



## **After caring**

### **Information for carers at the end of their caring role**

This fact sheet contains information and guidance for carers who are recently bereaved and they no longer provide care.

### **Practical issues**

When the person you look after dies, there are practical issues that you may need to address. This can be difficult and you may feel like you don't know where to begin or who to contact.

You don't need to rush, so when you're ready, you can read this fact sheet with useful information and advice about where to start and who may be able to help. That said, it's important to remember that there are things that need to be addressed within specific time periods, such as registering a death and updating agencies about your change in circumstance.

### **Your wellbeing**

It's important to look after your health, especially when coming to terms with big changes in your life. You may find yourself facing a mixture of emotions and often someone to talk to may be helpful.

### **Moving on**

Moving on after caring for someone can be a difficult and challenging time. It can also bring new opportunities and the time to do something different.

### **After a death**

When someone dies, there are many practical and legal matters that will need your attention. It can feel overwhelming and can be difficult to manage without support. Writing a list of the things that need to be done can help you to feel more organised and able.

## **Registering a death**

### **Getting a Medical Certificate**

Following a bereavement, the GP, or the Hospital Bereavement Office if the person you cared for died in hospital, will complete the paperwork to enable you to register the person's death. They will provide the medical certificate which you will need to take to the register office. The Bereavement Office staff have lots of experience and are a good source of information in the first few days after a death.

### **Registering a death**

You should register the death within 5 calendar days. You can go to any register office but it's best to use the one in the area where the person died. You should call your local council's register office to book an appointment.

At your appointment, the registrar will ask you a series of questions and complete some paperwork. They will then issue a death certificate. There is a small cost for the death certificate (the registrar can advise you of the current price).

Most organisations will request a certified original copy, so it may be worth buying several copies when you're at the registry office, as the cost of copies is cheaper if you request them at the same time as registering the death.

You can find where your local register office is by visiting East Sussex County Council's website or giving them a call. 0345 6080190.

[www.eastsussex.gov.uk/community/registration/deaths/register](http://www.eastsussex.gov.uk/community/registration/deaths/register).

### **Notifying organisations**

You will need to contact organisations such as the Department of Work and Pensions, banks, and council to inform them of the death.

### **Support after a death**

The death of someone close to you can often be a time of intense stress and big change. In this section are some organisations you might want to consider contacting when you feel ready to talk to someone.

### **Hospice support**

A range of bereavement support is provided by the hospices covering East Sussex. Contact your local hospice to find out more.

St Wilfrid's Hospice, Eastbourne

01323 434200. [www.stwhospice.org](http://www.stwhospice.org)

St Michael's Hospice, St Leonards-on-Sea

01424 445177. [www.stmichaelshospice.org](http://www.stmichaelshospice.org)

St Peter & St James Hospice, Haywards Heath

01444 471598. [www.stpeter-stjames.org.uk](http://www.stpeter-stjames.org.uk)

Martletts Hospice, Hove

01273 273400. [www.martlets.org.uk](http://www.martlets.org.uk)

### **Cruse Bereavement Care East Sussex**

Cruse exists to promote the wellbeing of bereaved people and to enable anyone coping with a death to understand their grief and cope with their loss. Services are free to bereaved people.

01323 642942. [www.cruse.org.uk/get-help/local-services/south-east/east-sussex](http://www.cruse.org.uk/get-help/local-services/south-east/east-sussex).

### **Child Bereavement UK**

Child Bereavement UK supports families when a child dies and supports children and young people who are bereaved.

0800 0288840. [www.childbereavementuk.org](http://www.childbereavementuk.org).

### **Winston's Wish**

Winston's Wish is a childhood bereavement charity that provides professional therapeutic help in individual, group, and residential settings.

08088 020021. [www.winstonswish.org](http://www.winstonswish.org).

### **Moving on**

For some carers moving on means continuing with their regular routine, doing what they have always done, but without the person they cared for; for others it's a chance to do the things they used to do before they became a carer, or it might be starting a "new chapter" and doing something different.

It may be that you already have a good social network and are involved in activities, it may be that family or friends are there to encourage and introduce you to new things or it may be that in order to do something you have to research and explore. You may want to think about activities you used to enjoy or about doing something you have always fancied having a go at but never got around to.

## **Meeting people - clubs, groups, societies, faith groups and activities**

A great way to meet new people is by joining a local club, group or society. It would be impossible to list the different opportunities available here, as they're always changing, so instead we've listed a few places that you can get up-to-date information.

### **Your local library**

In addition to local information being available, you can also access the internet for free where you can search for opportunities near you.

If you are new to computers and the internet most libraries can support you with this.

### **Local notice boards, newspapers and magazines**

Your local paper or community magazine is a great place to find out what's happening locally, pick up a copy at your local shop or take a look online. Also check your village / parish / town notice board, your local tourist information office, and keep an eye for posters in your local shop.

<b>The Argus</b>	<a href="http://www.theargus.co.uk">www.theargus.co.uk</a>
<b>Sussex Express</b>	<a href="http://www.sussexexpress.co.uk">www.sussexexpress.co.uk</a>
<b>Eastbourne Herald</b>	<a href="http://www.eastbourneherald.co.uk">www.eastbourneherald.co.uk</a>
<b>Hastings Observer</b>	<a href="http://www.hastingsobserver.co.uk">www.hastingsobserver.co.uk</a>
<b>Rye &amp; Battle Observer</b>	<a href="http://www.ryeandbattleobserver.co.uk">www.ryeandbattleobserver.co.uk</a>
<b>Bexhill Observer</b>	<a href="http://www.bexhillobserver.net">www.bexhillobserver.net</a>
<b>Friday Ad</b>	<a href="http://www.friday-ad.co.uk">www.friday-ad.co.uk</a>
<b>What's On Magazine</b>	<a href="http://www.whats-on-magazine.com">www.whats-on-magazine.com</a>

## **East Sussex Community Information Services (ESCIS) and East Sussex 1 Space**

ESCIS and East Sussex 1 Space provide useful directories of local information across East Sussex. [www.escis.org.uk](http://www.escis.org.uk) and [1space.eastsussex.gov.uk](http://1space.eastsussex.gov.uk).

### **Learning**

This can be a good way of meeting new people, gaining a professional qualification, learning something new or improving on what you already know. [www.eastsussex.gov.uk/educationandlearning](http://www.eastsussex.gov.uk/educationandlearning).

### **ACRES**

ACRES provides adult learning courses in Crowborough, Hailsham, Heathfield, Uckfield, Battle and Wadhurst. Classes include Arts & Crafts, Computing, Exams, Skills for Life, Languages and Health & Fitness. Classes are available in the morning, afternoon, evening and some weekends. 01825 761820. [www.acreslearning.org.uk](http://www.acreslearning.org.uk).

### **Bexhill College**

Bexhill College offers professional qualifications such as certificates and diplomas in Health and Social Care or Children and Young People's Workforce, and GCSEs, as well as a wide range of recreational courses which range from Reiki to painting, astronomy to cooking, IT to alternative therapies. 01424 214545. [www.bexhillcollege.ac.uk](http://www.bexhillcollege.ac.uk).

### **East Sussex College**

With campuses in Eastbourne, Hastings, Lewes and Newhaven, East Sussex College offers a broad variety of part-time daytime, evening and Saturday workshops and courses, including counselling, upholstery, photography and brickwork. 030 300 39300 [www.escg.ac.uk](http://www.escg.ac.uk).

### **Plumpton College**

Plumpton College offers a wide range of courses on land-based subjects such as blacksmithing, wine management, horticulture and floristry. 01273 890454. [www.plumpton.ac.uk](http://www.plumpton.ac.uk).

### **Volunteering**

There are many organisations that welcome and need volunteers, so whatever area of interest or skills you have there will be something out there for you to do.

## **Volunteering is a great way of:**

- Meeting people
- Using your skills to benefit others
- Learning new skills
- Helping others
- Making a difference
- Giving something back
- Getting a feel-good factor
- Having fun
- Improving your confidence and self-esteem
- Improving your CV

If you're not sure what you want to do, would like to learn a little more or want to know what volunteering opportunities are available, contact your local volunteer centre. They will be happy to have a chat with you to help you establish which role or roles might interest and suit you, then provide you with information about charities and organisations who are looking to recruit volunteers.

If you know an organisation that you would like to volunteer for, give them a call and they will be able to discuss with you what current opportunities they have, their recruitment process and how long the process might take. A chat will also inform you of what role you might be best suited to and if you are ready to take on that role. Sometimes causes can be close to home and it may be that you need some time before you are really ready to get involved. Remember it's different for everyone.

Many people expect to walk straight into volunteering but the process can take time. It often involves:

- An application form
- An informal interview
- References
- Disclosing & Barring check (formerly CRB) – this is not required for all roles
- Induction training

Whilst you might want to get started with your volunteering straight away, this wait gives you time to ensure it is something you really want to commit to and that you are ready. Volunteering should be a positive experience for all involved and that is why these processes are important.

## **Volunteer organisations**

### **Care for the Carers**

Care for the Carers' Volunteer Co-ordinator will be happy to have a chat with you to:

- Discuss volunteering opportunities with Care for the Carers and other carers' organisations
- Help you consider if you are ready to volunteer

01323 738390, email [info@cftc.org.uk](mailto:info@cftc.org.uk) [www.cftc.org.uk](http://www.cftc.org.uk).

### **Volunteer Centre East Sussex**

Volunteer Centre East Sussex is an accredited centre that offers a free service to anyone interested in volunteering. Contact the team if you are looking for volunteering near you. 01323 301757. [www.vces.org.uk](http://www.vces.org.uk).

### **Uckfield Volunteer and Information Centre (UVIC)**

UVIC helps match volunteers with volunteering opportunities in the Uckfield area and offer CV writing as well as careers advice. 01825 760019. [www.uckfieldvolunteer.org.uk](http://www.uckfieldvolunteer.org.uk).

### **You may prefer to search online**

Websites can be a good source of information on volunteering opportunities.

Do It is a national database of volunteering opportunities, with lots of information. Search by postcode to find something that interests you in your area. [www.doit.life](http://www.doit.life).

### **Work and Training**

It may have been some time since you last had paid employment and you might need to increase or renew your skills to help with this.

### **National Careers Service (NCS)**

NCS provides information, advice and guidance to help you make decisions on learning, training and work opportunities.

0800 100 900. [www.nationalcareers.service.gov.uk](http://www.nationalcareers.service.gov.uk).

## Care for the Carers

Care for the Carers is an independent charity and the Carers Centre for East Sussex. We have been supporting and representing unpaid carers in East Sussex since 1989.

## What do we do?

Our team of staff and volunteers can provide free practical and emotional advice and support – face-to-face, by telephone, or online. We can put you in touch with other carers, and help you navigate the range of services available locally. We also run support groups and events for carers in East Sussex and training for health and social care professionals and volunteers working with carers.

Care for the Carers represents carers and raises awareness of caring, working with a variety of local communities, organisations and service providers to build a carer friendly East Sussex.

All our work is developed with carers, and in response to their expressed needs reflecting local and national strategy, legislation, research and best practice. We work with carers so that they are empowered and can have a say in the policies and services that affect them.

During the Coronavirus pandemic, we are here to support all carers and offering our services by phone or online.

## How to contact us

Call our Carers Hub on 01323 738390, Monday to Friday, 10am to 5pm to speak with one of our team of dedicated support workers.

Email us: [info@cftc.org.uk](mailto:info@cftc.org.uk)

Text us: 07860 077300

Request a call back using the contact details above.

More information and carer resources at: [www.cftc.org.uk](http://www.cftc.org.uk).

**No one left to care alone**

Phone: 01323 738390 Email: [info@cftc.org.uk](mailto:info@cftc.org.uk) Text: 07860 077300 Visit: [www.cftc.org.uk](http://www.cftc.org.uk)



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