



PRACTICAL HELP FOR NEWHAM RESIDENTS BEREAVED DURING COVID-19

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INTRODUCTION

This factsheet is aimed at people who are bereaved during the Covid-19 pandemic, and organisations that can support them.

Grief is a universal response to the loss of a loved one; however, it affects all individuals differently. When an individual is bereaved they often have to cope with a world that can feel as if it's fallen apart and as such their grief can affect them emotionally, physically and / or mentally. In addition, in practical terms, their life may have changed dramatically (e.g. living alone, having less money, being faced with household tasks they haven't done before, etc).

Prolonged and / or undealt with grief can lead to exhaustion, interfere with an individual's ability to think clearly (make decisions / judgements and problem solve), leave them with feelings of loneliness or isolation all of which can affect their immune system, trigger anxiety attacks and depression; and in some cases trigger substance misuse.

Bereavement during the pandemic is particularly difficult, even if someone does not die with Covid-19. Loved ones may have been unable to support the person who died in the way they wished, may be fearful about Covid-19 and will be impacted by funeral restrictions. The lack of normal routines, close contact and changes to support services after death may also impact.

Someone bereaved during the pandemic can face especially difficult decisions, tasks and pressures and may need a range of support over time. This factsheet offers information on processes and services that may be relevant or helpful.

If you are supporting someone, depending on their circumstances, you can email or print the whole factsheet or information from links to specific information or services.

This factsheet has been created by three Newham residents who work in the voluntary sector and identified a need for this kind of information: Matthew Porter ([Transform Newham](#)), Shirley Biro (Newham Public Governor with [ELFT](#)) and Anne Crisp ([Compost London CIC](#)). We have all been involved in a cross-sector working group on bereavement during the pandemic and this factsheet represents our combined thinking and knowledge.

Contributions have also been included from Newham residents who have experienced bereavement, MIND in Tower Hamlets and Newham's Community Bereavement Service and the SubCo Trust.

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SUPPORT IN HOSPITAL

Barts Health have produced an excellent booklet about the death of loved ones during Covid-19. It answers many questions including where to get support from specialists.

Chaplaincy support in local hospitals

The Chaplaincy Team at the five Barts NHS Trust hospitals consists of Muslim, Jewish, Roman Catholic and Church of England/Christian chaplains.

Each of the five hospitals in the Trust has its own daytime Chaplaincy number:

- Mile End and The Royal London: 020 3594 2070
- St. Bartholomew's (Barts): 020 3465 7220
- Whipps Cross: 020 8355 6988
- Newham: 020 7363 8053
- There is an on-call Chaplain available 24/7 who can be contacted in emergency through the main switchboard number: 020 3416 5000
- The Chaplaincy Team also manage bereavement support for families of those who have died in hospital by phone. A message with contact details can be left on 020 3594 2070 for a member of the team to call back.

FUNERALS

Up to date government guidance on funerals.

Public Health England says:

- no-one with symptoms of the virus to attend funerals.
- people who are extremely clinically vulnerable (shielded) can attend with measures put in place to reduce their risk
- people self-isolating because someone in their household is ill may attend if they do not have symptoms themselves.

Each Funeral Director may amend slightly, but attendees will be limited and masks may be required.

Funeral Directors can help very well with shaping the memorial service and liaising with your own chosen service leader or recommending one who fits with your outlook.

Of course, they can help with streaming it to wider friends and family. They will assist with the latest regulations on other key emotional items such as repatriation etc.

Residents may be able to get a Funeral Expenses Payment if they receive certain benefits and need help to pay for a funeral they're arranging.

LOCAL FUNERAL DIRECTORS

Cribbs: 3 sites. Main one at 10 Woolwich Manor Way, Beckton, E6 5PA. 020 8023 8238

Compassionate Funerals: 89A Aldersbrook Road, Wanstead, E12 5DG. Beside City of London Cemetery. 0208 989 0493. Hasina Zaman, Allistair Anderson.

Co-op Funeral Care in East Ham: 16 High Street North, East Ham, E6 2HJ. 020 8472 3501.

Co-op Funeral Care in Manor Park: 50 Whitta Road, Manor Park, E12 5DA. 020 8478 5166.

Albin & Hitchcock: 378 Barking Road, (Abbey Arms junction), Plaistow, E13 8HL. 020 7476 1861. Debbie@albins.co.uk

Gilderson & Sons: 48 Woodgrange Road, Forest Gate E7 0QH. 020 8023 7105.

West & Coe Funerals: owns these in Newham:

- Jeffries Ltd. 020 8472 0505
496-498 Green Street, Plaistow E13 9DB

- James Hawes Ltd. 020 8478 2424
29 Station Road, Manor Park E12 5BP
- William Denys Ltd. 020 8534 1572
159 Leytonstone Road Stratford E15 1LH

Other services people may wish to consider and talk through with Funeral Directors include

Scattering ashes. Or see here

<https://www.dignityfunerals.co.uk/advice/what-to-do-with-cremation-ashes/>

Woodland & eco funerals. Or see here

<https://www.dignityfunerals.co.uk/arranging-a-funeral/types-of-funeral/woodland-burials-and-green-funerals/>

Scattering into rivers. Or see here

<https://scattering-ashes.co.uk/boats-scattering-ashes/thames-central-london/>

<https://scatteringonwater.co.uk/hindu-and-sikh/thames-central-london-ashes/>

Made into jewellery. Or see here

<https://ashesintoglass.co.uk/>

Online funerals. Check with Funeral Director if offer Facebook Live option. Otherwise see

<http://online-funeral.com/>

www.obitus.com

SPECIFIC FUNERAL PROVISION FOR FAITH COMMUNITIES

Muslim Services

Quwwat-UI-Islam Society: washing facilities for Muslims who have died.

UKIM Masjid Ibrahim and Islamic Centre: free ambulance and mortuary service for the Muslim community.

Newham & Redbridge Imams' Forum: will pick up bodies infected with Covid-19 and wash them for free. The washers are properly trained: have PPE: are over 18 and under 60 years old: none have health vulnerabilities.

Muslim Bereavement Service: based in Ilford. Provide emotional and practical support.

Sikh Services

Ramgarhia Sikh Gurdwara

10-14 Neville Rd, E7 9QX

020 8552 9494 Hardave Sira - 07785777724

Sikh Heritage Funeral Directors

Essex House, 339 High Rd, Ilford IG1 1TF
020 8514 8861

Gurdwara Karamsar

400 High Rd, Ilford IG1 1TW
020 8478 8090

Singh Sabha London East (Seven Kings)

722-730 High Rd, Goodmayes, Ilford IG3 8SX
020 8598 1817

Hindu Services

Asian Funeral Directors

231-235 Chaplin Road, Wembley HA0 4UR
020 3797 2168

Asian Funeral Care

35 Kenton Park Parade, Kenton Road, Harrow, HA3 8DN
020 8909 3030; 07970 934 623; 07737 051 232
asianfuneralcare@live.co.uk

Chandu Tailor & Son

Chani House, Lower Park Road, New Southgate, N11 1QD
020 8361 6151

Moksh Funeral Care

Moksh Southall Branch
508/510 Lady Margaret Road, Southall, UB1 2NP
020 8578 9449

Jewish services

Hoop Lane Cemetery

Hoop Lane, Golders Green, NW11 7NJ
020 8455 2569

United Synagogue

305 Ballards Lane, N12 8GB
020 8343 8989
info@theus.org.uk

LOCAL SUPPORT SERVICES

Newham Registry office for births, deaths and marriages:

Newham Town Hall

Barking Road East Ham E6 2RP

East Ham Community Neighbourhood Centre

328 Barking Road, East Ham E6 2RT

020 8430 2000

Website: <https://www.newham.gov.uk/births-deaths-marriages/newham-register-office/1>

Support for children

Child Bereavement UK: Online resources and phone helpline offering support when a child grieves or dies.

Richard House: children's hospice based in Beckton.

Support for adults

Age UK East London: advice and support for older people, including a factsheet on funerals.

Chat Newham: Helpline for one-off calls that can signpost people to services that might be helpful for someone who is bereaved.

Muslim Bereavement Support Service: Muslim support group based in Ilford offering support to bereaved women who have lost a child and siblings.

Drop-in Bereavement Centre: Online resources. Phone counselling, referral only. Weekly wellbeing workshops on Zoom.

Highway Vineyard Church: 'The Bereavement Journey', running in the autumn; a six-week course for anyone who has been bereaved, at any time and in any way. The course gently guides bereaved people through the most common aspects of grief. Open to people of all faiths, or none, and free of charge. office@highwaychurch.org.uk, or 020 8534 4019.

MIND in Tower Hamlets and Newham Community Bereavement Service: Online resources; remote counselling and early bereavement support.

St Joseph's Hospice: hospice for adults, based in Hackney but open to Newham residents. Community services include 24/7 advice line and befriending.

Carers First: Newham carers support services. 0300 303 1555. info@carersfirst.org.uk

VoiceAbility: Newham advocacy support services. 0300 303 1660; helpline@voiceability.org

Subco Trust: advice and support for older people and their families in English, Bengali, Hindi, Gujarati, Punjabi and Urdu. 0208 548 0070, info@subcotrust.org.uk

NATIONAL/REGIONAL SUPPORT SERVICES

Tell Us Once Service

Tell Us Once is a free government service that allows you to report a death when you suffer a bereavement and need to tell central and local government

When someone has died, there are lots of things that need to be done and the Tell Us Once Service will make that easier to do. This will include notifying a number of government departments and local council services who need to know. When you use Tell Us Once, the services notified will include:

- DWP pensions and benefits
- Personal tax
- Council tax
- Passport
- Driving licence
- Blue Badge
- Electoral register

For more information please use this link to notify Tell Us Once Service:

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

General

NHS advice on bereavement, grief and loss.:

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Resources and signposting for people who are bereaved:

<https://www.ataloss.org/>

Resources and support for people who are bereaved and for professionals supporting them:

www.bereavementadvice.org

Creative community responses to grief, loss and trauma with a programme of free workshops:

<https://www.thelossproject.com/>

Specific to Covid-19

Clear advice on coping with sudden death for bereaved people or their supporters:

[http://suddendeath.org/guides-for-suddenly-bereaved-people/help-after-covid-19.](http://suddendeath.org/guides-for-suddenly-bereaved-people/help-after-covid-19)

Guidance and links for Londoners:

<https://www.london.gov.uk/coronavirus/how-cope-bereavement-and-grief-during-coronavirus-outbreak>

Comprehensive information/advice, much of it tailored to Covid-19:

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Guidance for bereavement services – also useful for individuals supporting bereaved people:

<https://nationalbereavementalliance.org.uk/covid-19/>

For bereaved people, detailed advice in downloadable booklets:

<https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/>

Practical guide and support with funerals during the pandemic:

<https://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/coronavirus-organising-meaningful-funeral>

Specific bereavement circumstances

Children who are bereaved:

<https://www.winstonswish.org/>

Bereaved parents:

<https://www.tcf.org.uk/>

People losing a partner before their 51st birthday:

<https://www.widowedandyoung.org.uk/>

People bereaved by suicide, traumatic or unnatural death:

<https://supportaftersuicide.org.uk/>

<https://uksobs.org>

<http://assisttraumacare.org.uk/our-service/traumatic-bereavement/>

www.victimsupport.org.uk