

These are sites that I hope will be useful to you

### **Care for the family**

1. Saying goodbye during Covid19
2. Grief during lockdown
3. Being a new Mum or a Mum to be in Covid19
4. Single parent support
5. 5ways to make your weekend distinct
6. Gratitude through uncertainty
7. Talking to our children about Covid19
8. We're in this together Marriage during self isolation
9. 6 ways to maintain routine while at home

They do many fact sheets for people who have been bereaved but my personal view if a person dies of Covid19 you could call it as a sudden and traumatic death eg like a fatal car accident. The reactions are a little different, to say a person dying of a terminal illness where you have time for discussions and face together mortality, but even in this situation you can only work at the speed the dying person wants to work.

Website [careforthefamily.org.uk](http://careforthefamily.org.uk)

For a person dying from cancer, Macmillan have updated there website with information on [macmillan.org.uk](http://macmillan.org.uk)

Way ( widowed and young) for men and women aged under 50 years  
[widowedandyoung.org.uk](http://widowedandyoung.org.uk)

Mencap

Mencap are keeping there helpline open to support people with learning difficulties and their families

[mencap.org.uk](http://mencap.org.uk)

NHS

Information for bereaved family and friends

They also have some audio tapes for mental well being on the following

1. Low mood,sadness and depression 10 minutes
2. Anxiety control 6 minutes
3. Overcoming sleep problems 7 minutes
4. Low confidence and assertiveness
5. Unhelpful thinking 8 minutes

Website [nhs.uk/live-well/bereavement](http://nhs.uk/live-well/bereavement). Live well is all one word but it will not let me spell it that way.

In the bereavement section there is a video about adult death sudden bereavement, people might find it hard to watch but it does face the different stages of grief, and that everyone's journey is unique, and different . Some might go classical through the different stages, but it is more likely people will go through certain ones more than once. A person has to go through a year, of facing birthdays, anniversaries and other important events. The grief process may take a long time to go through, before there is acceptance. However if it is a death of a child, you are less likely It will be always be with you.

Listening is important,particularly at this time of lockdown,allowing the person to tell their story, Probably many times. To let them tell it without interrupting, words are best left out. We can't possibly know how the person feels.

Cruse

A lot of information sheets on there website

Website [cruse.org.uk](http://cruse.org.uk)

For children

Winston's Wish

This website is up to date for Covid19

It offers specialist practical support and guidance for bereaved children, and their families.

10 ways to remember people on special days. A few ideas

[winstonswish.org](http://winstonswish.org)

Hope Again

A website for young people by young people who have been bereaved.

This part of Cruse bereavement Care

There is a video

[hopeagain.org.uk](http://hopeagain.org.uk)

Marie Curie

Booklet" When a death occurs. "This gives a lot of information particularly on legal and financial, paying for a funeral

Website [mariecurie.org.uk](http://mariecurie.org.uk)

Quaker social action

Again have pages of information on financial and organising a meaningful funeral during Covid19

Website [quakersocialaction.org.uk](http://quakersocialaction.org.uk)

Memory boxes/ life journey

Our son and his wife have made a box for each child about there journey from birth to there age now, with special and meaningful things for them.

If you wanted to make a memory box again anything can go in it. In normal circumstances the person dying would put the things in.

I have known people write letters for 18 or 21 birthdays and gifts

Recipe books of the persons favourite food

Soap or favourite perfume and many more things

This may be of use to people.

Locally

Just B breavement support part of Saint Michaels hospice

Have a phone line open every day.