

Bereavement support

Once all the practicalities of the funeral are over, the reality of bereavement sets in. We all deal with bereavement in our own way, depending on the relationship we had with the person that died.

Bereavement is a natural process and for some of us our existing support networks of family, friends and those close to us will be able to support us through it. However sometimes our feelings can be overwhelming and affect the way we function from day to day or there is no one that we feel able to confide in and help from professionals such as counsellors may be needed.

For more information on how bereavement can affect us visit:

 [NHS Choices website](#)

There is help available to deal with this difficult period and support people to deal with their loss, across Redbridge and nationally.

Talking Therapies is a free and confidential service, available to people aged 18 or over, which provides access to expert advice and techniques to help those experiencing a range of issues including bereavement. It is provided by North East London NHS Foundation Trust.

You can contact Talking Therapies on 0300 300 1554 (option1) Monday to Friday from 9.00am to 5.00pm or refer yourself online:

 [Talking therapies website](#)

Locally, Age UK Redbridge, Barking & Havering offer 50 minute sessions over 12 weeks for a small fee on Friday mornings if you need to talk to someone to deal with difficult issues like bereavement. For more information contact 020 8220 6000.

You can also speak to a GP or search the MyLife Service Directory for a list of organisations that can help

 [MyLife website](#)

Many companies run an Employee Assistance Programme which entitles employees to a set number of free counselling sessions. Ask your manager or Human Resources department for information.


To find registered psychotherapists and counsellors in your area visit:

 [The British Association of Counsellors and Psychotherapists](#)
[The United Kingdom Council for Psychotherapy](#)

Costs will vary and many therapists have their own websites explaining how they work and what to expect from therapy.

Bereavement support groups

A 'Mourning Coffee' bereavement support group has been set up in Redbridge with the aim of supporting one another through this difficult time. An informal chat over coffee with others who are recently bereaved takes place on the first Thursday of every month at the Cherry Tree Café, 25 Woodbine Place, Wanstead, E11 2RH from 10.00am to 12.00pm.






 For more information view the ['Mourning Coffee' group leaflet](#)

Anglican churches in Wanstead and Woodford also offer a drop in café for those experiencing loss and bereavement on every third Tuesday of the month at Christ Church, Wanstead Place, E11 2SW from 10.45am to 12.00pm.

 For more information view the [bereavement cafe poster](#)

West & Coe funeral directors in Dagenham have a six week structured support programme called H.O.P.E which is open to anyone. For more information contact West & Coe on 020 8952 0164.

Other end of life, death and dying factsheets which may be of interest

Factsheet 1: About end of life care 	Factsheet 4: Care in the final days 
Factsheet 2: Planning ahead 	Factsheet 5: After death 
Factsheet 3: Supportive care for end of life 	Factsheet 6: Bereavement support 