

## Bereavement support from the **DEBRA EB Community Support Team**

At some point in our lives we will all grieve for a loved one. Grief is different for each person. It has no time limits and can involve many different feelings and emotions. The Community Support Team at DEBRA aims to offer an individualised support service to people living with EB and their families who are facing the end of life, bereavement and grief.

### Emotional support

- We will provide emotional support – this could be by telephone, through home visits or letters of condolence.
- If you wish, your community support manager can refer you to healthcare teams, charities and other bereavement organisations for specialist bereavement support, including counselling and support for siblings and extended family.

### Practical support

- Healthcare provision will usually be in place when a person is approaching the end of life. However, families or professionals can ask a DEBRA community support manager to help find services which are not currently funded by existing statutory services. For example, a DEBRA community support manager may be able to assist with locating specialised hospice care.
- If requested, a community support manager can also provide assistance with arranging the funeral.
- Under some circumstances a support grant can also be given to help with some costs when supporting a bereaved person or family.

### Remembering loved ones

Plans are in progress to create a dedicated remembrance page on the DEBRA website. Here you will be able to write about your loved one – friends and family can visit whenever they want. The page will consist of two remembrance rooms, one for adults and one for children and teenagers.

### Contact us

If you would like to talk to someone about bereavement support, or if you would simply like to find out more, please contact us on 01344 771961 or email [membership@debra.org.uk](mailto:membership@debra.org.uk). We will be glad to support you.

## Useful resources

### Meeting other people

Grief Encounter ([www.griefencounter.org.uk](http://www.griefencounter.org.uk)) supports bereaved children and families through workshops and activities as well as online resources for young children, teens and adults.

Gingerbread ([www.gingerbread.org.uk](http://www.gingerbread.org.uk)) supports single parents. Services offered include face-to-face friendship groups and an online bereavement forum.

### Helping children cope with loss

Child Bereavement UK

([www.childbereavementuk.org](http://www.childbereavementuk.org)) supports families and educates professionals when a baby or child dies or is dying, or when a child is facing bereavement.

Winston's Wish ([www.winstonswish.org.uk](http://www.winstonswish.org.uk))

offers support and guidance to bereaved children, their families and professionals.

### One-to-one and group support

Cruse Bereavement Care ([www.cruse.org.uk](http://www.cruse.org.uk) and [www.crusescotland.org.uk](http://www.crusescotland.org.uk)) offers bereavement support and counselling in groups or on a one-to-one basis, regardless of the length of time elapsed.

### Bereavement and cancer

Macmillan Cancer Support

([www.macmillan.org.uk](http://www.macmillan.org.uk)) supports people with cancer and their families, offering opportunities to share experiences and celebrate the life of your loved one.

### Finding help near you

Charity Choice ([www.charitychoice.co.uk/charities/family/bereavement](http://www.charitychoice.co.uk/charities/family/bereavement)) provides a directory of charities, including those providing bereavement support.

Counselling Directory

([www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)) is a searchable database of qualified counsellors.

## Useful resources: hospice care

Hospice UK ([www.hospiceuk.org](http://www.hospiceuk.org)) is the national charity for hospice care. Scottish Partnership for Palliative Care ([www.palliativecarescotland.org.uk](http://www.palliativecarescotland.org.uk)) gives information on palliative care services in Scotland.

Together for Short Lives ([www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)) supports all children with life-threatening and life-limiting conditions and all those who support and care for them.

Children's Hospice Association Scotland ([www.chas.org.uk](http://www.chas.org.uk)) provides vital hospice services for children and young people with life-shortening conditions.