

Arrivals + Departures

A collection of useful resources for support around: grief, bereavement, carers' support, dying, finding a carer and living well.

Grief resources

Bilal Nasim

<https://www.bilalnasim.com/>

Bilal is a facilitator and trainer, exploring what it means to be alive and our relationship with death. He runs workshops on confronting death, holds grief-tending spaces, hosts death cafes, is training as a death doula, and is a personal resilience trainer.

Grief Tending in Community

<https://griefftending.org>

A place to share understandings about grief, especially grieving together. Devon Grief Tending team are learning from others whose traditions are still intact, as well as bringing modern insights, and attempting to weave ways of expressing grief together that are accessible, meaningful and beautiful.

Love and Loss

<http://www.loveandloss.co.uk/>

Grief Tending in London – workshops that provide a chance to connect with our feelings in an urban setting. In these workshops we give attention to our grief and gratitude and can be a helpful way to process anger, sorrow, overwhelm or numbness.

Earth Dream - Regenco's Blog

<https://regenco.wordpress.com/>

Regenco is a UK not-for-profit organisation formed in 1998 and operating primarily in the North East Dartmoor area, committed to furthering the regeneration and reintegration of Land, People and Spirit. We offer rites of passage, "Land Time", and other programmes.

Bereavement Support

Bereavement Advice Centre

<https://www.bereavementadvice.org>

There are many practical matters to attend to when someone dies. Bereavement Advice Centre supports and advises people on what they need to do after a death.

Child Bereavement UK

<https://www.childbereavementuk.org>

Child Bereavement UK helps children, parents and families to rebuild their lives when a child grieves or when a child dies. We support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age.

The Compassionate Friends

<https://www.tcf.org.uk/>

The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.

Cruse Bereavement Care

<https://www.cruse.org.uk/>

Grief is a natural process, but it can be devastating. We are here to support you after the death of someone close.

Lullaby Trust

<https://www.lullabytrust.org.uk/>

The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families

Survivors of Bereavement of suicide

<https://uksobs.org/>

We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.

Winston's Wish

<https://www.winstonswish.org>

The death of a parent or sibling is a devastating situation for a child, but with the right support at the right time, delivered in the right way, we know these children can go on to lead full and flourishing lives.

Carers' Support

Carers Trust

<https://carers.org/>

We work tirelessly to raise awareness of unpaid carers in the UK.

We give carers a voice and highlight their work to the general public. We also campaign and work with politicians and policy holders to create real change for unpaid carers throughout the UK.

Carers UK

<https://www.carersuk.org/>

Caring can be extremely complicated. The maze of rights and entitlements can be complicated. Filling in paperwork can be complicated. Getting a break can be complicated. Our feelings about caring can certainly be complicated.

We're here to make sure that no matter how complicated your query or your experience, you don't have to care alone.

Our expert telephone advice and support service is here if you want to talk about caring. If you're looking for answers, our online information and support is the best place to start.

Planning for dying well

Dying Matters

<https://www.dyingmatters.org/>

Dying Matters is a coalition of individual and organisational members across England and Wales, which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

Compassion in dying

<https://compassionindying.org.uk/>

We can help you prepare for the end of life. How to talk about it, plan for it, and record your wishes.

My Wishes

<https://www.mywishes.co.uk/>

Our free to use software will help you document your future care wishes, safeguard your possessions and make plans for those you care about.

Safe Beyond

<https://www.safebeyond.com/>

- > Create personalized future messages for your loved ones
- > Ensure easy access to all your digital assets
- > Secure your legacy forever

Organ donation

<https://www.organdonation.nhs.uk/>

Living well

CALM (Campaign against living miserably)

<https://www.thecalmzone.net/>

The Campaign Against Living Miserably (CALM) is leading a movement against suicide. Every week 125 people in the UK take their own lives. And 75% of all UK suicides are male. CALM exists to change this. Join the campaign to take a stand against suicide.

Samaritans

<https://www.samaritans.org/>

If you need someone to talk to, we listen. We won't judge or tell you what to do.

Finding a therapist

British Association for Behavior and Cognitive Psychotherapies

<https://www.babcp.com/>

British Association for Counselling and Psychotherapy Register

<https://www.professionalstandards.org.uk/>

Counselling directory

<https://www.counselling-directory.org.uk/>

Support for dying

Hospice UK

<https://www.hospiceuk.org/>

Hospice UK is the national charity for hospice and palliative care. We work to ensure all adults and children living with a terminal or life-shortening illness receive the care and support they need, when they need it.

Get palliative care

<https://getpalliativecare.org/>

[Getpalliativecare.org](https://getpalliativecare.org) is a website providing clear, comprehensive palliative care information for people living with a serious illness. Key features of the site include a Palliative Care Provider Directory, a definition of palliative care, and detailed descriptions of what palliative care does and how to get it. It also provides an interactive quiz to assist you in deciding whether palliative care might be right for you or a loved one. The site is provided by the Center to Advance Palliative Care (CAPC).

Caring info

Elder care

<https://www.elder.org/>

We're the UK's leading live-in care specialists, providing the alternative to the care home.

Soul midwives

<https://www.soulmidwives.co.uk/>

Soul Midwives lovingly ease the passage of the dying, to ensure that death is a dignified and peaceful experience.

Felicity, mother of *the Soul Midwives movement*, has trained many people, both men and women, in her gentle methods which are helping to soothe the dying and bring a new dimension to how we care for everyone at the end of life.

Marie curie

<https://www.mariecurie.org.uk/>

We believe everyone living with a terminal illness should be able to get the most from the time they have left, however hard that may sometimes feel.

Macmillan

<https://www.macmillan.org.uk/>

At Macmillan, we understand the many ways in which a cancer diagnosis can affect your life.

Whatever cancer throws your way, we're right there with you

Funerals

Natural death Centre

<http://www.naturaldeath.org.uk/>

Established 28 years ago in 1991, The Natural Death Centre is a social, entrepreneurial, educational charity that gives free, impartial advice on all aspects of dying, bereavement and consumer rights.

Before you Go - Compare

<https://www.beforeyougocompare.co.uk/>

Leave great memories, not loose ends, with a prepaid funeral plan. Compare leading UK funerals plans and save up to £535 in just a few minutes, so you can get on with doing more of what you enjoy.

Last Minute Musicians

<https://www.lastminutemusicians.com/>

Poppy's funerals

<https://www.poppysfunerals.co.uk>

At Poppy's, we believe that being a modern funeral director means creating a funeral that's right for you. We take pride in providing access to transparent, honest information and freedom of choice. Our team will guide you through the entire process with kindness and practicality.

Local funeral.co.uk

<https://localfuneral.co.uk/>

Find a local funeral director

Scattering Ashes

<https://scattering-ashes.co.uk/>

We are an award winning family run company, completely independent and based in Devon, England. We created this site to help you celebrate the life of your loved one and help you do it in your own way: whether you want to scatter, bury or keep them.

Good Funeral Guide

<https://www.goodfuneralguide.co.uk/>

The Good Funeral Guide is the UK's ONLY not-for-profit independent information resource for funeral advice. We are here to help you arrange the funeral that you want.

Ceremony Matters

<https://ceremonymatters.org/>

Emma Curtis is a secular minister and pastoral counsellor creating highly personalised funerals and memorial ceremonies based on the personalities and beliefs of those she serves, however individual, and offering continuing pastoral care

Podcast

Grifecast

<https://cariadlloyd.com/grifecast>

Resource collated by YARA + DAVINA with Bilal Nasim.