

ACCESSING THE SERVICE

Anyone can self refer to the service, please contact SBSS directly on 01595 743933.

We support **CHILDREN** and **ADULTS**

If you are supported by any of the agencies below, please ask them to refer you onto us.

Referrals through Shetland CLAN

CLAN Cancer Support offers one to one support for those who have been bereaved by cancer. The free support service, which is open to anyone, including family, carers and friends, during and beyond treatment, will be provided from Market House, Lerwick. Staffed by trained support workers from SBSS, the service is available by appointment only.



Contact Lerwick CLAN : 01595 697275
Shetland@clanhouse.org

Referrals through Shetland Carers

Shetland Carers Centre realise that the carer has not only lost the person they care for but they have also lost their role and structure.



They keen to support carers to find a new sense of purpose. To do this they have a partnership arrangement with SBSS to provide free support for carers who have lost the person they care for.

Contact Carers Support Service: 01595 743923
carers@shetland.org www.shetlandcarers.org

Referrals through Shetland Sands

Sands (Stillbirth and Neonatal Death Charity) is a national charity which provides support for parents and families whose baby has died before, during or around the time of birth.



'even the smallest footprints have the power to leave an everlasting imprint upon this world'

Shetland Sands provides local befriending and support for anyone who has gone through the loss of their baby.

For more in depth support, Shetland Sands can refer clients onto SBSS whose support workers have received specialist Sands training.

Contact Shetland Sands : 07341 945028
admin@shetlandsands.co.uk

FAMILY MEMORY BOXES

Memory boxes are available to families in Shetland experiencing bereavement. They are full of engaging resources to encourage families to talk about their loved ones, reminisce and recall stories, develop skills to cope better with loss and grief, whilst creating a box of comforting memories. Once complete, the box can be kept as a family keepsake. Boxes are free of charge (funded through BIG lottery) and available by request.

- * Maybe you are unsure of what to say to your children about death and dying.
- * Maybe you are concerned about how your children have reacted to a death.
- * Maybe the family needs something to bring them together to talk about death in a meaningful way.

Boxes are customised to meet the specific needs of each family. Contact us to request your box, or download a form from our website.



SELF HELP

Your local GP/SIC/NHS staff welfare officer
Cruse Scotland - www.crusescotland.org.uk
National Phone Line: 0808 802 6161
At A Loss - www.ataloss.org/live-chat
Free, live counsellor chat service : Mon-Fri 9am-9pm
NHS Inform - Self help guide using CBT
www.nhsinform.scot and search 'bereavement'
Scottish Families Affected by Drugs (SFAD)
Local counselling sessions, webchat & free phone helpline 08080 10 10 11 www.sfad.org.uk
Anna Freud (youth self care)
www.annafreud.org/on-my-mind

Useful websites:

www.winstonswish.org.uk www.widowedandyoung.org.uk
www.samaritans.org www.childbereavement.org.uk
Pet bereavement support : www.bluecross.org.uk



SHETLAND BEREAVEMENT SUPPORT SERVICE

'minding you while you mind them'

Shetland Bereavement Support Service
Market House
14 Market Street
Lerwick
Shetland
ZE1 0JP

01595 743933

www.shetland-communities.org.uk/sbss
sbss@shetland.org

Charity Registered in Scotland SC037783



Initiated by the McArthur
family in memory of George



EXPERIENCING LOSS

The death of a loved one can be devastating. Bereavement affects people in different ways. There's no right or wrong way to feel. You might feel a lot of emotions at once and powerful feelings can come over you unexpectedly.

Give yourself time – these feelings will pass. You might feel:

shock and numbness – this is usually the first reaction to the death, and people often speak of being in a daze

overwhelming sadness – with lots of crying, tiredness or exhaustion

anger – for example, towards the person who died, their illness, or God

guilt – for example, guilt about feeling angry, about something you said or didn't say, or about not being able to stop your loved one dying

These feelings are all perfectly normal. The negative feelings don't make you a bad person. Lots of people feel guilty about their anger, but it's OK to be angry and to question why. Some people become forgetful and less able to concentrate. You might lose things, such as your keys. This is because your mind is distracted by bereavement and grief – you're not losing your sanity.



FEELINGS OF GRIEF

Experts generally accept there are four stages of bereavement:

- 1) accepting that your loss is real,
- 2) experiencing the pain of grief,
- 3) adjusting to life without the person who has died,
- 4) putting less emotional energy into grieving and putting it into something new – in other words, moving on

You'll probably go through all these stages, but you won't necessarily move smoothly from one to the next. Your grief might feel chaotic and out of control, but these feelings will eventually become less intense.

Don't be afraid to talk about the person who has died. Each bereavement is unique, and you can't tell how long it will last. A bereavement counsellor can help if you feel you're not coping.

- Maybe you can't get out of bed; you neglect yourself or your family – for example, you don't eat properly
- you feel you can't go on without the person you've lost – you become isolated
- the emotion is so intense it's affecting the rest of your life – for example, you can't face going to work or you're taking your anger out on someone else

These feelings are normal – as long as they don't last for a long time. If these things last for a period that you feel is too long or your family say they're worried, that's the time to seek help.

*'The worst part is the loneliness.
Nobody knows how I feel. I just wish
I had someone to talk to.'*

*'Why did she have to die? I needed
her. It's just not fair. Death no
longer makes me sad, it makes
me angry.'*

FINDING HELP

Talking and sharing your feelings with someone can help. Don't go through this alone. For some people, relying on family and friends is the best way to cope. If you don't feel you can talk to them – perhaps you aren't close, or they're grieving too – you can contact Shetland Bereavement Support Service who offer local one to one support. The service is free and confidential and available to adults and children living in Shetland.

A bereavement support worker can give you time and space to talk about your feelings, including the person who has died, your relationship, family, work, fears and the future. You can access SBSS at any time, even if the person you lost died a long time ago. Contact us if you would like to access the service. Phone 01595 743933 or email sbss@shetland.org.

For practical information about what has to be done following a death, visit the www.gov.uk/after-a-death website for guidance on registering the death and planning a funeral.

Information in this leaflet was taken from the NHS live well website. Further advice can be found at www.nhs.uk/livewell/bereavement

Shetland Bereavement Support Service was established to meet the need for a bereavement support service in Shetland. It continues to work towards funding a support service for individuals in Shetland seeking help and support after losing someone. It aims to promote equality of access to everyone.

