

Castle Mead Medical Centre

Support during your bereavement journey...

We are so sorry for your loss and we hope this leaflet will support you and those around you.
We've put together useful bereavement resources which may help now or during your bereavement journey.

If you would like to speak with someone, you can call **Cruse Bereavement Care** for free. They offer emotional support and talk through different options for further help.

0808 808 1677 or visit:
www.cruse.org.uk

The Laura Centre offers counselling for parents who have lost a child or children who have lost parents/carers.

0116 254 4341 or visit:
www.thelauracentre.org.uk

When someone dies, information on what happens next can be found at:
www.gov.uk/when-someone-dies

LOROS Bereavement Hubs offer free drop-in sessions, they provide a place to access information and to talk with others. The hubs are available to anyone over 18 and there is no need to book.

Local Hub: **Hinckley**, The New Plough Inn,
24 Leicester Road, Hinckley, LE10 1LS

Every Tuesday, 3pm-4.30pm

www.loros.co.uk/our-care/bereavement-hubs

Other useful links:

Macmillan

Visit: www.macmillan.org.uk

The Samaritans

24-hour helpline **116 123**

Visit: www.samaritans.org.uk

Sue Ryder

Online bereavement support

Visit: www.sueryder.org/onlinesupport

The Shama Women's Centre

Free bereavement counselling for women, with an emphasis on minority ethnic communities with multi-lingual staff.

0116 251 4747

If you are struggling, there is help and support for everyone

