

healthwatch

West Berkshire



HM Government

**Wash your hands
more often
for 20 seconds**


CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**



Use soap and water or a hand
sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food




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Someone I love has died - where can I find support

Advice and Information – 25 March 2020

Take a look at our advice article on the organisations and groups that can support you if you're grieving.



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[!\[\]\(053ecc0f11ce3eaaf59579a64bc6e912_img.jpg\)](#)
[!\[\]\(fb8baa27ba84e6b5f4f4533f09b4c70a_img.jpg\)](#)
[!\[\]\(1cea1a5eba20521069066d52f2f8efa1_img.jpg\)](#)
[!\[\]\(c9b26f73aa8e6bb43dd4c4b9598e99a2_img.jpg\)](#)

What is grief?

Grief is something we experience when someone close to us dies. There is no right or 'normal' way to feel, as everyone experiences grief differently.

As it is natural to have a strong reaction to someone dying, you may feel:

- Shocked about what has happened
- Pain and distress
- Anger
- Guilt
- Depression
- Longing
- Worried about other people's reactions

'If Someone I Loved Has Died'

What is grief?

Grief is something we experience when someone close to us dies. There is no right or 'normal' way to feel, as everyone

experiences grief differently.

Take a look at Healthwatch England's advice article on the organisations and groups that can support you if you're grieving.

[Click here to read the advice in full](#)



Bereavement during COVID-19 Outbreak

Cruise Bereavement Care have put together resources to share how bereavement and grief may be affected by this pandemic'

[Click on the image above or below to see all resources available:](#)

Coronavirus: dealing with bereavement and grief Share this: [f](#) [t](#) [e](#)

During the global coronavirus pandemic we are facing a tragic loss of life, often under very difficult circumstances.

Bereaved people may have to deal with increased trauma, and may be cut off from some of their usual support network. Those who are already struggling with bereavement, or whose relatives or friends die through other causes will also be affected.

We have put together these resources to share how bereavement and grief may be affected by this pandemic. It covers some of the different situations and emotions bereaved people may have to deal with. We will be adding to and updating this information as the situation develops.

Before Their Time

COVID-19 is going to mean some people dying before their time, or some of us not being able to visit someone for a last time. It's going to affect us in ways we're only just starting to understand. To acknowledge this, Dying Matters have launched the **#BeforeTheirTime** campaign.

[Click Image below to read more:](#)

Before Their Time

COVID-19 is going to mean some people dying before their time, or some of us not being able to visit someone for a last time. It's going to affect us in ways we're only just starting to understand. To acknowledge this, Dying Matters have launched the #BeforeTheirTime campaign. This is so people can share their experiences and talk through concerns in this difficult time. As well as the hashtag, we will also be using the below image, which you can download if you wish at the bottom of the page. You can use the sunflower emoji on your phone if you are posting messages from there or want to send messages of solidarity. Please do follow along and contribute on social media.



Guidance

Guidance for care of the deceased with suspected or confirmed coronavirus (COVID-19)

Published 31 March 2020



Public Health
England

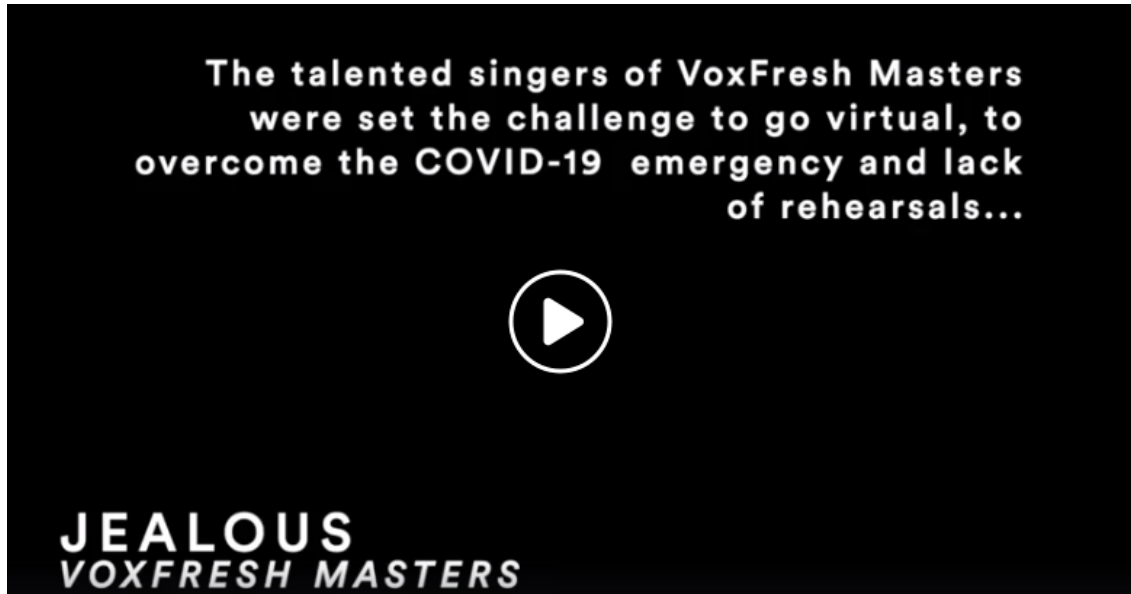
Guidance for members of the public who identify a death outside of a healthcare setting

If you are a member of the public or a family member and you come into contact with a deceased person who has been confirmed as having coronavirus (COVID-19), or who had symptoms of the infection, try not to come into direct contact with them. Move to at least 2 metres away or another room. Please call the GP (if the GP is not available you will be connected to out of hours) or 111 for further advice. If the death was unexpected and you have not been engaging with the healthcare system regarding the patient's condition prior to the death, please call 999 and explain the situation.

Click on the image above to read the full guidance from Public Health.

NOW FOR SOMETHING COMPLETELY DIFFERENT!!

When the implications of COVID-19 hit the other week VoxFresh Masters were set a challenge to film themselves singing their part of a song- which were compiled into a virtual choir performance. Singing 'Jealous' by Labrinth



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