

Following the death of your child

Information for families

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**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

We would like to offer you and your family our deepest sympathy following the death of your child.

We hope that this booklet is helpful in answering some of your questions and guiding you through some of the issues you may face.

You may also wish to look at this website: www.gov.uk/after-a-death/if-a-child-or-baby-dies

We know that this can be a very difficult and confusing time and you may not feel able to read all of the information now, but please take our booklet away with you so that it is available should you need it.

It may not answer all of your questions, so if there is anything else you would like to ask or talk about, please contact the **Child Bereavement team** Monday to Friday.9am to 5pm (except for bank holidays)

Call: 0116 258 4380/6776

email: ChildBereavement@uhl-tr.nhs.uk

You will be contacted by your '**Key Worker**' in the next few days, who can offer you and your family information and signpost you to sources of support. Your Key Worker may be someone from the hospital or community team, a Child Death Review Practitioner, or a member of the Child Bereavement team.

It is important that you call the Bereavement Services Office on the next working day after your child's death, to talk about how the Medical Certificate of Cause of Death (MCCD) will be issued.

Call: Leicester Royal Infirmary 0116 258 5196/5194

Email: bereavementservices@uhl-tr.nhs.uk (Monday to Friday. 9am to 4pm except for bank holidays)

The child's consultant(s) name is :

The nurse who cared for your child is:

The ward/department and contact number:

Your key worker's name and contact number

(for you to add in):

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What happens now?

We know it is important for you to be given time and support to make choices and decisions that are right for you and your family, particularly in the hours immediately after your child's death. So please share your thoughts and let the ward staff know if you have any questions.

Some parents find it comforting to have a brief religious or non-religious ceremony or blessing for their child. Staff can call the hospital Chaplain for you or contact someone of your choice to arrange this.

Chaplaincy Team: Leicester Royal Infirmary 0116 258 5487 Email: chaplaincy@uhl-tr.nhs.uk

You may like to hold your child or wash and/or dress them. We may also be able to help you create some lasting memories by taking hand and footprints, a lock of your child's hair and perhaps some photographs. If you are not sure whether you would like to have these at this time, with your permission, we may be able keep them safe for you to collect later. Please let us know if there is anything else you would like to include.

In most circumstances you will be very welcome to stay with your child for as long, or as little time as feels right for you. However there will come a time when we will need to move your child from the ward area. We know how hard it must be if you have to leave your child here with us at the hospital but when you are ready, your child's nurse will transfer them into the care of the mortuary and bereavement service.

If your child has a favourite toy, blanket or comforter, this can stay with them or you can bring it in later.

Your family Doctor, Health Visitor or School Nurse and the Community Care team (where involved) will be told of what has happened so that they are aware you may need their support. **Please tell us if there is anyone else you'd like us to contact or anything we can do that may support you.**

May I see my child?

You can either see your child here at the hospital or you may choose to wait until they have been taken to your chosen Funeral Directors.

There are family viewing rooms in the hospital where staff will help you as much as possible. Please contact the Child Bereavement team to make an appointment.

It may, in certain emergency circumstances only, be possible to see your child outside of normal office hours, by either calling the ward/department directly or by calling the main hospital switchboard 0300 303 1573 and asking for the on-call Duty Manager.

It is always important to contact the hospital before coming to see your child so that the proper arrangements can be made and to avoid an unnecessary wait.

Our staff are here to help you.

Can I take my child's body home?

There are some circumstances where this is not possible and we would discuss this with you. However, if a post mortem is not needed and the doctor has completed the Medical Certificate of Cause of Death, this may be possible to arrange.

You could take your child home or to the Funeral Directors, to Rainbows hospice (if a room is available) or to another place of your choice.

It is best to arrange this through a Funeral Director who can collect your child from the hospital and give you on-going advice and support.

There will be paperwork to complete before taking your child home, but the hospital staff will help with this and they will also help you with any arrangements.

Or you may prefer to have your child at home the night before or on the day of the funeral.

Guidance and consent would be needed from the Coroner before making any plans to release your child's body if a referral made to the Coroner has been accepted.

If you are not sure or have any other questions, please feel free to talk to the Child Bereavement Team, your key worker or the Funeral Director.

What about organ or tissue donation?

You may have already thought about this or you may have already been asked to think about organ donation, in which case the Specialist Nurse for Organ Donation will visit you to talk more about this.

Donations of certain organs such as liver, heart, lungs, kidneys or pancreas will normally only be considered when a patient has been ventilated and dies on an Intensive Care Unit. This means only a small proportion of children will be suitable for this type of donation.

However some children who were not ventilated when they died may still be able to help others by donating tissues, such as eyes, heart valves, skin, bone and tendons.

Eye donation is an opportunity to restore someone's sight. One eye donor can possibly help several people through donation of the clear outer layer at the front of the eye (cornea) and also the white part of the eye (sclera).

Heart tissue can be donated and transplanted to save the lives of children born with heart defects and adults with damaged heart valves.

Skin can be used as a natural dressing (skin graft), helping to treat patients after a serious burn. This saves or improves lives by reducing infection risk, scarring and pain.

Many people ask about the possibility of donating organs and tissues to help others. However it is best if the donation takes place within 24 hours of the death, so please do not hesitate to speak to the nurses or doctors and they can arrange for someone to come and talk more about this with you if this is something you would like to consider.

What is the role of the Medical Examiner?

Since April 2020 all hospital deaths nationally should be discussed with a Medical Examiner.

A Medical Examiner is a senior medical doctor who works for a number of sessions a week to carry out Medical Examiner duties outside of their usual clinical duties.

They are trained in the legal and clinical parts of the death certification process.

The Medical Examiner will not have been involved in your child's care. They will discuss and either agree with a cause of death proposed by the doctor or they may decide that a death needs further investigation.

After careful checking the Medical Examiner will decide to either:

- Issue the Medical Certificate of Cause of Death, which is needed to register the death and produce a Death Certificate.
- Refer the death to the Coroner for further investigation

Where a Coroner referral is not needed, you may get a call from the Medical Examiner's Office to ask if you have any questions about the proposed cause of death. They will also ask if you have any questions or concerns about the care your child received.

A routine review of care is carried out after a child has died in Leicester Hospitals. This is part of our Learning from Deaths process and also links with the National Child Death Review Process (see page 12).

Referring a death to the Coroner

If we need to refer your child's death to the Coroner, we will discuss this and the reason with you.

The 3 main reasons for a referral are:

- A death has been sudden, unexpected or the cause is unknown
- A death has been caused as a result of an accident or unusual circumstances
- A death happened during an operation or when under an anaesthetic

A Coroner's officer should contact you within a few days of getting the referral to talk about what has happened and advise you of what will happen next.

The outcome of a referral to the Coroner may be:

- A certificate can be issued by a doctor from the hospital
- An inquest - with or without a post mortem examination. This is a fact finding exercise to confirm who has died, the circumstances, when and where and find the details needed for the death to be registered.
- A post mortem examination is needed to decide the cause of death

The Police must be involved if a child's death was unexpected, or where there is a need to look into the circumstances of the death. This does not mean that you are under suspicion. The Police Officer will be working on behalf of the Coroner to rule out the possibility that anything unlawful has taken place.

The staff at the Coroner's Office are very helpful and will answer any questions you may have.

Where a death occurs in hospital or in the community of Leicester City South, the Coroner's Office address is:

The Coroner's Office, The Town Hall, Town Hall Square, Leicester LE1 9BG

Call: 0116 454 1030

Opening Hours: Monday to Thursday 9:00am to 4:00pm and Friday 9:00am to 3:30pm

Weekends and Bank Holidays - Closed

Email: leicester.coroner@leicester.gov.uk

Website: coroners.leicester.gov.uk/contact-us

If your child died in the community before being brought to the hospital, the North Leicestershire and Rutland Coroner may be involved.

Their address is:

The Coroner's Office, 34 Woodgate, Loughborough. LE11 2TY

Telephone: 0116 305 7732

Opening Hours : Monday to Thursday 8.30am to 3.30pm and Friday 8.30am to 3pm

Weekends and Bank Holidays - Closed

Email: northleics.coroner@nhs.net

Further information about the role of the Coroner can be found at: www.gov.uk/government/publications/guide-to-coroner-services-and-coroner-investigations-a-short-guide

The Coroner's Office will let you know how to access available support during an inquest. The Coroner's Court Support Service has trained volunteers who provide emotional support and practical help to bereaved families and others attending an Inquest.

Website: coronerscourtsupportservice.org.uk

What is the difference between a Coroner post mortem and a hospital post mortem?

A post mortem examination is carried out with the same care and respect that would be given if your child was having an operation.

Coroner post mortem: This is an examination ordered by HM Coroner, which in certain circumstances is needed by law. Consent is not required. Sometimes a child has to be taken to another hospital for the post mortem. The Coroner will tell you if this is necessary.

Hospital post mortem: This examination can be requested (when the cause of death is known) by yourself or by a Consultant with your consent, to try to find more information about your child's illness. The examination can sometimes delay funeral arrangements. It may be possible to hold and cuddle them afterwards. Information gained from the hospital post mortem can not only help you to

more fully understand your child's illness, but it can also help the hospital to learn and support the care of children with similar illnesses in the future.

It can take many months for some post mortem reports to be finalised. You will receive a copy of the report in due course.

Your doctor or nurse can give you a separate information leaflet about post mortems or you can look at the following websites yourself:

www.hta.gov.uk/guidance-public/post-mortems or visit sands.org.uk

The Child Bereavement Team can arrange for a hospital doctor to talk through the report with you if you wish, or you may prefer to talk to your GP.

How do I register my child's death?

It is important that you call the Bereavement Services Office on the next working day following your child's death, to talk about how the Medical Certificate of Cause of Death (MCCD) will be issued.

The Doctors do their best to write the MCCD as soon as possible after the death has occurred. However, there are times when this can take a few days. The MCCD form is required to register a death and for a Death Certificate to be issued.

Once the Doctor has completed this form you will get a call from the Bereavement Services or Medical Examiner's Office.

They will let you know if you will need to collect and then make an appointment to take the MCCD to the Register Office or whether the certificate will be sent electronically to the Register Office from the hospital for you (as directed by the Coronavirus Act 2020).

Where the MCCD has been sent electronically to the Register Office, the Registrar will call you within a few days to complete the registration over the phone, which takes about 30 minutes.

If your child's death has been referred and accepted by the Coroner, the Doctor cannot issue the MCCD. Your child's Doctor and the Coroner's office should discuss this with you.

The Coroner's Office will tell you about the legal processes and about other paperwork that can sometimes be issued by their Office so that a funeral can still take place before their final investigations have been completed.

Registering the death

All deaths must be registered in the "registration district" where the death happened. The Leicester hospitals are in the Leicester City and South registration district. Your child's death should be registered within 5 days unless the Coroner is involved. This time can sometimes be extended.

If you do not live near Leicester, it is possible to register the death at your own local Registry Office by Declaration. This will mean the transfer of your child's details from your local office to Leicester. The paperwork will then be sent to you through the post. This will take longer and needs to be considered when making funeral arrangements.

It is advised that parents register the death, but if this is not possible, for example if you live some

distance from Leicester, then the death can be registered by a relative or a hospital representative from the Bereavement Services Office.

Contact details: City of Leicester Register Office City Hall Square Leicester LE1 9BG

Call: 0116 454 1000.

Website information: <https://www.leicester.gov.uk/your-community/births-marriages-and-deaths/register-a-death/>

You will need the following information to register your child's death:

1. Your child's full name, address and place and date of birth
2. The place and date of death
3. The mother and father's full names, places of birth, addresses and occupations
4. List of benefits the child was receiving eg Disability Living Allowance
5. The NHS number if available

The Registrar will then issue a Death Certificate and also a 'green form' which your chosen funeral director will need to allow them to collect your child from the hospital and for the funeral to take place.

Please note that you will need to pay for the death certificate and for any extra copies. Any copies ordered at a later date are charged at an increased rate.

Under normal circumstances, a death should be registered before any funeral arrangements are made.

If you would like your child to have an 'urgent release' from the hospital for the funeral for religious or cultural reasons, please tell us. Although we will do our best to support your request, this may not be possible for legal reasons if the Coroner is involved

Sometimes, death can occur before you have registered your child's birth. If you have not registered the birth, you can do this at the same time. Information about both parents will be needed.

Who do I need to tell?

The Registrar will tell you about the 'Tell Us Once' service which tells government departments and local council services about your child's death.

As a parent you may be receiving benefits in respect of your child in your name and it is really important you contact these offices and inform them of your bereavement yourself.

Child Benefit or Child Tax Credit

Your Child Benefit payments will usually continue for up to 8 weeks after your child died. This could help with some of the extra costs that you may face at this difficult time.

However if you do not tell the Child Benefit Office that your child has died, payments will continue after the 8 weeks, which could be very distressing as you would then have to pay this back.

What you need to do:

You will need to tell the Child Benefit Office as soon as possible if your child or a child you've been responsible for has died.

To tell the Child Benefit Office by telephone: Call: 0300 200 3100.

Anyone can do this for you, but the person ringing will need to provide the following information:

- Child's name
- Date of death
- Contact number of parent or informant's name and relationship to child/parent
- The full name or the National Insurance number of the person receiving the Child Benefit
- Child Benefit number (found on any child benefit letters)

To tell them online: www.gov.uk/report-changes-child-benefit

To tell them by post: Child Benefit Office PO Box 1 Newcastle Upon Tyne NE88 1AA

The Child Benefit Office will record this information and also pass it on to other departments within HM Revenue & Customs (HMRC) that need to know such as Child Tax Credit. That way you will only have to contact HMRC once. **Do check that this is possible and that they are able to do this for you and that payments have stopped after 8 weeks.**

The number for Tax Credit Helpline: 0345 300 3900

You may be other people or organisations you may wish to notify: banks, building societies, religious organisations, local groups/clubs they were involved with, dentist, optician, online groups, shopping clubs or social media providers.

How do I arrange my child's funeral?

Although it is not a legal requirement, most families choose to use a funeral director. To ensure you know the funeral choices available to you, it is advisable to contact a funeral director as soon as possible. The funeral will be a very special and personal occasion. Unless there are special religious or cultural reasons for holding the funeral quickly, you can take as much time as you need to plan this. You can involve friends and family in the decisions to be made, such as the music which your child may have enjoyed, poems, or readings which have special meanings to them. You can choose where the ceremony is held.

You may choose a funeral director recommended by friends or family or from looking at the internet. Some funeral directors will offer to visit you at home to help you make arrangements. Funerals can be religious or non-religious. You may wish to contact the hospitals' Chaplain or your local religious leader for support.

It is important that the hospital is aware of the type of funeral being planned, as doctors will need to complete additional paperwork for a cremation.

The funeral service

There are many different forms of services, both religious and non-religious, with or without music and readings, etc. You should discuss all the options and possibilities with your Funeral Director, religious leader or hospital chaplain. You do not have to hold a funeral ceremony in a set place. You may prefer to hold it in your own home. It is really important that you plan the funeral that is right for you and your family.

Burial

If you decide on a burial for your child, this can be in a cemetery provided by the council, in your local churchyard or a churchyard of your choice (although some churchyards are now closed), or a natural burial ground.

Some cemeteries have a specific area for babies and infants that is a minimal cost.

You could choose a private individual plot or a family plot with an area available for your child or you could choose to bury your child with another family member.

Memorial stones can be erected after the grave area has settled. Times can vary from 6 to 12 months, although most cemeteries provide a small temporary marker.

Natural and woodland burial sites are becoming increasingly popular, providing a natural alternative choice to a traditional cemetery or graveyard.

Cremation

If your child is to be cremated, the Funeral Director will talk with the hospital to arrange for the cremation forms to be completed and sent to them. You can plan a service at the venue of your choice followed by a brief service of committal at the crematorium chapel, or just have a service at the crematorium.

If you wish to collect your child's ashes from the Funeral Directors, you will have to wait at least a day and they will be placed in a casket. It is your choice what you do with your child's ashes after the cremation. There is no rush to decide and there are many different choices available. Some parents choose to scatter or bury the ashes, but you may require particular permission from the owners of the grounds to do this. If you wish to bury your child's ashes in a churchyard or cemetery you will be asked for the certificate of cremation which should have been given to you at the same time as the ashes.

You can keep the ashes in an urn, casket or other special container for as long as you wish. You may also consider having some of your child's ashes incorporated into unique art or jewellery keepsakes, or incorporated into a firework, to be released as part of a remembrance celebration.

If you choose not to use a funeral director, you may wish to arrange all or part of the funeral yourself for your child. The Natural Death Centre is an independent funeral advice charity:

The Natural Death Centre In the Hill House, Watley Lane, Twyford, Winchester SO21 1QX

Call: 01962 712690

Website: naturaldeath.org.uk/

How can I get financial help with funeral costs?

The cost will depend on the funeral director. Some do not charge for their own services which can help reduce the costs, which they will explain to you.

If the funeral is to take place in England, the Children's Funeral Fund for England can help to pay for some of the costs of a funeral for a child under 18 and can be claimed for up to 6 months after the funeral took place.

It is not means-tested: what you earn or how much you have in savings will not affect what you get.

Your Funeral Director, or burial or cremation provider, if you are not using a funeral director, can claim this payment on your behalf, or you can claim online:

[claim-for-costs-of-a-childs-funeral.form.service.justice.gov.uk](https://www.gov.uk/claim-for-costs-of-a-childs-funeral)

If you get certain state benefits then the Social Fund, run by the Benefits Agency, may also be able to help with the cost of the funeral.

Your Funeral Director or state benefits office can give you more information and the forms.

There are also charities who can provide donations towards flowers and other funeral costs. Please speak to your Funeral Director or the Child Bereavement Team if you would like more information and advice.

Out of England Funeral

The Coroner will require a copy of the Death Certificate to provide an 'Out of England' Certificate and offer essential advice. A 'Free from Infection' letter will also be needed from the hospital, without which there may be difficulties. Your funeral director will be able to provide more information.

Will I have opportunities to give feedback on my child's care?

The Law requires a review of the circumstances of **all** child deaths up to the age of 18 years.

'**Child Death Review**' is a term used to describe all the formal steps that happen after the death of a child. There are some parts of the review that take place for every child death and some that may not be needed, depending on the circumstances. This review is designed to support you and other members of your family in understanding why your child died. It will also look at whether there is anything that can be done to try to prevent other children dying from the same cause in the future. The review process is the same nationally and will be led by the Child Death Review team from the county where your child lived. The hospital will send a notification to start the process.

If a child lived in Leicester, Leicestershire or Rutland (LLR), the first meeting is arranged by the LLR Child Death Review team within the first couple of days after their death. This is a fact finding meeting where they decide what sort of reviews are needed, if anyone else (such as support organisations involved in your child's care) needs to be told and they decide who is best placed to be your family's 'key worker'.

Your key worker will be the person you can contact if you need information about the review process or about support available for your family. They will get in touch with you in the following few days to introduce themselves and let you know what is happening in relation to your child's death review. You may wish to write their name in the space provided on page 2.

You can also contact a member of the Child Bereavement Team for updates and support.

A national leaflet called **When a child dies: A guide for parents and carers** with more detailed information about the Child Death Review and the key worker role will be sent to you by your key worker in the days following your child's death, or you can download this booklet from the NHS England website:

www.england.nhs.uk/publication/learning-from-deaths-information-for-families

Here in the Leicester Children's Hospital all child deaths are reviewed and the outcomes then feed into the Child Death Review process. We can share the review outcomes with you.

It is really important that we know what we have done well and where things could have been done better.

Reviews can sometimes identify areas for learning, which will improve the care we offer to children in the future.

Your experience of care received is important to us and you can offer feedback or raise questions or concerns about your child's care when you are in contact with:

- The Medical Examiner's Office (however, you will not receive a call if your child's death was referred to and accepted by the Coroner)
- The Child Bereavement Team, or your key worker, who will forward your questions to the hospital and to the Child Death Review Team.

You may also contact the Leicester Child Death Review Practitioner.

Call: 0116 295 8723 / 8736

How to make a formal complaint about your child's care

If you want to complain about the care your child received in hospital, you can contact the Patient Information and Liaison Service (PILS).

Patient Information & Liaison Service

The Firs, C/O Glenfield Hospital, Groby Road, Leicester. LE3 9QP

Call: 08081 788337

Email: pils@uhl-tr.nhs.uk or use the contact link available on the hospital website:

www.leicestershospitals.nhs.uk/patients/patient-welfare/patient-information-and-liaison-service

PILS can also put you in touch with the local POhWER advocacy service, who can support you in making a complaint about the NHS. Telephone: 0300 456 2370 www.pohwer.net

Will I have the opportunity to ask my child's consultant questions?

When your child dies it can be difficult to take everything in and you can be left with questions. It is really important that you feel you have the opportunity to ask your questions.

If your child died in the hospital, you will usually be contacted by the Child Bereavement team in around 6 weeks by letter. They will invite you to contact them if you need bereavement support or if you would like to meet with your child's Consultant to talk about your child's condition, their care, or ask any questions.

Sometimes, there are findings from the post mortem examination or where applicable, results of tests we'd like to share with you during these meetings. However it can sometimes take 6 months or more before these are available.

You may wish to delay the meeting until these results, or the outcomes of the hospitals' review of your child's care are available to share with you. You may find it helpful if you make a list of questions before the meeting and share these with us so that we do not forget to discuss things that are important to you.

This meeting is usually held in a room away from the ward area. However, if you feel you cannot return to the hospital, other arrangements can be made.

If your child's death was referred to the Coroner but the Death Certificate has not yet been issued, a meeting can still be offered to talk about their care, but we will not be in a position to discuss the cause of your child's death.

When you feel the time is right for you, please contact the Child Bereavement Team and an appointment can be arranged. A member of the Child Bereavement Team will attend with you and will offer to provide a written meeting summary.

If you would like to request access your child's hospital medical records, you can call 0300 3031563 or you can download the application form from the hospital's website:

www.leicestershospitals.nhs.uk/patients/patient-and-visitor-services/health-and-medical-records/

How can my child be remembered within the hospital?

From time to time, a child Remembrance Service is organised by the hospital. This is not a religious service, but a time for reflection.

If you cannot attend or do not feel ready to come in the first year, you and your family are welcome to attend a later service.

More information is available from the Child Bereavement team.

Support for brothers and sisters

Often one of the big worries for parents if they have other children is how the death of their brother or sister will affect them. Just like adults, children and young people will all handle it individually and may well have very different ways of coping.

Instinct is often to protect them from the pain of grief, but children and young people have told us they want honest information and to be involved and included. Some children may wish to visit or send a letter or picture to their brother or sister.

Don't be afraid to show your feelings and to grieve together as a family.

If you would like support or information to help with this, either now or later, then please contact your Key Worker or the Child Bereavement Team who will discuss local support options available. You may also wish to contact Winston's Wish, which is a leading childhood bereavement charity.

Winston's Wish helpline- call: 08088 020 021

Website: www.winstonswish.org.uk

Email: ask@winstonswish.org

Grief - Who can I contact for support?

The death of a child is possibly the most difficult experience that any parent has to face. Nobody can say how you will feel and no two people's experiences will be the same.

You may experience a whole range of feelings at different times, including numbness, disbelief, anger, guilt, panic, sadness, emptiness, shock and in some situations relief.

You may also have a loss of appetite and periods of restless, particularly at night preventing you from sleeping. This may be accompanied by reactions such as irritability or being critical of yourself or others which can lead to a loss of hope for the future.

All of these feelings are normal and 'it is OK not to be OK'.

However, there may be times when you feel your emotions are totally out of control and although this is quite normal, it can be helpful to talk to someone at this time.

Some people can find all the support they need from within their family or circle of friends, others may prefer to talk to someone who is not directly involved and others a mixture of both.

The Child Bereavement Team are available to provide support and a listening ear.

Please feel free to contact them at any point, both in the early days and at any time you feel may be helpful later on. They can also signpost you or make referrals to other services where appropriate with your consent. (contact details on page 2)

We have provided below a list of some of the support organisations available and it is important that your support is tailored to your needs. Sometimes family members have support from different organisations at different times. Please contact the Child Bereavement team if we can help.

Services available in the local community are:

- GP
- Health visitor
- Social worker
- School nurse
- Community nurse
- Counsellors: at GP's surgery and Counselling centres.
- Minister, priest or representative from your own faith.

Local support in Leicestershire:

The Bodie Hodges Foundation

The service offers support to bereaved siblings and families in Leicester, Leicestershire and Rutland the first year following their child's death.

Website: www.bodiehodgesfoundation.co.uk/

The Laura Centre (Leicester branch)

Charity offering counselling and support for bereaved parents and children

Call: 01162544341 or website: www.thelauracentre.org.uk

Shama Women's Centre

Offers free bereavement counselling for families, with special emphasis on minority ethnic communities. They have multi lingual staff and provide a befriending service.

Call: 0116 251 4747

Email: info@shamawomenscentre.co.uk

www.shamawomenscentre.co.uk/

Baby Loss Support Leicester, Leicestershire and Rutland

Offering peer support to families when a baby dies in Leicester, Leicestershire and Rutland

Website: babylosssupport.org.uk/

Call: 07400402744

The Tomorrow Project

Supports anyone bereaved by suicide. Self referral or by the Child Bereavement Team.

Call: 0115 8800280

Email: bereavement.leics@tomorrowproject.org.uk

Website: www.tomorrowproject.org.uk/

National child bereavement helplines and organisations:

A Child of Mine

Providing support for parents and families.

Call 01785 283434 Helpline: 07805 751229 9am to 5pm

Website: achildofmine.org.uk

Email: hello@achildofmine.org.uk

Bereavement Advice Centre

Practical advice and help with bereavement

Call: 0800 634 9494 9am to 5pm

Website: www.bereavementadvice.org/

Care for the Family

Peer support for bereaved parents

Call: 029 2081 0800 Monday to Friday 9.00am to 4.30pm

Email: mail@cff.org.uk

www.careforthefamily.org.uk/family-life/bereavement-support

Cardiac Risk in the Young

Call: 01737 363222 Website: www.c-r-y.org.uk

CALM

Support and wellbeing for young people. Website: www.thecalmzone.net

Helpline: 0800 58 58 58

Child Bereavement UK

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. They offer a bereavement helpline for children and parents and also a useful website.

Helpline: 0800 0288 840 (Monday to Friday 9:00am to 5:00pm)

Email: support@childbereavementuk.org

Website: www.childbereavementuk.org

Child Death Helpline

A confidential helpline providing support. Many parents find this helpline useful. Many of the staff on this helpline have also been bereaved of a child.

Call: Freephone 0800 282 986

Monday to Sunday 7.00pm to 10.00pm; Monday, Thursday and Friday 10.00am to 1.00pm, Tuesday and Wednesday 10.00am to 4.00pm

Website: childdeathhelpline.org.uk/

Compassionate Friends

Provides friendship and support by telephone support line between 10.00am and 4.00pm and 7.00pm to 10:00pm. They also run self help and peer groups which offer mutual support. Many of the staff on this helpline have also been bereaved of a child.

Call: 0345 123 2304 for the helpline

Website: www.tcf.org.uk

Cruse Bereavement Care

Offers support to bereaved people and has local branches throughout the UK.

They also offer support for children and teenagers

Call: 0808 808 1677

Website: www.cruse.org.uk/

Grief Encounter

Provides support and resources for parents and a child support helpline and counselling.

Call: 0808 802 0111 Weekdays 9am to 9pm

Website: www.griefencounter.org.uk

Hope Again by Cruse

Provides information and support for children and young people with a dedicated website and chat service.

Website: www.hopeagain.org.uk

Call: 0808 808 1677 Mon to Fri 9.30am to 5.00pm

Samaritans

A free confidential service to talk about how you are feeling

Call: 116 123 open 24 hours a day

Website www.samaritans.org/

You can also chat online at www.samaritans.org.uk

Sudden

Provides bereavement support through an allocated case worker from day one onwards.

Call: 0800 2600 400

Email: help@sudden.org Website: www.suddendeath.org

The Good Grief Trust

A wealth of information, resources and support for the bereaved

Call: 0800 2600 400 Website: www.thegoodgrieftrust.org

Winstons Wish

Provides a range of resources for children and families on various topics.

Call: 08088 020 021

Website: www.winstonswish.org/

Support following the death of a baby

Babyloss: www.babyloss.com

SANDS

Offers support to parents bereaved of a baby through a national helpline, local support groups, resources and an App.

Call: 0808 164 3332 Email: helpline@sands.org.uk Website: www.sands.org.uk/

TOMMYS

Offers information and support following the death of a baby.

Website: www.tommys.org

The Lullaby Trust

Offering support when a baby or child dies via a confidential bereavement listening service and befrienders. The website also offers a wealth of useful information.

Call: 0808 802 6868 or email support@lullabytrust.co.uk

Website: www.lullabytrust.org.uk

Support following a bereavement by suicide (SOBS)

For those over 18 years including parents who have been bereaved by suicide. This includes helpline, local and national support groups and information.

Call: 0300 111 5065 (Monday to Sunday 9am to 9pm)

Website: uksobs.org/

The Support After Suicide Partnership

Brings together suicide bereavement organisations and people with lived experience to offer timely support.

Website: www.supportaftersuicide.org.uk

Bereavement following a Road Traffic Collision

BRAKE

They offer support, a helpline and various resources. You will be given an allocated case worker who will support you from day one for as long as you need.

Website: www.brake.org.uk

Call National Road Victim Service: 0808 8000 401 (Monday to Friday 10am to 4pm)

Website: www.brake.org.uk

Email: Help@brake.org.uk

Road Peace

Offers support and guidance following a death.

Call: 0845 4500 355

Website: www.roadpeace.org.uk

Support and Care After Road Death and Injury S.C.A.R.D

Providing support for those bereaved by Road accident—practical and emotional support via a helpline, and support groups.

Call: 0345 123 5542 Website: www.scard.org.uk

Other support organisations

Child Bereavement Network

A hub for those supporting bereaved children. Provides resources and information.

Website www.childhoodbereavementnetwork.org.uk

Children of Jannah

An organization supporting Muslim parents providing practical, emotional, and spiritual support.

Resources, chats and support line. Website: www.childrenofjannah.com

The Jewish Bereavement Counselling Service

Dedicated bereavement counselling for anyone in the Jewish community

Call: 020 8951 3881 Website: jbc.org.uk

Space for your notes

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We would like to acknowledge and thank the Child Bereavement Team at the Nottingham University Hospitals for their support and information sharing during the production of this booklet.

The Trust makes every effort to ensure that the information in this booklet is accurate and up to date, but cannot guarantee that it is so.

Please contact the **Child Bereavement Team** if you have any questions or need further information or support.

Call: 0116 258 4380/6776

email: ChildBereavement@uhl-tr.nhs.uk



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk