

## Bereavement service

Ensuring older people in Brighton & Hove are supported following the bereavement of their loved ones



# Our bereavement service aims to offer free practical advice and emotional support to those who have lost a loved one.

The service can help people navigate the paperwork, cope with their grief and live independently. We will be able to give advice on funeral grants and benefits, make referrals to bereavement counselling and signpost on to additional services to help people remain connected during a difficult time.



## How does it work?

Our Bereavement Navigators will support people aged 50+, living in Brighton and Hove who are experiencing loss, by providing practical advice as well as emotional support to help through this difficult time. The service is for anyone who needs it, regardless of time passed since their bereavement.

## We can help with

- Registering the death
- Funeral plans and benefits
- Benefits, taxes and money information and advice
- Grief Counselling
- Housing Will Wishes
- How to be an Executor
- Getting you re-engaged with the community and socially connected to others
- Getting you independent;
  - supporting you to get on top of your finances
  - getting online
  - shopping
  - cooking

**Do you need support? Get in touch**



0800 019 1310



[bereavement.service@ageukwsbh.org.uk](mailto:bereavement.service@ageukwsbh.org.uk)