



Bereavement Support

Are you an unwaged carer living in Manchester who has lost a loved one? Here are some of the places you can find support.

Greater Manchester Bereavement Service helps find support for anyone who has been bereaved or affected by a death. They offer advice to suit your personal circumstances and needs, including on the practical issues that may arise when you lose a loved one. They also have a range of useful online resources.

- ✓ Call **0161 983 0902**
(Monday – Friday 9am – 5pm; except bank holidays)
- ✓ Email salccg.gm.bs@nhs.net
- ✓ Visit <https://greater-manchester-bereavement-service.org.uk/>



Practical Support

What To Do When Someone Dies is a website that gives clear, step-by-step guidance on the practicalities that need to be dealt with following a death. These include registration, arranging a funeral, telling the government, bereavement benefits and dealing with the estate.

- ✓ Visit <https://www.gov.uk/when-someone-dies>

Tell Us Once is a service that lets you report a death to most government organisations in one go. It will notify HM Revenue and Customs, the Department for Work and Pensions, the Passport Office, the Driver and Vehicle Licensing Agency, the local council and Veterans UK.

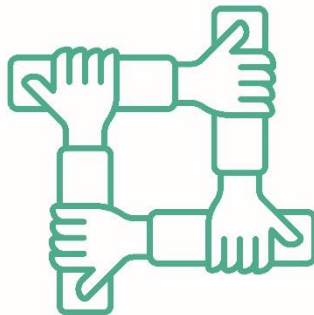
- ✔ Visit <https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once>

A Funeral Expenses Payment is government financial support towards funeral costs that you may be eligible for if you receive certain benefits. Full details and [eligibility criteria](#) are available online.

- ✔ Call 0800 731 0469 (Bereavement Service Helpline)
(Monday – Friday 9.30am – 3.30pm)
- ✔ Visit <https://www.gov.uk/funeral-payments/>

A Bereavement Support Payment may be available to you if your husband, wife or civil partner has died and you are under State Pension Age.

- ✔ Call 0800 731 0469 (Bereavement Service Helpline)
(Monday – Friday 9.30am – 3.30pm)
- ✔ Visit <https://www.gov.uk/bereavement-support-payment>



What Happens To My Benefits?

You may receive [Carer's Allowance](#), the [Carer Premium](#) and other means-tested benefits for up to eight weeks after the death of the person you were caring for. To find out, use Tell Us Once (see above) or contact the Bereavement Service Helpline.

- ✔ Call 0800 731 0469 (Bereavement Service Helpline)
(Monday – Friday 9.30am – 3.30pm)

Emotional Support

Cruse Bereavement Care supports anyone aged 18+ who is grieving following the death of someone close. They offer 1-2-1 support in Manchester and also run a national helpline that you can call for information and advice.

- ✓ Call 07377 710382 and leave a message (Cruse Manchester) / 0808 808 1677 (helpline)
- ✓ Email Manchester@cruse.org.uk
- ✓ Visit <https://www.cruse.org.uk>



Gaddum's Child and Family Bereavement Service is a counselling service for anyone aged 5 to 18 in Manchester and Salford. It supports them as they begin to explore their unique process of adjustment following a bereavement.

- ✓ Call 0161 834 6069
- ✓ Visit <https://www.gaddumcentre.co.uk/child-counselling-services/>

Marie Curie Bereavement Support Service is for anyone aged 18+ who has lost someone to an illness, whether recent or not. They offer up to six phone sessions with a trained bereavement volunteer who will discuss practical and emotional concerns with you. It's not a counselling service – but they will signpost you to this type of support if you think you need it following the sessions.

- ✓ Call 0800 090 2309
(Monday – Friday 8am – 6pm, Saturday 11am – 5pm)
- ✓ Visit <https://www.mariecurie.org.uk/help/support/bereavement>

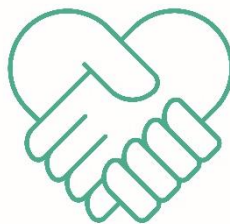


[Sue Ryder's Online Bereavement Support](#) includes a bereavement community, resources and information. They also offer free online counselling sessions via video chat.

✔ Visit **<https://www.sueryder.org/how-we-can-help/online-bereavement-support>**

[Carers UK Forum for Former Carers](#) is available to anyone who has been bereaved or no longer provides care.

✔ Visit **<https://www.carersuk.org/forum/support-and-advice/former-carers>**



If you would like to discuss your options for support or you have a general query about your caring role, you can call the Carers Manchester Contact Point on 0161 543 8000 (Monday - Friday 10am - 4pm, Wednesdays 10am - 6pm; except bank holidays) or email contactpoint@carersmanchester.org.uk.