

Ibstock and Barlestone Surgeries

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.

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

Information on legal formalities and the role of the medical examiner can be found at: www.dyingmattersleicestershireandrutland.com/legal-formalities

If you would like to speak with someone, you can call **Cruse Bereavement Care** for free. They offer emotional support.

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

LOROS Bereavement Hubs offer free drop-in sessions to access support, available to anyone over 18 and there is no need to book.

Hinckley, The New Plough Inn,
24 Leicester Road, Hinckley, LE10 1LS
Every Tuesday, 3pm-4.30pm

Loughborough: Round Table Room, John Storer House,
Ward's End, Loughborough, LE11 3HA
Every Monday, 1.30pm-3pm

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

Macmillan

Visit: www.macmillan.org.uk

The Samaritans

24-hour helpline 116 123

Visit: www.samaritans.org.uk

Sue Ryder

Visit: www.sueryder.org/onlinesupport

The Shama Women's Centre

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

0116 251 4747

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