

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Dying Awareness Week

The 11th -17th May marks Dying Awareness Week. The aim of the week is to getting people talking about dying, death and bereavement and making plans for their end of life. This year's theme is "Dying to be Heard". Dying, death and bereavement are subjects that many of us find difficult to talk about. It's too easy to brush off the conversation, or say we don't need to talk about that just now, that won't happen for a while yet. The current pandemic has sadly resulted in the loss of many lives leaving families, communities and our society in the grips of grief. Unfortunately for some of those left behind they will have been unaware of their loved ones wishes which can cause feelings of guilt, helplessness and friction amongst families. It can be hard for people to talk about death and the practical aspect of getting ready for it. So when someone wants to talk about death, we owe it to them to be the other half of that conversation. If they want to talk, we need to listen. Below are some links and telephone supports providing information on death, bereavement and grief during the COVID-19.

NHS Greater Glasgow and Clyde Bereavement Services: provides lots of helpful information on the practical issues such as registering a death during COVID-19 and funeral arrangements. It also signposts to a range of other organisations and supports <https://www.nhs.gov.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/bereavement-information-and-support/>

NHS Education for Scotland (NES) has developed several educational resources for health & social care staff concerning death and bereavement during the COVID-19 pandemic, with more to follow. [https://www.nes.scot.nhs.uk/education-and-training/by-theme-initiative/coronavirus-\(covid-19\)-learning-materials-for-professionals.aspx](https://www.nes.scot.nhs.uk/education-and-training/by-theme-initiative/coronavirus-(covid-19)-learning-materials-for-professionals.aspx)

NES Support Around Death <http://www.sad.scot.nhs.uk/covid-19/> have produced a new COVID-19 bereavement page. It will be updated on an ongoing basis as new materials are developed. It includes a link to the NES animation on delivering news of a death by telephone.

Pregnancy

Stillbirth and Neonatal Charity (SANDS): helpline **0808 164 3332** is open from 9.30am to 5.30pm Monday to Friday and 9.30am to 9.30pm Tuesday and Thursday evening. Free to call from landlines and mobiles.

Scottish Cot Death Trust: working remotely but can be contacted via contact@scottishcotdeathtrust.org

Children and Young people

Childhood Bereavement UK: has produced a short film, supporting bereaved children during difficult times. <https://www.childbereavementuk.org/coronavirus-supporting-children>

Adults

COVID1-9 National Bereavement Helpline: available for anyone suffering a bereavement during the coronavirus outbreak. Call **0800 2600 400** 8am-8pm.

Caledonia Cremation: free emotional, support helpline offering support to bereaved people across Scotland. Call **03000 11 33 01**, open Monday – Friday, 9am -5pm. Also provide advice on funeral benefits etc.

Cruse: information on dealing with bereavement and grief during COVID 19 <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Beyond Words: when someone dies from corona virus: a guide for families and carers. <https://booksbeyondwords.co.uk/downloads-shop/when-someone-dies-from-coronavirus>