



Following a bereavement

Useful information, help
and guidance after the
death of a loved one

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DISCLAIMER

Please note that inclusion in this booklet of any product or service does not imply endorsement by NHS Lanarkshire.

FIRST AND FOREMOST

We wish to express our sincere sympathy to you and your family at this time of loss.

When someone dies there are many arrangements to be made and we hope that this booklet can offer you some practical information and advice to assist you during the first days of your bereavement.

You will also find details of other organisations that may be able to help you with information and support to deal with your grief over a longer period.

This booklet can be made available in alternative formats and other languages upon request. Please call the General Enquiry Line on 0300 3030 243.

IMMEDIATE INFORMATION AND ADVICE FOLLOWING THE DEATH

Medical Certificate

You will need a medical certificate of cause of death in order to register the death. Every death in Scotland must be certified by a doctor who completes a form called a Medical Certificate of Cause of Death (MCCD). This is also known as the Form 11. The doctor can usually provide this for you at the time of death or the next day. In some cases the doctor may not be able to issue you with a certificate, for example, if the Procurator Fiscal is involved.

Other certificates are needed for a cremation. Please let your GP know that you are planning a cremation and they will ensure the paperwork is completed as quickly as possible.

If you know that the person who has died wanted to donate their body to medical science, it's best to tell your GP promptly and they will discuss the possibility of this with you.

Post-mortems

Your GP may ask you to authorise a post-mortem examination to find out more about the cause of death. You do not have to agree to this. Please feel free to speak with your GP if you have any questions or concerns about a post-mortem.

THE PROCURATOR FISCAL

In some cases a death needs to be reported to the Procurator Fiscal. This usually happens if the death has been sudden, unexpected or accidental or if the death is suspicious or unexplained.

Your GP will contact the Procurator Fiscal, who may decide to investigate the death. This may involve:

- ❖ speaking with the person's GP, relatives, friends or those present at the time of death; and
- ❖ a Post-mortem examination (In these cases your consent is not required)

Please try not to be too concerned about the Procurator Fiscal's involvement or the involvement of the police who may assist in the investigation, as it is quite normal for the Procurator Fiscal to investigate sudden and unexpected deaths. None of this should stop you making funeral arrangements. Your Funeral Director will be able to communicate with the hospital to obtain any information required to proceed.

THE FUNERAL DIRECTOR

The most important thing to do is to contact a Funeral Director of your choice as soon as you feel able. **You do not have to wait until the medical certificate of death is issued.**

The Funeral Director will take care of all the practical arrangements for you. They will arrange transfer of your loved one from home to a funeral home if that is what you wish. They will also advise and guide you through your chosen funeral in an expert way.

Funeral arrangements should be considered carefully. Try to have someone with you. You may qualify for a Bereavement Payment or Bereavement Allowance. The Department for Work and Pensions (DWP) Bereavement Service will be able to advise you on eligibility and deal with your enquiries in one phone call.

It's also advisable at this time to:

Make sure everyone who needs to know is told, for example family, friends, employer, and try to find out whether a Will has been made. Perhaps a close friend or family member could assist you with this.

Funeral directors in Lanarkshire

Airdrie

The Co-operative Funeralcare	125 Graham Street Airdrie ML6 6DE	01236 762310
Donald McLaren	10 Adam Avenue Airdrie ML6 6DN	01236 762000
McAllisters	Monklands Funeral Home 93 High Street Airdrie ML6 0DX	01236 480344

Biggar

Andrew Ironside Funeral Services	2 High Street Biggar ML12 6BN	01899 220602
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Cambuslang / Rutherglen

Camuslang Funeralcare	178 Main Street Cambuslang G72 7EN	0141 641 3495
Birrell Corrance Funeral Directors	10 Johnson Drive Cambuslang G72 8JW	0141 237 4770
Joseph Nelson Funeral Director	Glen Street Funeral Home 10 Glen Street Cambuslang G72 8UR	0141 643 9090
George S Munn Funeral Directors	Fishescoates Fishescoates Avenue Burnside G73 5QZ	0141 634 1291
Rutherglen Funeralcare	41 Queen Street Rutherglen Glasgow G73 1JP	0141 647 1188
Fosters Funeral Directors	240 Glasgow Road Rutherglen Glasgow G73 1UZ	0141 613 0500
Desmond Maguire	The Mill Funeral Home 115 Mill Street, Rutherglen Glasgow G73 2AW	0141 647 0900
Malone & Fox	254 Castlemilk Road Glasgow G44 4LB	0141 632 9300
Fair Price Funerals	Unit 3 Block 6 Blantyre Industrial Estate Glasgow G72 0XA	0141 374 0025
Fosters Funeral Directors	292 Stonelaw Road Rutherglen Glasgow G73 3RP	0141 647 8080

Clydesdale

Lesmahagow Funeralcare	65 Abbeygreen Lesmahagow ML11 0EF	01555 895222
Henry Dorricott	1 Bakers Brae Lesmahagow ML11 0EP	01555 894933
Lanark Funeralcare	22 Bannatyne Street Lanark ML11 7JR	01555 666644
Henry Dorricott	10 Woodstock Street Lanark ML11 7DH	01555 666620
Ian Brown	83 Lanark Road Lanark ML11 8QQ	01555 870287
Joseph Potts Funeral Directors	15 Hamilton Street Carluke ML8 4HA	01555 772099
Carluke Funeralcare	19 High Street Carluke ML8 4AL	01555 751118
McAllister	Sandy Road Funeral Home 53 Sandy Road Carluke ML8 5DH	01555 728228
McAllister	155-159 Station Road Shotts ML7 4BQ	01501 822612

Coatbridge

The Co-operative Funeralcare	1 Muirhall Street Coatbridge ML5 3EA	01236 421 544
Donald McLaren	45 Sunnyside Road Coatbridge ML5 3DG	01236 424132
Gribben & Sneddon Funeral Directors	485 Main Street Coatbridge ML5 3RD	01236 710222

Cumbernauld / Kilsyth

Co-operative Funeralcare	28 The Wynd Cumbernauld G67 2SU	01236 725547
Paterson & Hughes	45 Main Street Cumbernauld G67 2RT	01236 733744
Gerald Mellon Funeral Directors	3 Hume Road Cumbernauld G67 1AP	01236 724396
Cullen & Easton Funeral Directors	58 Main Street Cumbernauld G67 2RX	01236 724000
Paterson & Hughes	16 Main Street Kilsyth G65 0AH	01236 829988
Co-operative Funeralcare	Parkburn Road Kilsyth G65 9DG	01236 822158

East Kilbride

Scotmid Co-operative	4 Stuart Street East Kilbride G74 4NG	01355 200555
The Co-operative Funeralcare	15 Maxwell Drive East Kilbride G74 4HG	01355 220637
Heritage Funeral Services	10 Montgomery Street East Kilbride G74 4JS	01355 271717
Adams and Duncan	15 Maxwellton Avenue East Kilbride G74 3EA	01355 279700
Co-operative Funeralcare	54 Waterside Street Strathaven ML10 6AW	01357 529292
Heritage Funeral Services	23 Townhead Street Strathaven ML10 6AB	01357 528799

Hamilton

Scotmid Funeral Directors	6 Portland Place Hamilton ML3 7JU	01698 534333
Co-operative Funeralcare	208 Quarry Street Hamilton ML3 6QW	01698 286307
Young's Independent Funeral Services	Silverwell's House 114 Cadzow Street Hamilton ML3 6HP	01698 285350
Heritage Funeral Services	52 Gateside Hamilton ML3 7JQ	01698 421300
T&A Fyfe	Peacock Cross Almada Street Hamilton ML3 0EW	01698 283344
Wylie & Lochhead	8 Main Street Uddington G71 7HD	01698 818822
Scotmid Co-operative	141 Main Street Uddington G71 7EN	01698 535111
Young's Independent Funeral Services	650 Old Edinburgh Road View Park Uddington G71 6HQ	01698 814568
Smiths Funeral Services	83 Stonefield Road Blantyre G72 9SA	01698 826141
Joseph Potts Funeral Directors	259 Glasgow Road Blantyre G72 0YS	01698 822236
Joseph Nelson Funeralcare	246 Glasgow Road Blantyre G72 0AB	01698 827136
Blantyre Funeralcare	233 Glasgow Road Blantyre G72 0YS	01698 828335
Fair Price Funerals	Unit 3 Block 6 Blantyre Industrial Estate Glasgow G72 0XA	01698 827348

Motherwell / Bellshill

W. O'Mara and Sons	313 Orbiston Street Motherwell ML1 1QH	01698 760505
Dundas Fyfe Funeral Directors	31 Melville Drive Motherwell ML1 1RW	01698 263115
Co-operative Funeralcare	157 Windmillhill Street Motherwell ML1 1RY	01698 263628
James Sherry	100-106 Park Street Motherwell ML1 1PF	01698 264000
Co-operative Funeralcare	32 Hamilton Road Bellshill ML4 1AQ	01698 747211
Joseph Potts	1-3 North Road Bellshill ML4 1QU	01698 746886
John Clark Funeral Services	10 Jubilee Way Bellshill ML4 ISA	01698 842233
Fosters Funeral Directors	386 Main Street Bellshill ML4 1AX	01698 674799

Wishaw

Wishaw Funeralcare	71 Hill Street Wishaw ML2 7BG	01698 372378
McAllister	West Cross Funeral Home Main Street Wishaw ML2 7PJ	01698 356588
MacGregor & Smith	Manse Road Funeral Home 126 Manse Road Wishaw ML2 9BD	01698 387444
Co-operative Funeralcare	151 Station Road Shotts ML7 4BQ	01501 821700
Brodies Funeral Services	9 West Street Shotts ML7 5QD	01501 751214
Co-operative Funeralcare	58 Montgomery Street Larkhall ML9 2AD	01698 882760
Henry Dorricott	10-12 London Street Larkhall ML9 1AG	01698 882170

Glasgow

Fosters Funeral Directors	147 St Georges Road Glasgow G3 6LB	01414 737099
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Shettleston

David Robb Independent Funeral Directors	1666 Shettleston Road Glasgow G32 9AN	01417 782220
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HOW TO PAY FOR THE FUNERAL

Funeral costs vary and you may wish to ask several funeral directors about the service they provide.

Funeral directors should explain their costs and give you a written estimate. Before meeting the funeral director, you should try to think about how to pay for the funeral.

1. Find out if the person who died:

Made arrangements to pay for the funeral for example, with a life assurance policy or a prepaid funeral plan.

Left enough money to pay for the funeral. Funeral costs have first claim on any remaining estate.

2. If no money is available and you get benefits or tax credits, you may be able to apply for a 'Funeral payment' from the Social Fund. You should:

Ask someone at your local Jobcentre Plus if you qualify for this or call the Department of Work and Pensions on 0800 731 0469.

Tell the funeral director as soon as possible if you want to apply.

3. If your wife, husband or civil partner has died you may be able to apply for a benefit called a 'Bereavement payment'. You should ask at the local Jobcentre Plus if you qualify for this or call the Department of Work and Pensions.

4. You can find out more about this on the 'Bereavement payment' section on the www.direct.gov website.

The 'Funeral payment' and 'Bereavement payment' are subject to conditions and you should not assume you are eligible.

If no one is able to arrange and pay for the funeral, the local council may be able to.

REGISTERING THE DEATH

When should you register the death?

You should try to register the death at the earliest opportunity. If you are registering a death you must take the MCCD to a registrar. A death cannot be registered without the MCCD. A death may be registered in any registration office in Scotland and must be registered within eight days of the date of death.

Who can register the death?

A death can be registered by:

- ❖ any relative of the deceased;
- ❖ any person present when the person died;
- ❖ the deceased's executor or other legal representative;
- ❖ the occupier of the property where the person died, or
- ❖ anyone else who knows the information to be registered.

What to take with you

Take with you:

- ❖ The Medical Certificate of Death (Form 11).
- ❖ The person's birth certificate and marriage or civil partnership certificates, if available.
- ❖ Any certificate or document relating to any pension or allowances from Government funds.
- ❖ NHS Medical card, if available.

THE REGISTRAR WILL GIVE YOU (FREE OF CHARGE):

Once registration is complete you will be given a Certificate of Registration of Death (Form 14). This is the document that confirms that the death has been registered and is required before a burial or cremation can go ahead.

- ❖ A white form for Social Security Purposes (Form BD8).
- ❖ An Abbreviated Death Certificate.

It is worth bearing in mind that you may need several certified copies of the entry of death. These can be obtained for a small charge and may be needed for legal or financial purposes.

WHAT DOES A REVIEW OF THE 'MEDICAL CERTIFICATE OF CAUSE OF DEATH' INVOLVE?

What is changing?

A national review system of 'Medical Certificate of Cause of Death' began on Wednesday 13th May 2015 to provide independent checks on the quality and accuracy of such certificates and to improve how this information is recorded. They are not a review of the deceased's personal care or cause of death. All deaths not referred to the Procurator Fiscal or relating to a still birth will be subject to random selection for review by Health Information Scotland medical reviewers, an organisation independent of NHS Lanarkshire.

What form will the reviews take?

There will be two main categories of review:

Level one review	Level two review
<ul style="list-style-type: none">❖ Expected to be completed in one working day.❖ Will apply to about 10% of non-Fiscal or still birth deaths.	<ul style="list-style-type: none">❖ Expected to be completed in three working days.❖ Will apply to approximately 1,000 deaths a year (Scotland-wide).

What does that mean for me?

- ❖ The doctor who certifies the death will explain the content of the 'Medical Certificate of Cause of Death' to you. You can ask questions of the doctor or nurse.
- ❖ If the death is not a still birth of a baby or a sudden death which involves referral to the Procurator Fiscal, you may be advised that the certificate has been selected for a random review when you take it to the registrar. You do not have to do anything at this point.
- ❖ The review relates to the quality and accuracy of the 'Medical Certificate of Cause of Death' and involves the independent medical reviewers contacting the certifying doctor. The registrar will contact you as soon as the review has taken place to allow you to proceed to the Certificate of Registration of Death (Form 14) and then to arrange the funeral.
- ❖ You need not delay in contacting a funeral director even if a review is taking place. The time of the funeral cannot, however, be confirmed until the form 14 has been issued.

REGISTRATION OFFICES

North Lanarkshire Council Registration Offices

❖ Airdrie	37 Alexander Street	01236 758080
❖ Bellshill	20/22 Motherwell Road	01698 346780
❖ Coatbridge	Buchanan Centre, 126-130 Main Street	01236 856430
❖ Cumbernauld	Council Offices, Bron Way	01236 616390
❖ Motherwell	Civic Centre	01698 302206

Hours of Business

Monday

9.00am to 5.00pm

Offices close each day for lunch
between 12.30 - 1.30pm

Tuesday to Friday

9.00am to 4.00pm

The Registration Offices in Kilsyth, Moodiesburn and Shotts operate an appointment service only. Please arrange an appointment by telephone before attending.

Kilsyth & Moodiesburn - Call the Cumbernauld office on 01236 616390.

Shotts – Call the Motherwell office on 01698 302206.

❖ Kilsyth	Burngreen, Health Centre
❖ Moodiesburn	First Stop Shop, 17 Blackwoods Crescent
❖ Shotts	162 Station Road

South Lanarkshire Council Registration Offices

- ❖ Hamilton Town House, 102 Cadzow Street and Council Offices, Almada Street
(Almada Street strictly by appointment only by phoning 01698 453792)
- ❖ Rutherglen Town Hall, 139 Main Street
- ❖ East Kilbride Civic Centre, Cornwall Street
- ❖ Lanark Council Offices, South Vennel

Hours of business

Hamilton Town House and Rutherglen Town Hall only:

Monday - Thursday 8.45am to 4.30pm

Friday 8.45am to 4pm

Saturday 9am to 12.30pm

To contact a registration office in South Lanarkshire please contact the South Lanarkshire customer service centre on:

0303 123 1015

TELL US ONCE SERVICE FOLLOWING A DEATH

South Lanarkshire Council offers the Tell Us Once service following a death. When someone has died, their death needs to be registered with the Registrar. Once that is done several other organisations may have to be contacted and given the same information.

We can help you give the information to the Department for Work and Pensions and they can pass on this information to a number of other government departments and local council services, including the Council's Housing benefit office and council tax benefit office.

The service can be used either:

- ❖ **In person** – you may be offered the service when you register the death. This service is voluntary and it is up to you if you want to use it.
- ❖ **By telephone** – If you would like to speak to someone on the phone you should call the Department for Work and Pensions on 0800 085 7308. The lines are open Monday to Friday between 8am and 8pm. This number is free to call from a BT landline, but other providers, including mobile phone providers, may charge you.

Tell Us Once service following a death (*continued*)

If you do not speak English, call us on 0800 085 7308 and one of our Advisers and an interpreter will call you back and help you.

As part of the death registration, the Registrar will automatically provide information on the deceased to:

- ❖ Council Tax
- ❖ Electoral Registration

The Licensing and Registration service will not contact any government department or local council service unless you agree to take up the Tell Us Once service.

If you are not the next of kin, or the person who is dealing with the deceased's estate, you can still use the service if you have permission to provide their details and act on their behalf.

PEOPLE TO INFORM

Following a bereavement various people, companies, and other interested parties need to be informed of the death.

Who to inform	Done	Date
General Practitioner (GP)		
Solicitor		
Bank, Building Society, Insurance Companies		
Department for Work and Pensions Bereavement Service (see 'Useful Contacts' section) They will advise you on all issues regarding Social Security Benefits		
Social Work Department, if the person had been getting any Home Care assistance		
Employers and Trade Unions		
Insurance Companies (Care/home contents and so on)		
Gas/Electric/Telephone/TV Licence/Water		
Local Council (Council Tax)		
Any hospital/clinic the person was attending		
Memberships (professional organisations, Gym memberships, libraries and so on)		
Schools, Colleges or Universities the person had been attending		
A child's teacher, if a child, their parent or other close relative has died		

What to return	Done	Date
Passport to the Passport Office		
Driving Licence to DVLA		
Registration documents of car in order to change ownership (DVLA)		
National Insurance card/papers to the Tax Office		
Any hospital equipment		
Medicines should be returned to a Community Pharmacy for destruction		
Membership cards of clubs and associations - You may be able to claim on unexpired memberships		

STOPPING JUNK MAIL TO THE RECENTLY DECEASED

If someone you know has died, the amount of unwanted marketing post being sent to them can be greatly reduced which helps to stop painful daily reminders.

By registering with the free service **www.stopmail.co.uk** the names and addresses of the deceased are removed from mailing lists, stopping most advertising mail within as little as six weeks. If you cannot access the internet you can call 0808 168 9607, where you will be asked for very simple information that will take only a few minutes to complete. Alternatively, ask the bereavement team for a leaflet that can be returned in the post.

This free of charge service provided by the Bereavement Support Network will actively reduce the unwanted marketing mail but also can help reduce the likelihood of identity theft following the death of someone close. The information is not used for any other purpose and you only have to complete this once. Additionally to Stop Mail a comparable service can also be accessed from the Bereavement Register or Deceased Preference Service if you would prefer to use them.

EMOTIONAL SUPPORT

Your GP can help

Everyone experiences different reactions following a loss.

Bereavement can turn our world upside down and is one of the most painful experiences we have to endure. Some people feel extremely anxious or may have trouble sleeping. If you feel that you or your family need care and support from the GP at this time please do not hesitate in contacting them or ask if they would be prepared to visit you.

Family and friends

Family and friends can be of great support at this difficult time.

Being close to others can be a great source of comfort. It is not always necessary to say anything, just being there is enough.

Allow people into your life and accept offers of practical help, for example with domestic chores and looking after children.

Spiritual Care

NHS Lanarkshire celebrates diversity, supporting people of all faiths and no faith, in a way that is appropriate to their individual need. Your minister or a member of the healthcare team can direct you towards the support of your choice.

Spirituality can be understood as the thing which gives our life meaning and purpose. Spiritual care supports a person to find a sense of meaning, value and worth in their life. Spiritual care starts with the individual person and is non-judgmental; it is not necessarily religious care (although all religious care is spiritual care).

Where it is appropriate and requested by the next of kin of the deceased, religious leaders will conduct funerals or they can offer advice and support to help with the planning and arrangement of funeral services (religious and non-religious).

BEREAVEMENT - OUR RESPONSE TO LOSS

Grief is our natural response to loss - a complex mix of sometimes sadness, anger, helplessness, regret and despair.

Whether someone we are close to dies suddenly or when we have known for some time to expect their death, it is most likely that we will experience a sense of shock and disbelief.

Initially, we may feel numb, and our loss and situation around us seem unreal for some considerable time. This initial sense of disbelief will start to lift over the forthcoming days or weeks, though it can return from time to time throughout our grief.

Sometimes, especially in the early days of grieving, it is not uncommon to think we can see or hear the person who has died. Should this happen, we can feel a sharp shock, when we realise the reality that the person has died.

It is not unusual for people to cry, sometimes uncontrollably, and this can make you feel exhausted. However many people find it is more helpful to cry, rather than bottle up feelings.

Alongside your great feeling of sadness, you may have a sense of feeling empty and without purpose.

Your concentration may be poor, and you can be off your food. You may find sleeping difficult. It is important to realise that, although these feelings are very distressing, they are all normal responses to the loss of a loved one.

Looking after yourself will assist in lowering the impact of your grief. Try to avoid anything that requires too much concentration. If you find eating difficult, try to eat smaller portions of nutritious food that you find appealing, rather than snacking.

Grieving takes time and cannot be hurried. Complex emotional feelings may come and go for a long time; this is all part of adjustment to life without your special person.

USEFUL CONTACTS AND FURTHER SOURCES OF ADVICE AND SUPPORT

Hairmyres Hospital

East Kilbride G75 8RG

Telephone: 01355 585000 (Switchboard)

Maggie's Lanarkshire

The Elizabeth Montgomerie Building

Monklands Hospital

Monkscourt Avenue, Airdrie ML6 0JS

Telephone: 01236 771199

Wishaw General Hospital

50 Netherton Street, Wishaw ML2 0DP

Telephone: 01698 361100 (Switchboard)

NHS Lanarkshire website: www.nhslanarkshire.scot.nhs.uk

St Andrews Hospice

Henderson Street, Airdrie, Lanarkshire, ML6 6DJ

Tel: 01236 766951

www.st-andrews-hospice.com

In addition to providing inpatient and outpatient services St Andrews also provide grief and bereavement support and counselling to families, carers, children and the wider community.

Kilbryde Hospice

McGuinness Way, East Kilbride G75 8GJ

Tel: 01355 202020

kilbrydehospice.org.uk

Kilbryde hospice offers inpatient services, day services, a drop in service and grief and bereavement support.

The Haven Centre

The Haven provide care, complementary therapies and information to people affected by life limiting illness. They also offer bereavement counselling. There are three centres:

Forth 01555 811846

Blantyre 01698 727884

Wishaw. 01698 366948

www.thehavencentre.com

North Lanarkshire Council

For general enquiries contact

Northline: Customer Contact Centre

Telephone: 01698 403200

www.northlan.gov.uk

South Lanarkshire Council

Telephone: 0303 123 1015 (Council switchboard)

Telephone: 0303 123 1015 (Customer Services)

www.southlanarkshire.gov.uk

Department for Work and Pensions (DWP) Bereavement Service

Telephone: 0800 731 0469

Maggie's Lanarkshire

Maggie's offers psychological and practical support for anyone affected by cancer at any time, including when someone is dying or following a bereavement. People can drop in without an appointment, can talk with our Clinical Psychologist, or come along to our fortnightly Connections groups for people who have been bereaved.

Contact: Maggie's Lanarkshire, The Elizabeth Montgomerie Building, Monklands Hospital, Monkscourt Avenue, Airdrie ML6 0JS

Telephone: 01236 771199

www.maggiescentres.org/lanarkshire

Cruse Bereavement Care Scotland

Bereavement counselling support
Helpline: 0845 6002227

The Samaritans

Confidential emotional support 24 hours a day
Helpline: 116 123

Breathing Space Scotland

Telephone: 0800 83 85 87
www.breathingspace.scot

NHS inform Bereavement Zone

www.nhsinform.scot/care-support-and-rights/death-and-bereavement
The Bereavement Zone can help you find answers to your questions and guide you through the early days of your bereavement. It can also help you understand more of the experience of loss in the days that lie ahead.

Good Life, Good Death, Good Grief

www.goodlifedeathgrief.org.uk
Telephone: 0131 272 2735
Good Life, Good Death, Good Grief is working to make Scotland a place where there is more openness about death, dying and bereavement.

Maggie's Centres Bereavement Support

www.maggiescentres.org/how-maggies-can-help

PETAL - People Experiencing Trauma and Loss

www.petalsupport.com

Choose Life www.chooselife.net

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or email info@lanarkshire.scot.nhs.uk.

Reference: NHS Lanarkshire Community Bereavement Booklet
Publication Date: February 2019 Review Date: February 2020

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stopping mail

STOPPING JUNK MAIL

It is distressing to deal with a bereavement and unsolicited mail can be insensitive and destructive during a grieving process.

By visiting www.stopmail.co.uk on your mobile, tablet or computer, we are able to securely share this information with mailing organisations and under the Data Protection Act the information will not be used for any other purpose.

Other benefits reduce the possibility of identity fraud, such as assumed identity and you will only have to supply the information once.

www.stopmail.co.uk

0808 168 9607 from a landline

0333 006 8114 from a mobile



DONATE IN MEMORY

A simple way for everyone to pay their respects with an online tribute

Create a personal online tribute for a loved one. Your family and friends can join you to celebrate and remember their life and donate to Cancer Research UK's vital work in their memory.

Create a tribute or make a donation at
www.donateinmemory.org



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103).



**CANCER
RESEARCH
UK**

Ian Brown Funeral Director

Serving the local community since 1958

Ian Brown Funeral Directors are a long established funeral service providing a close, trusting relationship to the families of Lanarkshire.

Lanarkshire

01555 807 407

81-83 Lanark Road, Carstairs, ML11 8QQ

www.ianbrownfuneraldirector.com

**Call us for immediate support, advice or a home visit.
We are here to help 24 hours a day.**



Members of the National
Association of Funeral Directors

RNS Publications
bereavement advice

here to help

Bereavement Advice
Helping you
following your loss

There are many topics covered including...

- Caring for the deceased
- Coroners & death registration
- Money and property
- Help and support
- Stopping unwanted mail

www.bereavementadvice.co.uk





Heritage

Funeral Services Ltd

Independent Funeral & Memorial Specialist

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by local people*

*Here at Heritage Funeral Services we
make it our duty to ensure that your
loved ones are taken care of in a
dignified and professional manner.*

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arranged specifically to the family's
wishes to ensure a personal,
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