has a bereavement support service for young people aged 16-19years. They offer six sessions with a counsellor, who is trained and experienced in supporting young people who have experienced a bereavement of death of any kind.

### WAY Widowed and Young

This national charity is contactable at the following website: **[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)**

WAY is the only national charity in the UK for men and women aged 50 or under when their partner dies. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age themselves.

## Winston's wish

This advice service is contactable on **08088 020 021**, or via their website: **[www.winstonswish.org](http://www.winstonswish.org)**

Established in 1992, this charity helps children rebuild their lives after the death of a parent or sibling, they offer practical support and guidance to families or anyone concerned about a grieving child.[www.schoolwellbeing.co.uk/bereavement](http://www.schoolwellbeing.co.uk/bereavement)





## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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