

# Coping With Bereavement

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Whether you decide on a traditional funeral, cremation or something more unusual to grieve the loss and celebrate the loss of your loved one, there are people who can help you

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# Help dealing with the death of a loved one

The death of a loved one, whether a parent, child, friend or partner is always a difficult experience, when the normality of everyday life quickly fades away.

Yet within this period of grief you can be called upon to make hugely important decisions that come with arranging a funeral and someone's estate.

Some people find this a cathartic experience; one that gives you something to focus on while others simply find it all too much to face.

Whether you decide on a traditional funeral, cremation or something more unusual to grieve the loss and celebrate the life of your loved one,

there are people who can help you.

Knowing where to start can be the hardest thing when someone close to you has died, but by taking one step at a time you'll find this dreaded task is swiftly completed. Firstly, once the death has been certified by a doctor or coroner it has to be registered with a Registrar of Births, Marriages and Deaths. Deaths must normally be registered within five days and you should supply the Medical Certificate Cause of Death, from the doctor or hospital, in a sealed envelope.

The Registrar will issue you with a special green form to take to the funeral directors to allow you to make arrangements for the burial or

cremation.

The majority of funerals are arranged through a funeral director or undertaker, with the involvement of the nearest relatives. The cost of a funeral can be high and while some people may have taken out a special plan to cover these expenses, the cost is normally met out of any money left by the deceased. Otherwise friends and family can cover the costs.

Funeral directors can provide a wide range of services and your chosen funeral home will take you through everything that you need to consider.

Firstly, choose a date for the funeral. The

funeral director can contact the church, cemetery, crematorium and the person who will be conducting the service, to make arrangements.

A funeral director will be able to provide cars and staff to conduct the funeral and will arrange all paperwork necessary for the burial or cremation to take place.

Floral tributes are a hugely important aspect of the funeral for many people, and most local florists will be able to cater for your needs for this time. The funeral director will also be able to accept and care for floral tributes delivered to their premises before hand.

In the majority family and friends organise music, songs and readings that they feel represent the memories and personality of the person who has died, and this can be therapeutic in reminding those closest to this person of the good times they had together.

Most services are followed by a wake and whether you choose to have a catered event at your home or visit the local pub, it's often a welcome time for friends and family to gather and offer any support they can as well as reflect on the life of the person who has died.

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