

Following the death of your child

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Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk/ for maps and information about visiting Leicester's Hospitals

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

We would like to offer you and your family our deepest sympathy following the death of your child.

We hope that this booklet is helpful in answering some of your questions and guiding you through some of the issues you may face.

You may also wish to look at this website: www.gov.uk/after-a-death/if-a-child-or-baby-dies

We know that this can be a very difficult and confusing time. You may not feel able to read all of the information now. Please take our booklet away with you so that it is there should you need it.

It may not answer all of your questions. If there is anything else you would like to ask or talk about, please contact the **Child Bereavement team** Monday to Friday 9am to 5pm (except for bank holidays)

Call: 0116 258 7742 / 6776

email: uhl-tr.childbereavement@nhs.net

You will be contacted by your '**Key Worker**' in the next few days. They can offer you and your family information and signpost you to sources of support.

Your Key Worker may be someone from the hospital or community team, a Child Death Review Practitioner, or a member of the Child Bereavement team.

It is important that you call the Child Bereavement Team on the next working day after your child's death, to talk about how the Medical Certificate of Cause of Death (MCCD) will be issued.

Call: Leicester Royal Infirmary 0116 258 7742 / 6776.

Email: uhl-tr.childbereavement.nhs.net (Monday to Friday. 9am to 5.00pm except for bank holidays)

The child's consultant(s) name is:	
The nurse who cared for your child is:	
The ward/department and contact number:	
Your key worker's name and contact number (for you to add in):	

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What happens now?

We know it is important for you to be given time and support to make the right choices for you and your family. This is very important in the hours after your child's death. Please share your thoughts. Let the ward staff know if you have any questions.

Some parents find comfort in having a brief religious or non-religious ceremony or blessing for their child. We can call the hospital Chaplain or someone of your choice.

Chaplaincy Team:Leicester Royal Infirmary 0116 258 5487

Email: uhl-tr.chaplaincymailbox.nhs.net

You may want to hold, wash or dress your child. We can also help create some special memories such as hand and footprints, a lock of your child's hair or photos. If you are not sure we can keep these safe for you, with your permission, to collect later. Please let us know if there is anything else you would like to include.

You are very welcome to stay with your child for as long, or as little time as you need. There will come a time when we will need to move your child from the ward area. We know how hard it must be if you have to leave your child here with us at the hospital. When you are ready, your child's nurse will arrange for them to be transferred into the care of the mortuary and bereavement teams.

If your child has a favourite toy, blanket or comforter, this can stay with them or you can bring it in later. Please advise the ward team of your wishes.

We will tell your family doctor, health visitor or school nurse and the community care team (where involved) what has happened so they can offer support. Let us know if there is anyone else you'd like us to contact or anything we can do that may support you.

May I see my child?

You may be able to see your child here at the hospital. Or wait until they have been taken to your chosen Funeral Directors.

The hospital has family visiting rooms. Staff will help you as much as possible. Please contact the Child Bereavement team to ask for an appointment.

If needed, in an emergency, you may be able to see your child outside of normal office hours. You can call the ward/department directly or call the main hospital switchboard 0300 303 1573 and ask for the on-call Duty Manager.

It is always important to contact the hospital before coming to see your child. We want to make the proper arrangements. We want to avoid an unnecessary wait.

Our staff are here to help you.

Can I take my child's body home?

There are some circumstances where this is not possible. We would discuss this with you. If a post-mortem is not needed and the doctor has completed the Medical Certificate of Cause of Death, it may be possible to arrange.

You could take your child home or to the Funeral Directors, to Rainbows hospice (if a room is available) or to another place of your choice.

It is best to arrange this through a Funeral Director. They can collect your child from the hospital and give you on-going advice and support.

There will be paperwork to do before taking your child home. The hospital staff will help with this. They will also help you with any arrangements.

Or you may prefer to have your child at home the night before or on the day of the funeral.

If a coroner is involved their permission is needed before any plans are made.

If you are not sure or have any other questions, please feel free to talk to the Child Bereavement Team, your key worker or the Funeral Director.

What about organ or tissue donation?

You may have already thought about this or been asked about it. If so, a Specialist Nurse for Organ Donation will talk to you.

Organ donation such as liver, heart, lungs, kidneys or pancreas is usually only possible when a patient has been ventilated and dies on an Intensive Care Unit. This means only a small number of children will be suitable for this type of donation.

But tissue donation such as eyes, heart valves, skin, bone and tendons may still be possible.

- Eye donation is a chance to restore someone's sight. One eye donor can possibly help a few people. The clear outer layer at the front of the eye (cornea) and also the white part of the eye (sclera) can be used.
- Heart tissue can be donated and transplanted to save the lives of children born with heart defects and adults with damaged heart valves.
- Skin can be used as a natural dressing (skin graft). It helps to treat patients after a serious burn. This saves or improves lives by reducing infection risk, scaring and pain.

It is best if the donation takes place within 24 hours of the death. Pease do not hesitate to speak to the nurses or doctors. They can arrange for someone to come and talk more about this with you, if this is something you would like to think about.

What is the role of the Medical Examiner?

Since April 2020 all hospital deaths nationally should be discussed with a Medical Examiner.

A Medical Examiner is a senior medical doctor. They work a number of sessions a week to do Medical Examiner duties. This is outside of their usual medical duties.

They are trained in the legal and clinical parts of the death certification process.

The Medical Examiner will not have been involved in your child's care. They will discuss and either agree with a cause of death proposed by the doctor. Or they may decide that a death needs further investigation.

The Medical examiner will review the cause of death and either:

- Issue the Medical Certificate of Cause of Death. This is needed to register the death and produce a Death Certificate.
- Refer the death to the Coroner for further investigation

If a coroner is not involved, you may get a call from the Medical Examiner's Office. They will ask if you have any questions about the proposed cause of death. They will also ask if you have any questions or concerns about the care your child received.

A routine review of care is carried out after a child has died in Leicester Hospitals. This is part of our Learning from Deaths process. It also links with the National Child Death Review Process (see p12).

Referring a death to the Coroner

We will talk to you and explain why if we need to refer your child's death to the Coroner.

The 3 main reasons for a referral are:

- A death has been sudden, unexpected or the cause is unknown
- A death has been caused as a result of an accident or unusual circumstances
- A death happened during an operation or when under an anaesthetic

A Coroner's officer should contact you within a few days to explain the next steps. The outcome of a referral to the Coroner may be:

- A certificate can be issued by a doctor from the hospital
- An inquest with or without a post mortem examination. This is a fact finding exercise. It
 confirms who has died, the circumstances, when and where and find the details needed for the
 death to be registered.
- A post-mortem examination is needed to decide the cause of death

If the child's death was unexpected the police must be involved to check circumstances. This does not mean that you are under suspicion. The Police Officer will be working on behalf of the Coroner. They need to rule out the possibility that anything unlawful has taken place.

The staff at the Coroner's Office are very helpful. They will answer any questions you may have.

Where a death occurs in hospital or in the community of Leicester City South, the Coroner's Office

address is:

The Coroner's Office, The Town Hall, Town Hall Square, Leicester LE1 9BG

Call: 0116 454 1030

Opening Hours: Monday to Thursday 9:00am to 4:00pm and Friday 9:00am to 3:30pm

Weekends and Bank Holidays - Closed

Email: leicester.coroner@leicester.gov.uk

Website: coroners.leicester.gov.uk/contact-us

If your child died in the community before being brought to the hospital, the North Leicestershire and Rutland Coroner may be involved.

Their address is:

The Coroner's Office, 34 Woodgate, Loughborough. LE11 2TY

Telephone: 0116 305 7732

Opening Hours: Monday to Thursday 8.30am to 3.30pm and Friday 8.30am to 3pm

Weekends and Bank Holidays - Closed

Email: northleics.coroner@nhs.net

More information about the role of the Coroner can be found at: www.gov.uk/government/ publications/guide-to-coroner-services-and-coroner-investigations-a-short-guide

The Coroner's Office will let you know how to access available support during an inquest. The Coroner's Court Support Service has trained volunteers. They offer emotional support and practical help to be eaved families and others attending an Inquest.

Website: coronerscourtssupportservice.org.uk

What is the difference between a Coroner post-mortem and a hospital post-mortem?

A post-mortem examination is carried out with the same care and respect that would be given if your child was having an operation.

Coroner post mortem: This is an examination ordered by HM Coroner. It is needed by law in certain circumstances. Consent is not needed. Sometimes a child has to be taken to another hospital for the post mortem. The Coroner will tell you if this is needed.

Hospital post mortem: You, or a consultant with your consent, can ask when the cause of death is known. It can try to find more information about your child's illness. The examination can sometimes delay funeral arrangements. It may be possible to hold and cuddle them afterwards. A hospital post mortem can help in 2 ways:

it can help you to understand your child's illness

• it can help the hospital to learn. They can then support the care of children with similar illnesses in the future.

It can take many months for some post mortem reports to be finalised. You will get a copy of the report in due course.

Your doctor or nurse can give you a separate information leaflet about post mortems or you can look at the following websites yourself:

www.hta.gov.uk/guidance-public/post-mortems or visit sands.org.uk

The Child Bereavement Team can arrange for a hospital doctor to talk through the report with you if you wish, or you may prefer to talk to your GP.

How do I register my child's death?

It is important that you call the Child Bereavement Team on the next working day after your child's death. They will talk to you about how the Medical Certificate of Cause of Death (MCCD) will be issued.

The Doctors do their best to write the MCCD as soon as possible after the death has occurred. There are times when this can take a few days. The MCCD form is needed to register a death and for a Death Certificate to be issued.

Once the Doctor has completed this form you will get a call from the Child Bereavement Team or Medical Examiner's Office.

They will let you know when the MCCD has been sent to the Registrar.

Where the MCCD has been sent electronically to the Register Office, the Registrar will call you within a few days to finish the registration over the phone. This takes about 30 minutes.

If your child's death has been referred and accepted by the Coroner, the Doctor cannot give the MCCD. Your child's Doctor and the Coroner's office should discuss this with you.

The Coroner's Office will tell you about the legal processes. They will tell you about other paperwork that can sometimes be issued by their Office. This can let a funeral take place before their final investigations have been completed.

Registering the death

All deaths must be registered in the "registration district" where the death happened. The Leicester hospitals are in the Leicester City and South registration district. Your child's death should be registered within 5 days unless the Coroner is involved. This time can sometimes be extended.

If you do not live near Leicester, it is possible to register the death at your own local Registry Office by Declaration. This will mean the transfer of your child's details from your local office to Leicester. The paperwork will then be sent to you through the post. This will take longer. You need to think about this when making funeral arrangements.

It is advised that parents register the death, but if this is not possible, for example if you live some distance from Leicester, then the death can be registered by a relative or a hospital representative from the Bereavement Services Office.

Contact details: City of Leicester Register Office City Hall Square Leicester LE1 9BG

Call: 0116 454 1000.

Website information: https://www.leicester.gov.uk/your-community/births-marriages-and-deaths/ register-a-death/

You will need the following information to register your child's death:

- 1. Your child's full name, address and place and date of birth
- 2. The place and date of death
- 3. The mother and father's full names, places of birth, addresses and occupations
- 4. List of benefits the child was receiving such as Disability Living Allowance
- 5 The NHS number if available

The Registrar will then issue a Death Certificate. They will also issue a 'green form'. Your chosen funeral director will need this so they can collect your child from the hospital and for the funeral to take place.

Please note that you will need to pay for the death certificate and for any extra copies. Any copies ordered at a later date are charged at an increased rate.

Under normal circumstances, a death should be registered before any funeral arrangements are made.

If you would like your child to have an 'urgent certification and release' from the hospital for the funeral, for religious or cultural reasons, please tell us. We will do our best to support your request, but this may not be possible for legal reasons if the Coroner is involved

Sometimes, death can occur before you have registered your child's birth. If you have not registered the birth, you can do this at the same time. Information about both parents will be needed.

Who do I need to tell?

The Registrar will tell you about the 'Tell Us Once' service. This tells government departments and local council services about your child's death.

As a parent you may be getting benefits for your child in your name. It is really important you contact these offices and tell them of your bereavement yourself.

Child Benefit or Child Tax Credit

Your Child Benefit payments will usually carry on for up to 8 weeks after your child died. This could help with some of the extra costs that you may face at this difficult time.

If you do not tell the Child Benefit Office that your child has died, payments will carry on after the 8 weeks. This could be very distressing as you would then have to pay this back.

What you need to do:

You will need to tell the Child Benefit Office as soon as possible if your child or a child you've been responsible for has died.

To tell the Child Benefit Office by phone: Call: 0300 200 3100.

Anyone can do this for you, but the person ringing will need to give the following information:

- Child's name
- Date of death
- Contact number of parent or informant's name and relationship to child/parent
- The full name or the National Insurance number of the person receiving the Child Benefit
- Child Benefit number (found on any child benefit letters)

To tell them online: www.gov.uk/report-changes-child-benefit

To tell them by post: Child Benefit Office PO Box 1 Newcastle Upon Tyne NE88 1AA

The Child Benefit Office will record this information. They will also pass it on to other departments within HM Revenue & Customs (HMRC) that need to know such as Child Tax Credit. That way you will only have to contact HMRC once. Do check that this is possible and that they are able to do this for you. Do check that payments have stopped after 8 weeks.

The number for Tax Credit Helpline: 0345 300 3900

There may be other people or organisations you may wish to notify: banks, building societies, religious organisations, local groups/clubs they were involved with, dentist, optician, online groups, shopping clubs or social media providers.

How do I arrange my child's funeral?

Most families choose to use a funeral director but you don't have to. To make sure you know the funeral choices available to you, it is advisable to contact a funeral director as soon as possible. The funeral will be a very special and personal occasion. Unless there are special religious or cultural reasons for holding the funeral quickly, you can take as much time as you need to plan this. You can involve friends and family in the decisions to be made, such as the music which your child may have enjoyed, poems, or readings which have special meanings to them. You can choose where the ceremony is held.

You may choose a funeral director recommended by friends or family or from looking at the internet. Some funeral directors will offer to visit you at home to help you make arrangements. Funerals can be religious or non-religious. You may wish to contact the hospitals' Chaplain or your local religious leader for support.

The funeral service

There are many different forms of services, both religious and non-religious, with or without music and readings, etc. You should discuss all the options and possibilities with your Funeral Director, religious leader or hospital chaplain. You do not have to hold a funeral ceremony in a set place. You may prefer to hold it in your own home. It is really important that you plan the funeral that is right for you and your family.

Burial

If you decide on a burial for your child, this can be in a cemetery provided by the council, in your local churchyard or a churchyard of your choice (although some churchyards are now closed), or a natural burial ground.

Some cemeteries have a specific area for babies and infants that is a minimal cost.

You could choose a private individual plot or a family plot with an area available for your child or you could choose to bury your child with another family member.

Memorial stones can be erected after the grave area has settled. Times can vary from 6 to 12 months, although most cemeteries provide a small temporary marker.

Natural and woodland burial sites are becoming increasingly popular. They offer a natural alternative choice to a traditional cemetery or graveyard.

Cremation

You can plan a service at the venue of your choice followed by a brief service of committal at the crematorium chapel, or just have a service at the crematorium.

If you wish to collect your child's ashes from the Funeral Directors, you will have to wait at least a day. They will be placed in a casket. It is your choice what you do with your child's ashes after the cremation. There is no rush to decide. There are many different choices available. Some parents choose to scatter or bury the ashes. But you may need permission from the owners of the grounds to do this. If you wish to bury your child's ashes in a churchyard or cemetery you will be asked for the certificate of cremation. This should have been given to you at the same time as the ashes.

You can keep the ashes in an urn, casket or other special container for as long as you wish. You may also think about having some of your child's ashes included in unique art or jewellery keepsakes, or in a firework, to be released as part of a remembrance celebration.

If you choose not to use a funeral director, you may wish to arrange all or part of the funeral yourself for your child. The Natural Death Centre is an independent funeral advice charity:

The Natural Death Centre In the Hill House, Watley Lane, Twyford, Winchester SO21 1QX

Call: 01962 712690 Website: naturaldeath.org.uk/

How can I get financial help with funeral costs?

The cost will depend on the funeral director. Some do not charge for their own services. This can help reduce the costs, which they will explain to you.

If the funeral is to take place in England, the Children's Funeral Fund for England can help to pay for some of the costs of a funeral for a child under 18. It can be claimed for up to 6 months after the funeral took place.

It is not means-tested: what you earn or how much you have in savings will not affect what you get.

Your Funeral Director, or burial or cremation provider, if you are not using a funeral director, can claim this payment on your behalf, or you can claim online:

claim-for-costs-of-a-childs-funeral.form.service.justice.gov.uk

If you get certain state benefits then the Social Fund, run by the Benefits Agency, may also be able to help with the cost of the funeral.

Your Funeral Director or state benefits office can give you more information and the forms.

There are also charities who can provide donations towards flowers and other funeral costs. Please speak to your Funeral Director or the Child Bereavement Team if you would like more information and advice.

Out of England Funeral

The Coroner will need a copy of the Death Certificate to give an 'Out of England' Certificate and offer essential advice. A 'Free from Infection' letter will also be needed from the hospital, without which there may be difficulties. Your funeral director will be able to give more information.

Will I have chances to give feedback on my child's care?

The law requires a review of the circumstances of **all** child deaths up to the age of 18 years.

'Child Death Review' is a term used to describe all the formal steps that happen after the death of a child. There are some parts of the review that take place for every child death. Some may not be needed. It depends on the circumstances. This review aims to support you and other members of your family in understanding why your child died. It will also look at if there is anything that can be done to try to prevent other children dying from the same cause in the future. The review process is the same nationally. It will be led by the Child Death Review team from the county where your child lived. The hospital will send a notification to start the process.

If a child lived in Leicester, Leicestershire or Rutland (LLR), the first meeting is arranged by the LLR Child Death Review team. It is usually within the first couple of days after their death. This is a fact finding meeting. They decide what sort of reviews are needed, if anyone else (such as support organisations involved in your child's care) needs to be told. They also decide who is best placed to be your family's 'key worker'.

Your key worker will be the person you can contact if you need information about the review process or about support available for your family. They will get in touch with you in the next few

days. They will introduce themselves and let you know what is happening in relation to your child's death review. You may wish to write their name in the space on page 2.

You can also contact a member of the Child Bereavement Team for updates and support.

A national leaflet called **When a child dies: A guide for parents and carers** with more detailed information about the Child Death Review and the key worker role will be sent to you by your key worker in the days after your child's death. You can also download this booklet from the NHS England website:

www.england.nhs.uk/publication/learning-from-deaths-information-for-families

Here in the Leicester Children's Hospital all child deaths are reviewed. The outcomes then feed into the Child Death Review process. We can share the review outcomes with you.

It is really important that we know what we have done well and where things could have been done better.

Reviews can sometimes find areas for learning. These will improve the care we offer to children in the future.

Your experience of care received is important to us. You can offer feedback or raise questions or concerns about your child's care when you are in contact with:

- The Medical Examiner's Office (but, you will not get a call if your child's death was referred to and accepted by the Coroner)
- The Child Bereavement Team, or your key worker. They will forward your questions to the hospital and to the Child Death Review Team.

You may also contact the Leicester Child Death Review Practitioner.

Call: 0116 295 8723 / 8736

How to make a formal complaint about your child's care

If you want to complain about the care your child received in hospital, you can contact the Patient Advisory and Liaison Service (PALS).

Patient Advice and Liaison Service

Level 1, Balmoral building, Leicester Royal Infirmary, Infirmary Square, Leicester, LE1 5WW

Call: 0808 178 8337

Email: uhl-tr.pals@nhs.net or use the contact link available on the hospital website:

www.uhleicester.nhs.uk/patients-visitors/support/feedback-complaints/pals/

PALS can also put you in touch with the local POhWER advocacy service, who can support you in making a complaint about the NHS. Telephone: 0300 456 2370 www.pohwer.net

Will I have the chance to ask my child's consultant questions?

When your child dies it can be difficult to take everything in. You can be left with questions. It is really important that you feel you have the chance to ask your questions.

If your child died in the hospital, the Child Bereavement team will usually contact you in around 6 weeks. This is by letter. They will invite you to contact them if you need bereavement support. They can arrange for you to meet with your child's Consultant. You may want to talk to them about your child's condition, their care, or ask any questions.

Sometimes, there are findings from the post mortem examination or results of tests we'd like to share with you during these meetings. But it can sometimes take 6 months or more before these are available.

You may wish to delay the meeting until these results, or the results of the hospitals' review of your child's care are available to share with you. You may find it helpful if you make a list of questions before the meeting. Share these with us so that we do not forget to discuss things that are important to you.

This meeting is usually held in a room away from the ward area. If you feel you cannot return to the hospital, other arrangements can be made.

If your child's death was referred to the Coroner but the Death Certificate has not yet been issued, a meeting can still be offered to talk about their care. But we will not be able to talk the cause of your child's death. Consent will be sought from the coroner to meet with you.

When you feel the time is right for you, please contact the Child Bereavement Team. An appointment can be arranged. A member of the Child Bereavement Team will attend with you. They will offer to provide a written meeting summary.

If you would like to ask for access to your child's hospital medical records, you can call 0300 303 1563 or you can apply online at the hospital's website:

https://www.uhleicester.nhs.uk/patients-visitors/commitment/health-records/

How can my child be remembered within the hospital?

From time to time, a child Remembrance Service is organised by the hospital. This is not a religious service, but a time for reflection.

If you cannot attend or do not feel ready to come in the first year, you and your family are welcome to attend a later service.

More information is available from the Child Bereavement team.

Support for brothers and sisters

Often one of the big worries for parents, if they have other children, is how the death of their brother or sister will affect them. Just like adults, children and young people will all handle it differently. They may well have very different ways of coping.

Parents often want to protect them from the pain of grief, but children and young people have told us they want honest information. They want to be involved and included. Some children may wish to visit or send a letter or picture to their brother or sister.

Do not be afraid to show your feelings and to grieve together as a family.

If you would like support or information to help with this, either now or later, then please contact your Key Worker or the Child Bereavement Team. They will discuss local support available. You may also wish to contact Winston's Wish. It is a leading childhood bereavement charity.

Winston's Wish helpline- call: 08088 020 021

Website: www.winstonswish.org.uk

Email: ask@winstonswish.org

Grief - Who can I contact for support?

The death of a child is possibly the most difficult experience that any parent has to face. Nobody can say how you will feel. No two people's experiences will be the same.

You may have a whole range of feelings at different times, such as, numbness, disbelief, anger, guilt, panic, sadness, emptiness, shock and, in some cases, relief.

You may also have a loss of appetite and periods of restless. This can be worse at night and stop you from sleeping. You may also feel irritable or critical of yourself or others. This can lead to a loss of hope for the future.

All of these feelings are normal. 'It is OK not to be OK'.

There may be times when you feel your emotions are totally out of control. This is normal. But it can be helpful to talk to someone at this time.

Some people can find all the support they need from within their family or circle of friends. Others may prefer to talk to someone who is not directly involved. Others a mixture of both.

The Child Bereavement Team are available to offer support and a listening ear. Please feel free to contact them at any point, both in the early days and at any time you feel may be helpful later on. They can also signpost you or make referrals to other services with your consent. (Contact details on page 2)

There is a list below of some of the support organisations available. It is important that your support is tailored to your needs. Sometimes family members have support from different organisations at different times. Please contact the Child Bereavement team if we can help.

Child Bereavement UK

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. They offer a bereavement helpline for children and parents and also a useful website.

Helpline: 0800 0288 840 (Monday to Friday 9:00am to 5:00pm)

Email: support@childbereavementuk.org
Website: www.childbereavementuk.org

Child Death Helpline

A confidential helpline providing support. Many parents find this helpline useful. Many of the staff on this helpline have also been bereaved of a child.

Call: Freephone 0800 282 986

Monday to Sunday 7.00pm to 10.00pm; Monday, Thursday and Friday 10.00am to 1.00pm, Tuesday and Wednesday 10.00am to 4.00pm

Website: childdeathhelpline.org.uk/

Samaritans

A free confidential service to talk about how you are feeling

Call: 116 123 open 24 hours a day

Website www.samaritans.org/

You can also chat online at www.samaritans.org.uk

Winstons Wish

Has a range of resources for children and families on various topics.

Call: 08088 020 021

Website: www.winstonswish.org/

Services available in the local community are:

- GP
- Health visitor
- Social worker
- School nurse

- Community nurse
- Counsellors: at GP's surgery and Counselling centres.
- Minister, priest or representative from your own faith.

Local support in Leicestershire:

The Bodie Hodges Foundation

The service offers support to be reaved siblings and families in Leicester, Leicestershire and Rutland the first year following their child's death.

Website: www.bodiehodgesfoundation.co.uk/

The Laura Centre (Leicester branch)

Charity offering counselling and support for bereaved parents and children

Call:01162544341 or website: www.thelauracentre.org.uk

The Shama Centre

Offers free bereavement counselling for families, with special emphasis on minority ethnic communities. They have multi lingual staff and provide a befriending service.

Call: 0116 251 4747

Email: info@shamawomenscentre.co.uk

www.shamawomenscentre.co.uk/

National child bereavement helplines and organisations:

A Child of Mine

Providing support for parents and families.

Call 01785 283434 Helpline: 07805 751229 9am to 5pm

Website: achildofmine.org.uk

Email: hello@achildofmine.org.uk

Support for baby loss

Baby Loss Support Leicester, Leicestershire and Rutland

Offering peer support to families when a baby dies in Leicester, Leicestershire and Rutland

Website: babylosssupport.org.uk/

Call: 07400402744

SANDS

Offers support to parents bereaved of a baby through a national helpline, local support groups, resources and an app.

Call: 0808 164 3332 Email: helpline@sands.org.uk Website: www.sands.org.uk

The Lullaby Trust

Offering support when a baby or child dies via a confidential bereavement listening service and befrienders. The website also offers a wealth of useful information.

Call: 0808 802 6868 or email support@lullabytrust.co.uk

Website: www.lullabytrust.org.uk

Support for Young People

Hope Again by Cruse

Offers information and support for children and young people with a dedicated website and chat service.

Website: www.hopeagain.org.uk

Call: 0808 808 1677 Mon to Fri 9.30am to 5.00pm

CALM

Support and wellbeing for young people. Website: www.thecalmzone.net

Helpline: 0800 58 58 58

Support for Bereavement by Suicide

The Tomorrow Project

Supports anyone bereaved by suicide. Self referral or by the Child Bereavement Team.

Call: 0115 8800280

Email: bereavement.leics@tomorrowproject.org.uk

Survivors of Bereavement by Suicide (SOBS)

For those over 18 years including parents who have been bereaved by suicide. This includes helpline, local and national support groups and information.

Call: 0300 111 5065 (Monday to Sunday 9am to 9pm)

Website: uksobs.org/

Cardiac related deaths

SADS

Website: https://sadsuk.org.uk/

Offers peer support and counselling for the bereaved.

Cardiac Risk in the Young (CRY)

Website: www.c-r-y.org.uk

Offers bereavement support to families affected by Young Sudden Cardiac Death.

Bereavement after a Road Traffic Collision

BRAKE

They offer support, a helpline and various resources. You will be given an allocated case worker. They will support you from day one for as long as you need.

Call National Road Victim Service: 0808 8000 401 (Monday to Friday 10am to 4pm)

Website: www.brake.org.uk Email: Help@brake.org.uk



NHS	Tru
Other support organisations	
Child Bereavement Network	
A hub for those supporting bereaved children. Provides resources and information.	
Website www.childhoodbereavementnetwork.org.uk	
Children of Jannah	
An organisation supporting Muslim parents providing practical, emotional, and spiritual support.	
Resources, chats and support line. Website: www.childrenofjannah.com/	
The Jewish Bereavement Counselling Service	
Dedicated bereavement counselling for anyone in the Jewish community	
Call: 020 8951 3881 Website: <u>jbcs.org.uk</u>	
Space for your notes	
Space for your notes	



Patient Information Forum



The Trust makes every effort to make sure that the information in this booklet is accurate and up to date, but cannot guarantee that it is so.

Please contact the **Child Bereavement Team** if you have any questions or need further information or support.

Call: 0116 258 7742 / 6776

Email: uhl-tr.childbereavement@nhs.net



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔ علی هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال علی رقم الهاتف الذي يظهر في الأسفل જો તમને અન્ય ભાષામાં આ માફિતી જોઈતી ફોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ। Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net



Leicester's Hospitals is a research active trust so you may find research happening on your ward or in your clinic. To find out about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit www.uhleicester.nhs.uk/research/patients-public/be-part-of-our-research/