

Remember

It's ok to cry

It is ok to feel angry

It is ok to feel guilty

It is ok to laugh

It is ok to talk about the deceased person—they are still part of your life

Your friends and family may feel embarrassed as they don't know what to say. If you let them know what you are feeling they will be able to help you to grieve

Remember.....

Memories last forever



Helpful contacts:

Age UK 0300 500 1217

Very helpful and give lots of useful advice. Useful guide: what to do when someone dies

Jobcentre Plus 0843 816 6266

Can help with pensions advice and death grants

CRUSE 01603 219977

This is a service where you can talk to someone about your concerns, etc

Purple Rose Life Centre Tel: 01493 717310

a Life Centre that could offer a complete continuity of care service to individuals and their families facing loss and end of life.

Your Doctor

If you feel depressed or unwell you may need some temporary help so you can cope

Help with animals:

Cinnamon Trust

RSPCA

Blue Cross

PDSA

Cats Protection League

Dogtrust.org.uk

Rehomingdogs.co.uk



Central Healthcare Centre

Sussex Road

Gorleston

Tel: 01493 414141

Bereavement Help and Advice



If you lose a loved one
do you know where to
go for help?

First Steps

Medical Certificate

This will be provided by the Doctor if the death occurred at home.

If the death occurred at the James Paget Hospital they will provide the certificate.

Find out how to register a death in the UK at <https://www.gov.uk/register-a-death>

Register the death at the Registrar's Office within 5 days.

You will be able to register at

Great Yarmouth Registration Office
The Library, Tolhouse Street, Great Yarmouth, Norfolk, NR30 2SH

0344 800 8020

Opening Hours

Monday to Thursday: 9.30am to 4.30pm (closed for lunch 12.30pm to 1.30pm) Friday 9.30am to 4.00pm (closed for lunch as before) Saturday:

9.30am to 4.30pm

When you telephone they will tell you what forms etc you need to take with you. They can do a lot of the contact work for you, if you wish.

Make sure you request extra copies of the certificate. Banks, insurance companies, solicitors etc all require original copies. They will not accept photocopies and it is far more expensive to request additional copies later.

Funeral Directors

Contact the director of your choice to arrange an appointment. There are many types of funeral-religious, humanist, civil celebrant, woodland etc. If you do not know your loved ones wishes, discuss it with your family.

You do not have to choose the most expensive option. Choose what you can reasonably afford.

If the death is sudden and unexpected, there may be an inquest/post mortem and the deceased will not be released for

burial until after the inquest.

Let friends and family know.

Involve a relative. This will be a great help at this emotional time.



Contact the Bank/Solicitor

Make an appointment so they have time to spend with you.

Contact Insurance Company

Contact Pensions Office

You may receive a Death Grant

Contact local Council

Council Tax reduction

Advise Tax Office

Do this as soon as possible.

Download a guide on www.hmrc.gov.uk

Bereavement Register

Register the name and address of the deceased to help stop unsolicited mail

Tel:+44 (20) 7089 6403