



University Hospitals Bristol
NHS Foundation Trust

Bristol Royal Hospital for Children

When your child has died

A parents' booklet



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Bristol Royal Hospital
For Children

The death of a child is a devastating and painful time for the whole family. It can also be a very confusing time. This leaflet has been prepared by staff who have helped to care for bereaved parents, with contributions from parents whose child has died. It is intended to guide you through the next few days and beyond and answer some of the questions you may have.

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Wallace & Gromit's Grand Appeal
who have funded the printing of this booklet.



THE BRISTOL CHILDREN'S HOSPITAL CHARITY

www.grandappeal.org.uk

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Immediately on your child's death in hospital

Time to spend with your child

Staff will make sure that you have privacy and every opportunity to be with your child, spending as much time as you want with them to cuddle, wash and dress your child if you wish; nothing has to happen in a hurry.

You will be offered the opportunity, if you want, to have photographs taken and/or a lock of your child's hair as well as a hand and/or foot prints or an impression (this will not happen without your consent). If you do not want to take these at the time, they can be kept in your child's medical records and, if you decide at a later date you would like them, we can get them for you.

The hospital chaplaincy service is available at all times (day and night). If you would like, the chaplain will bless your child.

What happens next to your child

Your child will be taken to the Rainbow Room, and you may accompany them if you wish. You can then spend time with your child in peace and privacy.

If you want to return later or over the following days with other family members or friends, you will need to contact the bereavement support team on **0117 342 7293** (Monday to Friday, 9am to 5pm) who will arrange this for you. At other times please contact the ward staff or telephone **0117 923 0000** and ask to speak to the clinical site team manager at the children's hospital. It is important that you feel able to visit your child in the Rainbow Room at any time, but this takes careful planning, so where possible we would encourage you to visit during the daytime.

You may wish to bring some favourite toys, clothing or other important objects, blanket, pillow or comforter in on these visits. Following your

visit, your child will be returned to the mortuary.

Our bereavement support team will be able to support you through the next few days with some of the practical things you now have to do, and will offer you support over the coming weeks. They will try to meet with you in the hospital or call you in the coming days. You can also call them on **0117 342 7293** or email them at **ChildrensBereavementSupportTeam@uhbristol.nhs.uk**.

Registering death

The process of registering your child's death is emotional. You might like to think about asking a family member or friend to go with you for support, or to help with practical tasks like driving to the registrar's office.

The medical staff will complete a medical certificate of cause of death, which will be given to you. Your child's death must be registered within five working days, unless the coroner is conducting an investigation into the circumstances surrounding the death. If you have not registered the birth of your child, this can be done at the same time, even if your child was not born in Bristol. Your child's death will be registered in Bristol. It is possible to register your child's death by declaration at another register office in England and Wales. Please consult your local register office for further details. However, this can sometimes lead to a delay in the funeral arrangements because the registrar's office local to your home is required to contact the registrar's office in Bristol. In practice, therefore, it may be preferable to register your child's death in Bristol before you leave to go to your home town.

The Bristol register office

The registrar's office in Bristol can be found in **Corn Street** at the Old Council House (the entrance is in Broad Street). The opening hours are **Monday, Tuesday, Thursday, Friday, 9am to 4pm**, and **Wednesday evening 5pm until 7pm**. An appointment system operates on all days. Telephone **0117 922 2800** to book an appointment.

On bank holidays, a service is usually available between 9am and 10am; call the register office for details. You can also book online if you prefer at www.bristol.gov.uk/births-deaths-marriages/register-a-death.

Who can register the death?

The people who are legally allowed to register death are:

- the parents
- a relative
- a person present at death
- the occupier of the premises where the death occurred
- the person dealing with the funeral arrangements (this does not mean the funeral director).

If you are married, only one parent needs to go to the office. If you are a married same sex couple, the birth mother needs to be present, and the other parent(s) needs to attend if they want their details to be registered. If you are not married, it is essential for the mother to be present, and both parents need to attend if you wish the father's particulars to be recorded in the birth entry. However, either parent can register the death.

The information you will need to give to the registrar

- date of death and place of death
- date and place of your child's birth
- child's full name
- name and occupation of the mother and/or father
- child's usual address (the mother's address if your child has never left the hospital)
- whether your child was in receipt of any benefits (disability living

allowance (DLA), etc.)

- whether burial or cremation has been decided upon (it is not essential to have decided this yet).

Documents you will need to take with you

You must take the medical certificate of cause of death given to you at the hospital. If the coroner has been informed, you will be advised what to do by the coroner's office.

What the registrar will give you

You will be given a green form to enable you to make funeral arrangements. If your child's death was referred to the coroner, other procedures may apply (the coroner's office will advise you). An additional certificate is needed if you are planning to have your child cremated; the funeral director will arrange to get this. The registrar will also give you a white form that you will need to send to the Department for Work and Pensions to cancel any benefits payable in respect of your child, for example Disability Living Allowance, Child Benefit, Carer's Allowance.

There is no charge to register the death. You can purchase copies of the death certificate at any time. You will need a copy of the death certificate if your child has a bank/building society account that you wish to close, or to surrender any insurance policies held in your child's name.

Help with funeral expenses

You may be entitled to financial assistance towards the cost of arranging your child's funeral. Information is available from the Department for Work and Pensions; 'Bereavement Benefits' leaflet and form BB1, which explains how to claim bereavement benefits, are available from local Jobcentre Plus offices. Your appointed funeral director will also be able to advise you.

Why is the coroner informed?

In some circumstances, doctors cannot immediately issue a death certificate and they are then obliged to inform the coroner. Usually this occurs because the doctor is uncertain of the cause of death, or the death has occurred very suddenly or soon after an operation. (There are a number of other less common reasons). The coroner then decides whether it will be necessary to have a coroner's post-mortem examination.

If the coroner is to be informed

If required, the medical staff will contact the coroner following the death of your child. According to the circumstances the coroner may:

- decide not to be involved further – and a medical certificate of cause of death will then be issued to you.
- decide not to be involved but, because of legalities, issue a letter in support of the medical certificate of cause of death. The coroner will deliver this letter to the registrar's office, usually by the following day. The death can then be registered. It is advisable to telephone the registrar's office before setting off to register your child's death to ensure they have received this letter from the coroner.
- decide to be involved by ordering a post-mortem examination and possibly holding an inquest. A post-mortem is a medical examination of a body after death with the purpose of determining the ultimate cause of death. Relatives have no right to refuse a post-mortem when the coroner has ordered it. You do, however, have the right to have a doctor of your own choice present, if you wish, at your expense. If a specialist paediatric pathologist is required, it may be necessary to conduct your child's post-mortem at another hospital. You will be advised by staff if this is the case.

If the coroner orders a post-mortem examination, a medical certificate of cause of death cannot be issued by the hospital. The family will be contacted by the coroner's officer who will support you through this process and who will be able to give you further information and

advice. Should you need their number, it is **01275 461920**.

Once the post-mortem has taken place, if a natural cause of death is given at the time, then the coroner will instruct the registrar to issue the medical certificate of cause of death. However, in most cases, the pathologist will need to carry out further tests. This will take some time to complete, and the coroner may issue an interim death certificate so your child's funeral can take place. Once the cause of death is given by the pathologist, the coroner will decide whether the investigation into your child's death is concluded or whether to hold an inquest.

The involvement of the coroner may delay your child's funeral, but it should be possible for this to take place within a week. The coroner's officer should be able to give a date after which the funeral can take place. The officer will issue the authority for the funeral director to remove your child from hospital.

Coroner's post-mortem examination

Under certain circumstances, the coroner will order a post-mortem examination to take place. The pathologist performing the post-mortem may need to retain tissues from your child for further examination in order to establish the cause of death. No organs or tissue will be retained without your knowledge and you will have the opportunity to discuss your wishes with regard to the retention and disposal of any organ or tissue with the coroner's officer.

Hospital post-mortem examination

The hospital's doctor may have asked your permission to perform a hospital post-mortem, not for legal reasons, but to gain more information about your child's illness and to increase medical knowledge for the benefit of you and other children with a similar condition. If this is the case, the doctor will discuss it with you, explain what is involved and ask you to sign a consent form. We have produced a leaflet explaining post-mortem examinations – please ask for a copy if you are not given one. A hospital post-mortem will not involve any delay in giving you the

death certificate. The consent form states the nature and extent of the post-mortem examination, and your explicit permission is required for retention of any organ or tissue for any purpose.

You are welcome to visit and hold your child again in the Rainbow Room following the post-mortem examination or make arrangements to see your child at another location, i.e. your local hospice. The post-mortem will not affect the appearance of your child, though they will have 'operation scars' at the site of examination.

You will have many questions after the death of your child. A post-mortem examination may enable medical staff to answer many of your questions, but it may not answer them all.

General information

If your child is to have a hospital post-mortem examination, they will be transferred to St Michael's Hospital to the department of paediatric pathology, where there are the facilities to undertake this procedure. (St Michael's Hospital is approximately 100 metres from the children's hospital, at the top of St Michael's Hill).

If a specialist paediatric pathologist is required, it will be necessary to conduct your child's post-mortem at another hospital. You will be advised by staff if this is the case.

Following the post-mortem examination, your child's body will be returned to the children's hospital unless arrangements have been made for the funeral director to collect your child directly from St Michael's Hospital. You will be advised as to when this will happen.

Taking your child home

You may be able to take your child home – or to your local hospice if you have used their service in the past – soon after death, unless the coroner has requested a post-mortem examination, or the doctor wishes to discuss your child's death with the coroner before issuing a medical

certificate of cause of death, or if a hospital post-mortem examination is to be carried out, or finally if your child died as a result of an infectious disease which may pose a risk to yourself or others.

If you decide to take your child home, there are no legal obstacles or restrictions. It is advisable, however, to place your baby in a 'Moses basket' or wrap your child in a blanket for the journey. Alternatively, you may prefer your appointed funeral director to make the arrangements to transport your child home. Once you are back home, it is wise to speak to your funeral director regarding care of your child's body. It is sensible to keep your child in a well-ventilated and cool room, especially during hot weather, and if after two to three days your child's funeral has not taken place, you should speak to your funeral director for further advice.

There may be media interest in a child's death, which may be confusing to deal with at such a difficult time. Our bereavement support team can advise you on how best to manage this. Please contact the bereavement team on **0117 342 7293** if you would like their help and support.

Your child's funeral

Many of us have little experience of death and funerals. Therefore, when a death occurs there is a tendency, amidst all the confusion, pain and distress, to get caught up in the fast moving, accepted procedures of organising a funeral, which later may seem to have been inappropriate and rather impersonal. This booklet has been prepared in the hope that it will assist you to make your child's funeral a memorable, appropriate and personal occasion which will help you to say what you want to about your child, and ultimately help you to mourn their loss and begin to take control of your own life again.

There are various options to consider:

- a religious service in a church, followed by a burial in the churchyard or cemetery
- a religious ceremony in a church, followed by a cremation at the local crematorium

- you can have a religious service at the crematorium
- a non-religious service at the crematorium
- a humanist service wherever you want
- you may consider an environmentally friendly funeral
- you do not need to have any service at all
- consider other options.

Your funeral director can help you with this.

Taking your time

It is important to know that your child's funeral does not have to take place within a certain number of days. You can take as much time as you need to think through and make your choices and discuss these with other siblings, family, friends and faith leaders.

Including other children in funeral arrangements

If you have other children, it is important to involve them in discussing arrangements, as they have a contribution to make as family members as well as their own confusion and grief to bear. They may wish to be present at the funeral, see their brother or sister, send a posy of flowers or put a favourite toy in the coffin. They may even know your child's likes and dislikes better than you and may be able to help suggest appropriate music, readings, clothing, etc.

It can be surprising how many times a child thought to be 'too young to realise what is happening' has a contribution to make when given the chance to be involved, or has questions later that could have been answered better by having been involved at the time.

Choice of burial

The first choice you will have to make is that of a burial or cremation for your child. If you choose cremation, you do not have to decide straight away about the dispersal of the ashes.

Seeing your child's body before burial or cremation

You can also decide what you would like your child to be dressed in, and whether you would like to help to do this. A lock of hair and photographs can be taken if you consent, and a favourite toy or photograph can be placed in the coffin with your child.

Seeing your child's body can be very distressing, but many parents, relatives and friends have found it helpful in beginning to come to terms with the reality of their child's death. It is something you may wish to do alone, with a friend or relative, or with a minister of religion. You may also want to have your child at home with you for some time before the funeral.

What to include in the funeral service

It is not a requirement to have a religious service for your child's funeral. Different forms of service, both religious and non-religious, can be made available by some funeral directors, and you can ask your family and friends and minister of religion for suggestions.

There may be readings, poems and music that have a particular significance for you and link with your child, such as the theme tune of their favourite television programme, a favourite nursery rhyme or pop song. You may wish to invite people from all spheres of your child's life – school, nursery, social or activity clubs such as Brownies or Cubs – and ask them to take part, or you may wish to have a very small gathering of immediate family and friends in your own home.

You can decide who will carry your child's coffin, whether or not to have a hearse, whether to use a private car and whether to have photographs of your child displayed at the service.

Recording the funeral service

Some parents say later that they have very little memory of their child's funeral and regret this. Sometimes this is because medication or alcohol was offered to help people 'get through the day', or because

grief made the day seem unreal. Those memories and your ability to make decisions about what happened will be important in helping you grieve later. You may want to tape or record the service or ask those who spoke to give you a written copy of what they said. Your funeral director or a friend can ask people who attend to sign a book and can collect the cards from the flowers if you ask them.

Flowers or donations

You may wish to give flowers or donations to a charity or memorial fund, buy a piece of equipment for a hospital or school, or plant a tree in your child's name. You may also wish to have a memorial or thanksgiving service in the future or perhaps when you decide about the dispersal of the ashes.

Planning your child's funeral so that it is meaningful for you, your child and your family can be a way of regaining control, and of making some order and sense in the chaos that occurs in a family after the death of a child. We hope this will help you to do that and will forewarn you of some of the regrets families have had with hindsight.

Future contact with the hospital medical team responsible for your child's care

If, at any time, you have questions concerning your child's death, do not hesitate to contact your named consultant. An appointment to see the consultant will be made, usually within four to six weeks following your child's death. If you live some distance from Bristol, it is sometimes possible for this meeting to take place at your local hospital or, in some cases, at home or at your GP's surgery.

You will receive a call from one of the hospital nurses the day after your child's death to see if they are able to offer any immediate advice or support.

The medical and nursing staff or hospital chaplain will maintain contact for as long as you wish to help you and your family.

There is also a range of voluntary agencies and organisations which may be active in your area helping people to cope with their bereavement. Ask the nursing staff or hospital chaplain for details, even if this is some months or years after your child has died.

Living with the loss of your child

In the following pages we aim to share with you the thoughts, feelings and experiences of families who have lost a child. We hope this will offer you some support as you try to understand and cope with the shock, hurt and grief that follows such a loss. We have used the comments and questions that we frequently hear in the hope that this will enable you to recognise that your feelings are normal and have been shared by other families experiencing what you are experiencing. Having said this, everyone finds their own way to grieve, which depends on many things. The impact of this for you and your family and friends and the way you choose to find a way to live with your loss will be individual to you, your experiences and your beliefs.

Whether your child has died unexpectedly, or you have known for some time that their life was threatened, the initial shock and disbelief that this has actually happened can be overwhelming and impossible to accept. One of the ways we protect ourselves from painful events is to deny that it has happened. You may hear what the doctors and nurses are saying, and you may see that your child has died, but actually accepting this as a reality can take time.

This can feel very distressing as you are asked to fill in forms and make arrangements as discussed in the previous pages. Some parents describe this time as 'being on automatic' as they deal with all the practical demands while at the same time thinking this cannot really be happening.

Trying to share the news with family and friends may make the reality of what has happened feel too much to manage at this time, and you may find it helpful to ask a family member or trusted friend to do this for you.

Finding it hard to believe is a feeling that may come and go for a long time. Accepting that your child has died is not just about acknowledging the reality of what has happened, but often includes trying to understand why and how such a thing could happen. Sometimes you may need to tell and retell the story of what happened to you and your child. You may have questions for the doctors as you look back. If this is the case, bring those questions with you if you feel able to come back to see your child's doctor when you are offered an appointment, or contact the team who looked after your child.

Sometimes you may question your spiritual or religious beliefs, and you may find it helpful to contact the hospital chaplain or an appropriate person within your religion to talk about this. Some people who have not previously felt they have needed spiritual support may now feel they need to explore this; again, the hospital chaplain can support you with this.

How can I live with the pain of losing my child?

Many parents express thoughts and fears that they will not be able to face a future without their child. The emotional and physical pain you may experience after losing your child may leave you feeling that not only can life never be the same, but that you will not even be able to manage the everyday tasks of looking after yourself and the other members of your immediate family if you have a partner or other children.

In the first weeks after your child has died you may find eating and sleeping difficult. Sometimes getting to sleep can be hard because this may be the time that thoughts of your child fill your mind and your sense of loss is overwhelming. On waking, many parents say they have a moment when they hope it was all a dream and then, as the realisation dawns, they are filled with hurt and grief. For some people the hurt is felt as a pain, often in their stomach, which they describe as being tied in a knot. One parent described the pain like a jagged rock in her stomach; every time she moved she felt a sharp pain, and over time the jagged edges become smoother, but the pain remained for a long time.

During this time it can feel as though you are on an emotional rollercoaster as sadness, anger, disbelief and guilt intermingle with times when you have to behave 'as normal'. Sometimes you may find yourself going over and over the events that led up to your child's death, questioning whether you or someone else should or could have done something to have led to a different outcome.

Sometimes, when you find yourself smiling or laughing, you may feel guilty that you can do this.

In time, the depth of these feelings will lessen and you will feel less overwhelmed by them. Your GP is someone to talk to about this and can offer support and advice. Talking to family, friends or a professional who understands about grief and loss can be helpful. All of the above feelings are normal and are some of the ways we grieve and begin the journey of living with loss.

Why are people avoiding me?

Sometimes parents notice that family, friends or neighbours avoid talking about what has happened or even avoid talking to them altogether. This is often through a fear of saying the wrong thing or upsetting you. If you can, you may need to tell people how you want them to be with you. If this is too hard for you to do, you may find asking a friend or family member to do this for you is helpful.

How do I explain this to my other children?

This will depend on what your child can understand, and how you choose to explain dying and what happens after someone has died within your family. Children need to understand that their brother or sister has died, not 'gone away', 'gone to sleep' or is still at the hospital.

It can be beneficial for brothers and sisters to be included in visits to the Chapel of Rest and the funeral (if this is acceptable in your religion and viewings are possible), especially once they are old enough to understand that their brother or sister will not be with them anymore. Leaving toys, pictures or notes with their brother or sister can also be helpful for them.

It is most important that they understand why you are crying and upset, and that this is not their fault. It also shows them that being sad and upset about what has happened is acceptable. Sometimes brothers and sisters believe they are responsible for what has happened. They need to be given an explanation that they can understand and does not leave them with unnecessary fears about hospitals, or their own safety.

If possible, encourage your children to ask questions so you can address their fears and understand what they are feeling. They may find it easier to show their feelings through their play or their drawings, which you may comment on. There are also a variety of books available that you may wish to read with your child to help them understand what has happened and encourage them to talk to you.

They may ask other members of your family or their teacher about what has happened, so it is important that these people know what you want your child or children to be told to avoid confusing them or making them anxious. You may want to ask other people to be available to talk to them; this is fine if they are comfortable with this and know that they can still talk to you too.

Older children will appreciate being asked what they want their school friends to know so you can help their teachers handle this sensitively when they return to school. Not all children want the whole class or school to know what has happened and may prefer this to be kept to staff and just a few close friends.

Everyone else has gone ‘back to normal’ but I feel so different to them

In the months after your child has died, it can be distressing to see family, friends and people you work with apparently getting on with their lives. It may feel as though they have forgotten what has happened, or that they expect you to be ‘coming to terms’ with your loss and ‘moving on’. If you have a partner, you may feel they are grieving differently or that you cannot turn to them because of the grief they are experiencing.

When you lose a child, the way you feel about many things is changed forever. In time you will find out how you and your family will live with this loss. The time this takes and the ways in which you will do this will vary from person to person and family to family. Sharing your feelings and talking about how you are trying to find a way to live with this is important if people are going to be able to stay alongside you in this journey. You may feel this is a time when talking to other parents who have experienced what you are going through would be helpful. If talking with your friends and family is difficult, you may find counselling and support from someone who shares your spiritual or religious beliefs, your GP or a bereavement service would help. At the end of this leaflet you will find some contacts and information which can support you in seeking this help.

It's so hard to remember, but I'm scared we'll forget

Finding out what you and your family feel are the right ways to take memories of your child into your future will be personal and individual to you. As you encounter anniversaries and family events without your child, you will find yourself thinking and talking about how you wish to include remembering your child. If you have other children, now or in the future, you will need to think about meeting their needs as well.

We have included below some of the ways parents have chosen to remember their child. This is simply intended as information to support you when you begin to think about what may be right for you and is by no means an exhaustive list.

Remembrance book

This is kept in the prayer room on level 4. If you wish, we can arrange for an entry of your choice to be made or, alternatively, you can make your own entry.

Your own memorial service

You may wish to arrange your own formal (or informal) service of remembrance with family and friends present. There may be readings,

poems and music that have a particular significance for you and link with your child, or releasing balloons at the end of the service with a message tied to them.

Looking at a video and/or funeral service booklet

Write down memories of your child or your child's life story in a special book, compiling a special photograph album or video

Having a special place in your home where photos or favourite personal items can be displayed

Lighting a candle on particular anniversaries or special times of the year

Memory boxes

Creating a memory box for you, and initial ones for brothers and sisters, if appropriate, provides a space to collect photos, artwork and any other items which hold special memories. Placing them in a box allows you to choose when to open the memories and spend time thinking about your child.

Making a donation or buying a piece of equipment in your child's name

Raising funds for a charity in memory of your child

Planting a tree

Tree of remembrance

Each year there is a 'tree of remembrance' from mid-December until the New Year in the prayer room on level 4 of the children's hospital. You are welcome to come at any time during the day to hang a star on the tree in remembrance of your child. There are stars available or, alternatively, you are welcome to make your own star containing a message, photograph or painting of your choice. There is a short

service of remembrance – for details please contact the hospital chaplain.

Annual service of remembrance

The children's hospital holds an annual service of remembrance. This is usually in the early spring; you will be sent details of the service near to the date. For further information please contact the senior nurse/ matron on the intensive care unit on **0117 342 8754**.

Wallace & Gromit's Grand Appeal Star Tribute Fund

Through the Grand Appeal, a unique Star Tribute Fund can be established in memory of your child to benefit and help other children. For further information telephone **0800 919 649** (freephone), visit **www.grandappeal.org.uk** or email **info@grandappeal.org.uk**.

Notes

Support groups and agencies

The Compassionate Friends

This is an organisation run by bereaved parents for bereaved parents, siblings and grandparents. It offers a helpline and publishes a wide range of articles covering all aspects of grief for the family and others involved.

Website: **www.tcf.org.uk**

UK National Helpline: **03451 232 304** (open daily 10am to 4pm and 7pm to 10pm)

Email: **helpline@tcf.org.uk**

The Compassionate Friends has a library of books, CDs and DVDs which can be borrowed. For information, phone the librarian on **01634 666353** or email: **library@tcf.org.uk**

Compassionate Friends also runs an online support forum for brothers and sisters (SIBBS). Helpline **03451 232 304** (opening times as above)

Cruse – Bereavement Care

Offers a counselling service, open to everyone. The website has a selection of youth pages which may be helpful for siblings, particularly adolescents.

Helpline: **0808 808 1677**

Website: **www.cruse.org.uk**

Local office for Bristol: 9a St James Barton, Bristol BS1 3LT

Child Death Helpline

The Child Death Helpline is staffed by parents, all of whom have experienced the loss of their child.

Open every evening 7pm to 10pm, daily 10am to 1pm, and Wednesday 1pm to 4pm

Telephone: **0800 282 986** (freephone)

Website: **www.childdeathhelpline.org.uk**

The Lullaby Trust

Offers phone support and advice.

Information line: **0808 802 6869**

Email: **info@lullabytrust.org.uk**

Telephone: **0207 222 8001**

Website: **www.lullabytrust.org.uk**

Helpline: **0207 233 2090** (9am to 11pm)

Bereavement support from The Lullaby Trust

Telephone: **0808 802 6868**

Email: **support@lullabytrust.org.uk**

Calls to the helpline are free from all landlines and most mobile phone networks. The helpline is open:

Monday to Friday 10am to 5pm

Weekends and public holidays 6pm to 10pm

(answered by trained befrienders, all with personal experience of bereavement)

SANDS

Still Birth and Neo-natal Death Society.

28 Portland Place

London

W1B 1LY

Telephone: **0207 436 7940**

Helpline: **0207 436 5881**

Fax: **0207 436 3715**

Email: **helpline@uk-sands.org**

Website: **www.uk-sands.org**

Winston's Wish

Help for children, young people and their families.

Spa House
17 Royal Crescent
Cheltenham
GL50 3DA

Telephone: **0124 251 5157**

Helpline: **08088 020 021**

Website: **www.winstonswish.org.uk**

The Rainbow Centre

Help for siblings.

27 Lilymead Avenue
Bristol
BS4 2BY

Telephone: **0117 985 3343**

Website: **www.rainbowcentre.org.uk**

Samaritans

Telephone: **116 123** every day (24 hours)

Email: **jo@samaritans.org**

Website: **www.samaritans.org**

Hospital information and support

University Hospitals Bristol NHS Foundation Trust

Telephone: **0117 923 0000**

Main reception – Bristol Royal Hospital for Children

Telephone: **0117 342 8460** or **0117 342 8461**

Bereavement support team – Bristol Royal Hospital for Children

Telephone: **0117 342 7293**

Email: **ChildrensBereavementSupportTeam@uhbristol.nhs.uk**

Chaplaincy – Bristol Royal Hospital for Children

Telephone: **0117 342 8639**

Patient affairs officer – Bristol Royal Hospital for Children

Telephone: **0117 342 2289**

Cardiac liaison nurse – Bristol Royal Hospital for Children

Telephone: **0117 342 8286** or **0117 342 8578**

(voicemail for messages)

Clinical site team – Bristol Royal Hospital for Children

Telephone: **0117 923 0000** and ask to speak to the clinical site manager at the children's hospital

Patient advice and liaison service – Bristol Royal Hospital for Children

Telephone: **0117 342 8065** or **0117 342 8158**

Email: **bchinfo@uhbristol.nhs.uk**

or

pals@uhbristol.nhs.uk

Helpful books

There are many books available for bereaved parents and siblings. Here is a small selection you may find useful.

For children and young people

Helping Children Cope with Grief *by* Rosemary Wells

Sheldon Press. ISBN 0-85969-559-X

A small but helpful book written to help explain death to children.

On Children and Death *by* Elisabeth Kubler Ross

MacMillan NY. ISBN 0-02-076670-X

A touching and inspired work about how children and their parents can and do cope with death.

Children, Death and Bereavement *by* Pat Wynne-Jones

Scripture Union. ISBN 0-86201-237-6

A Christian book that is helpful even for non-Christians. Deals with the many questions children ask when faced with grief.

The Daniel Diary *by* Alisa Fabin

Grafton Books. ISBN 0-246-13307-4

Straight talk about death for teenagers:

How to cope with losing someone you love *by* Earl A. Grollman

Boston: Beacon Press. ISBN:087025003

Badger's parting gifts *by* Susan Varley

London: Picture Lions. ISBN:0006643175

For parents

The Death of a Child *by* Tessa Wilkinson

Julia MacRaw Books 1991. ISBN 1-85681-250-2

The Bereaved Parent *by* Harriet Sarnoff Schiff (1979)

Human Horizons, Souvenir Press. ISBN 0-285-64891-8

The Courage to Grieve *by* Judy Tatelbaum

Cedar/Mandarin Paperbacks. ISBN 0-7493-0936-9

A self-help book on how to cope when bereaved.

Parental Loss of a Child *by* Theresa A Rando

Research Press C, US. ISBN 0-87822-281-2

Split into sections, this book looks at how bereavement affects each member of the family differently. Section devoted for the single parent whose only child has died.

Notes

Notes

Hospital switchboard: 0117 923 0000

Minicom: 0117 934 9869

www.uhbristol.nhs.uk



For an interpreter or signer please contact the telephone number on your appointment letter.



For this leaflet in large print, audio or PDF format, please email patientleaflets@uhbristol.nhs.uk.

