

After someone dies: coping with bereavement





“ I’m always very present and in the moment, not trying to think too far ahead into the future, which has helped keep me grounded. ”

Shakaila, who lost her sister Janelle

About this booklet

This booklet is about coping when someone you care about has died. It is for the relatives and friends of someone who has died of cancer.

The booklet looks at some of the emotions you may have and the support that can help. It also gives you practical information about what to do and what to expect when someone dies.

If your relative or friend has died recently, you may find it hard to cope with your emotions and the practical things you have to do. Even if they died some time ago, you might still be struggling with these things while getting used to life without your relative or friend.

We hope it helps you deal with some of the questions or feelings you may have.

We have another booklet called [Preparing a child for loss](#). It is for people who are supporting a child or young person when a relative is dying or has died of cancer.

How to use this booklet

This booklet is split into sections to help you find what you need. You do not have to read it from start to finish. You can use the [contents list](#) to help you.

It is fine to skip parts of the booklet. You can always come back to them when you feel ready. At the [end of the booklet](#), there are details of other organisations that can help.

If you find this booklet helpful, you could pass it on to your family or friends. They may also want information to help them support you.

Quotes

In this booklet, we have included quotes from people who have been bereaved by cancer. These are from people who have chosen to share their story with us. This includes Shakaila, who is on the cover of this booklet. To share your experience, visit macmillan.org.uk/shareyourstory

For more information

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm, or visit macmillan.org.uk

If you would prefer to speak to us in another language, interpreters are available. Please tell us, in English, the language you want to use.

If you are deaf or hard of hearing, call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

We have some information in different languages and formats, including audio, easy read, Braille, large print, interactive PDFs and translations. To order these, visit macmillan.org.uk/otherformats or call **0808 808 00 00**.

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At the time of the death

When a relative or friend dies, there is no right or wrong way to feel. Everyone reacts differently and you may have many different feelings. You may feel shocked, numb or as if everything is unreal. Or you may feel relieved that they are now at peace.

You may have known that your relative or friend was dying and been trying to prepare yourself for that. But [if a person dies unexpectedly](#), this can be a huge shock.

[Your relative or friend may have died at home](#). Or they may have [died in a hospital, hospice or care home](#). If you are alone when your relative or friend dies, it may help to have someone with you soon afterwards to support you. This might be a:

- relative
- friend
- religious adviser
- member of the health or social care team.

It is important to do what feels right for you.

If your relative or friend is donating their body, organs or body tissues, you should tell a doctor as soon as possible. But other than that, you do not have to do anything straight away or rush to get things done. You can spend some time just sitting with the person who has died.

Many cultures and religions have ceremonies or rituals that are important when someone dies. A spiritual or religious adviser can help you with these.

If your relative or friend dies at home

If your relative or friend dies at home, you may be alone with them. You may not be certain that they have died, and you may be unsure what to do next.

You may find it difficult to think clearly at first. If you have written information about what to do next, try to follow that. If you are on your own, you may want to ask a family member or friend to be with you.

You will need to tell the person's GP or district nurse what has happened. They will come as soon as they can to confirm the death. If the GP surgery is shut, call the out-of-hours doctor or **111**.

If the death is expected, the person's GP will confirm the death and write a medical certificate of cause of death (MCCD). The GP usually emails the MCCD form to the registrar. They will give you the registrar's phone number so you can make an appointment to register the death.

If you call a district nurse or out-of-hours doctor, they will come and confirm the death. But only a GP who has seen the person alive in the last 28 days can complete the MCCD.

If the GP has not seen the person in the last 28 days, they will need to discuss their medical case with the coroner's office before they can fill in the MCCD form. This is true even if the person had a terminal illness and their death was expected. This may take a few days. You can call the GP surgery to find out when the forms have been sent to the registrar.

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When a nurse or doctor has confirmed the death, you can contact a funeral director (undertaker). You do not need to do this straight away if you would like to spend some time with your relative or friend. Funeral directors are available 24 hours a day. They will explain what you need to do.

When the registrar gives you the death certificate, it can be a shock to see the details in writing. Some people feel as if they are being told all over again that their relative or friend has died. You may want to have someone with you when you read it.

If you have questions about what is written on the MCCD, you can ask your GP to explain it.

Medical examiner

If you live in England, Wales or Northern Ireland, a medical examiner will review the MCCD. The medical examiner can also speak to you about any questions or concerns you may have. Your doctor can tell you more about this.

If you live in Scotland, the system is different. Not all MCCDs are reviewed. If you have any questions about this, you can ask your doctor.

If your relative or friend dies in hospital or a hospice

Your relative or friend may be in a hospital or hospice when they die. Even if their death was expected, you may feel shocked, numb and unsure what to do next. The care staff will support and guide you through the next few hours.

A doctor or nurse will confirm the death. If it was expected, they will complete the medical certificate of cause of death (MCCD). This is usually emailed straight to the registrar's office. They will tell you when the certificate is completed. This may take a couple of days. Once it has been completed, you can make an appointment to register the death. The staff in the hospital or hospice will tell you what you need to do.

After you have left the hospital or hospice, the staff will arrange for your relative or friend to be moved to a mortuary. The funeral directors you have chosen will collect them from the hospital or hospice.

If your relative or friend has any specific cultural or religious needs, tell the hospital or hospice staff. For example, in some cultures it is important to be collected as soon as possible after death.

If you want to see your relative or friend, the hospital staff will tell you who to contact. Some hospices have a viewing room where it is possible to see your relative or friend.

If the death was not expected

If your relative or friend dies unexpectedly, you may be totally unprepared. You may find it difficult to believe what has happened. The ward staff or GP will talk to you about what has happened and try to answer any questions you have.

If the death was not expected, or if the person dies at home and had not been seen by their GP in the last 28 days, the death will be referred to a doctor or lawyer who investigates unexpected deaths. This person is called a:

- coroner in England, Wales and Northern Ireland
- procurator fiscal in Scotland.

This is a standard procedure. When someone dies unexpectedly, the police may also do a routine visit.

Most deaths that are referred to the coroner or procurator fiscal are natural. Sometimes the cause of death is not clear. The coroner will decide if an examination of the body is needed to find the cause of death. This is called a post-mortem. If a death is referred to the coroner or procurator fiscal, the funeral may sometimes be delayed. You can ask them how long they think it may take.

If there are any cultural or religious concerns about a post-mortem, you should discuss this with the coroner or procurator fiscal.

You can find more information about what to do after a death at:

- [gov.uk](https://www.gov.uk) in England and Wales
- mygov.scot in Scotland
- nidirect.gov.uk in Northern Ireland.

The [Bereavement Advice Centre](#) has information on what to do when someone dies.

“ Dad died at home, and we had to have a post-mortem as it was classified as an industrial death. ”

Sara, who cared for her dad

Caring for your relative or friend after they have died

The funeral director (undertaker) will arrange for your relative or friend to be taken to the funeral home. Some people like to keep the person at home before the funeral. The funeral director can tell you how long they can be at home and what you need to do.

The funeral director will take care of your relative or friend. They will carefully wash and dry them, and close their eyes and mouth. They will tidy and sometimes wash their hair. If you would like to, you can help the funeral director wash and dress your relative or friend. Let them know as soon as possible so they can arrange this.

The funeral director will also ask what you would like your relative or friend to wear. This could be clothes or jewellery that had special meaning to them.

For a traditional burial, there are usually no rules about clothing. But for a green or woodland burial, there are some restrictions. This includes using natural fabrics such as cotton or wool. You can check with the funeral director.

There may also be some restrictions for cremation. The funeral director can explain these to you. If there are any cultural or religious practices you would like to be followed, tell the funeral director.

Some people want to be embalmed. This is when the body is disinfected and treated with chemicals to help preserve it. The funeral director can give you more information about this.

Telling other relatives and friends

Telling other people about your relative or friend's death can be difficult. You may get very upset and be unsure who to tell and what to say.

You may feel that you want to tell people yourself. But this can be tiring and emotional, so do not feel you have to do it all. You could ask relatives and friends to help.

You could start by writing a list of people you would like to contact, and think about how to do it. You can use address books, mobile phones or social media to help you make a list.

You might also find it helpful to think about what you want to say and write it down before you contact people. There is no right or wrong way to tell people, but this might be a starting point: 'I am sorry to say I have some very sad news. (Name of person) has been ill for some time/was suddenly taken ill and died earlier today/this week.'

Registering the death

The doctor, nurse or bereavement staff will usually give you information about how to register your relative or friend's death. This can be done after the medical certificate of cause of death (MCCD) form has been emailed to the registrar.

The person who can register the death varies in different parts of the UK. You can find more information about this at gov.uk/register-a-death

You will register the death with the registrar of births, marriages and deaths. This must be done within 5 days (in England, Wales and Northern Ireland) or 8 days (in Scotland), unless it has been referred to the coroner or procurator fiscal.

Registrars' offices are also called register offices or registry offices. Some have an appointment system, so call and check before you go. You can find your nearest one at gov.uk/register-offices

You can also get the phone number for the registrar's office:

- from your GP or the hospital
- online
- by calling the [Bereavement Advice Centre](#) on **0800 634 9494**.

Things to take with you include:

- their birth certificate, and certificate of marriage or civil partnership, if they had one
- details of any state benefits they were getting
- their NHS medical card, if they had one
- their National Insurance number, and that of their surviving spouse or civil partner, if they have one.

The registrar enters the details in the register and gives you a certificate for burial or cremation. You need to give this to the funeral director. If you need a certificate of registration of death for social security purposes, the registrar will give you one.

Before you go to the registrar's office, it is helpful to think about how many copies of the death certificate you might need. These are original, certified copies and not photocopies. You can buy certified copies for a small charge at the time of registration. You can also buy certified copies later, but they may cost more.

You usually need 1 certified copy for each life insurance policy (or similar) that you need to claim. You may need copies for other official agencies and organisations. They will usually return the copy of the death certificate once they have seen it.

You can get more information about registering the death from:

- [gov.uk](https://www.gov.uk) in England and Wales
- [mygov.scot](https://www.mygov.scot) in Scotland
- [nidirect.gov.uk](https://www.nidirect.gov.uk) in Northern Ireland.

Telling official agencies and organisations

When someone dies, there are a lot of official agencies and organisations that need to be told. These include:

- employers
- the tax office
- banks and building societies
- insurance companies
- the local council
- the landlord or housing association
- electricity, gas and phone companies.

Many of these organisations will need a certified death certificate and other information such as full names, addresses and account numbers.

You may also need to contact others – for example, internet, television and other service providers.

Contacting all of these can take a lot of time, and you may not feel emotionally ready to do this. You do not have to contact everyone at once. You can also ask a relative or friend to help.

Many [organisations and companies](#) have staff who are trained to deal with calls when someone dies. You can ask to speak to the bereavement team if they have one.

You may find it helpful to write a list of all the organisations you need to contact and gradually work through it over a few weeks. Or you may prefer to contact them all at once.

It is important to tell insurance companies straight away. This is because insurance policies become invalid as soon as someone dies.

The [Bereavement Advice Centre](#) has a useful checklist of the organisations you need to contact.

Tell Us Once

[Tell Us Once](#) is a service available in some local authorities in England, Scotland and Wales. It allows you to report a death to most government organisations at the same time.

The local registrar will tell you if the service is available in your area and how to use it. They will give you a unique reference number to access the service.

Telling your work

If you are working, it is important to talk to your employer. They can explain their bereavement policy to you. This will include how much time off you may be entitled to and whether you will be paid for this time.



Funeral arrangements

Funerals or memorial services allow relatives and friends to get together and remember the person who has died. They can be a celebration of the person's life and a chance to say goodbye.

Planning the funeral

You can plan the funeral yourself, but most people prefer to use a funeral director (undertaker). If you are worried about the cost of the funeral, you can talk to different funeral directors before deciding who to use.

You can get contact details of funeral directors from your local phone book or online. The [National Association of Funeral Directors \(NAFD\)](#) and the [National Society of Allied and Independent Funeral Directors \(SAIF\)](#) also have lists of funeral directors.

If you are planning a cremation, you should contact your relative or friend's GP. They can arrange for a cremation form to be completed. This form needs to be signed by 2 GPs:

- 1 who knew your relative or friend
- 1 who did not know them.

They may contact you for more information before the form is completed.

[If your relative or friend died in hospital or a hospice](#), the doctor there can arrange a cremation form if you need one.

You may have clear ideas about the funeral service and what you would like to include. You can also get ideas from books, the funeral director or online. We have listed some things to think about when [planning a funeral](#).

Choosing the type of funeral your relative or friend would have wanted

Your relative or friend may have talked about the type of funeral they wanted. They may even have planned their funeral in advance. Some people leave instructions in their will or have a prepaid funeral plan.

If they have not left instructions, you might like to think about what they would have wanted. The funeral director can give you advice about things to consider. Talk to other people who knew them and get ideas from them too. Do not feel you have to make all the decisions yourself.

Religious and non-religious ceremonies

Some people have a strong religious or spiritual faith. You can ask their faith leader to conduct the funeral or religious service.

Some people have no religious beliefs, and live their lives as humanists, agnostics or atheists. A relative or friend can lead the funeral service, or you can ask a humanist official to conduct a non-religious ceremony. Your funeral director can give you more information about this.

Where to have the funeral service

Some people have a clear idea of where they want to have the funeral or memorial service. A funeral, religious service or non-religious service can be held wherever you like. Services are often held in a place of worship, at a funeral home or at a crematorium. They can be held in other places if you prefer, such as in your relative or friend's home, or a favourite place they liked to visit.

Burial or cremation

After the memorial service, the person's body is buried or cremated. This will depend on their wishes and may be influenced by their religion or faith.

A burial is usually in a cemetery or other official burial place. It is also possible for people to be buried in other places, such as a garden or woodland. If you want to bury someone on a property you own or in a place they loved, you can get information from the [Natural Death Centre](#). In some religions, it is important for burial to take place very soon after the person has died.

A cremation takes place in a crematorium. Your relative or friend may have talked to you about what to do with their ashes. You can collect the ashes and follow their wishes when you are ready.

If you are planning to scatter them somewhere, you may need to get permission from the landowner. [Scattering Ashes UK](#) has more information.

Paying for the funeral

If you are arranging your relative or friend's funeral, you will be responsible for paying the funeral costs. The person may have had a prepaid funeral plan or an insurance policy that covers the cost. Or if they have left money, this can be used to pay for the funeral.

Sometimes, banks and building societies will allow you to use money to pay for the funeral before [probate](#) is granted. But they do not have to do this. You may have to pay the funeral costs while you are waiting for probate.

The Social Fund is a government fund that makes payments to people in need. To be eligible for most Social Fund payments, you need to be receiving certain benefits when you apply.

These payments include a funeral payment to help with the cost of arranging a funeral. It will not cover the whole cost of the funeral. You may have to pay the government back from any money you get from the person's estate, such as their savings.

The fund is run by the Department for Work and Pensions. If you live in England, Scotland or Wales, visit gov.uk or contact your local Jobcentre Plus.

If you live in Northern Ireland, visit nidirect.gov.uk or contact your nearest [Jobs and Benefits office](#) for more information.

After the funeral

The days and weeks after the funeral can be very difficult. After you have been busy organising the funeral, it can feel very quiet. It is a good idea to try not to do too much too soon. It is important to take time to care for yourself.

You will need time to get used to your relative or friend not being there and the changes this brings. Some cultures have rituals or practices that people do at these times to help them cope with a person's death.

You may feel very emotional at this time. Some people may try to keep busy to avoid their feelings. But do not be afraid to show your emotions. It is natural to feel sad or cry. We have more information about [feelings and how to cope with them](#).

Wills and probate

A will is a legal document. It gives instructions from the person who died about who they wanted to leave their money and belongings to.

When someone dies, what they leave is called their estate. The estate is the total of any money or possessions the person owned, minus any debts they had when they died. Probate is the process of proving what someone owned and owed when they died. In Scotland, probate is called confirmation.

When someone dies, the person who deals with their estate is called their executor. The executor needs to apply for probate or confirmation before the will can be followed. This can be done by applying to the:

- local probate court in England and Wales
- probate registry in Northern Ireland
- sheriff court in Scotland.

It usually takes several weeks or months. Probate or confirmation may not be needed in some situations – for example, if the person who died owned everything jointly with their spouse.

If a person dies without making a will, this is called dying intestate. If this happens, you can apply for the legal right to manage their estate. You should do this by applying for:

- letters of administration in England, Wales or Northern Ireland
- an appointment of executor dative in Scotland.

The probate process usually takes longer for people who die intestate. Until probate is granted, you should not sell or give away anything that belonged to your relative or friend.

If you have questions about probate, it might help to discuss these with a solicitor, [Advice NI](#), or your local [Citizens Advice](#).

It is important that the executors of the will understand what they have to do, and tell family or friends what is happening. If you are likely to be left something in the will, you are called a beneficiary. It is important for beneficiaries to remember that probate can take a long time.

If your relative or friend has not left detailed instructions in their will, you may have to decide what to do with their property. This may include pieces of jewellery, furniture or personal items. Deciding what to keep and what to pass on can be very upsetting.

Try to do it at a time that feels right for you. Think about whether you would prefer to sort through their personal things alone or have help from others. If other people offer to help, do not feel you have to make all the decisions yourself.

You can find more information about wills and probate online at gov.uk/applying-for-probate

Financial help

You may be worried about money after someone you care about has died. You may have been relying on their income or pension to help share the bills.

If your spouse or civil partner has died, you may be entitled to a Bereavement Payment or Bereavement Allowance.

You may also be entitled to extra pension payments from their pension or National Insurance contributions. To find out more:

- if you live in England, Scotland or Wales, visit gov.uk/browse/benefits/bereavement
- if you live in Northern Ireland, contact your local Jobs and Benefits office at nidirect.gov.uk/contacts/jobs-and-benefits-offices

You can also contact the Macmillan Support Line on **0808 808 00 00**.

Online accounts

Your relative or friend may have online accounts such as email, online banking, Facebook or other social media. You may not be sure what to do with these accounts.

They may have already told you what they would want to happen to any photos, videos, emails or other information they have stored online. Or they may have recorded their wishes in advanced care plan documents, including any passwords that may be needed.

You can find information online about closing or deactivating accounts or making memorialised accounts on social media. The [Digital Legacy Association](#) has more information.





Emotional information and support

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Grief

Grief is a word for some of the feelings you may have after someone you care about dies. Some people describe being overcome or frightened by their feelings. Others say they feel numb or cannot believe what has happened.

The thoughts and feelings you have will vary. Sometimes they may be very intense and stop you doing things. Other times, they may be in the background and you can still do your everyday activities.

How you feel and react may depend on different things, such as:

- the relationship you had with the person who died
- whether their death was expected
- how they died
- any previous experience of death you have had
- the support network you have.

There is no right or wrong way to feel. Your feelings may change from day to day, or even hour to hour. You may have the feelings soon after the person has died. These can last for a long time.

Some of the feelings may not go away, but as time passes you will find ways of coping with them.

One day you may feel you are coping. The next day, you may be overcome by sadness or loneliness. It is normal to have ups and downs like this.

If you had a difficult relationship with the person who has died, you may not feel any of the emotions we describe here. Or you may be surprised at how strong your feelings are.

If you are finding things difficult, it is important to get support. You can talk to your GP. Or you can find a local bereavement service through organisations such as [Cruse](#) or a local [Maggie's centre](#). You can also call the Macmillan Support Line on **0808 808 00 00** to discuss ways to get counselling.



How you may feel after someone dies

We explain here some of the feelings and experiences people describe having after a death. We also have information about [what may help you with these feelings](#).

You may have some of the feelings we explain. Or you may have different feelings. Everyone grieves in different ways.

We have included quotes from people whose relative or friend has died, to show how intense these feelings may sometimes be. We hope this will reassure you that you are not alone in how you feel, and that how you feel is normal. These quotes are from the bereavement groups on Macmillan's Online Community at macmillan.org.uk/community and from healthtalk.org

People use many different words to describe the emotions and physical symptoms they feel after the death of a relative or friend. You may have some or all of these feelings. You may have them at different times and in different ways. Or you may not have any of them, and experience your grief differently. There is no right or wrong way to feel.

Although these feelings can be very difficult and painful, they are all natural. No one can take away the pain you might feel, but there are [things that may help](#).

The words on the next page describe some of the feelings people told us they had after the death of a relative or friend. The size of each word shows how often it was used.

Bereavement word cloud

Unbearable Scared
In shock Numb
Nightmare Lost confidence
Alone Stressed
Flashbacks Emotional wreck
Guilty Exhausted
Painful Empty
Sad Heartbroken Robbed
Angry Brain fog
Distracted

Shock and numbness

Many people describe feeling shocked and numb in the days and weeks after a relative or friend has died. This can happen whether their death was sudden or expected. People sometimes say that they are 'going through the motions' as they arrange the funeral and start to sort out practical things.

Anger

You may feel angry after a relative or friend has died. Some people are surprised at how angry they feel. Try not to worry about it. This is a normal feeling to have. Anger may be directed at different people.

You may feel angry at:

- the doctors, because it was not possible to cure your relative or friend
- your relative or friend for leaving you on your own with so much to sort out
- the people around you for not understanding how you feel.

“ You don't know who or what to blame. I was blaming doctors, myself, blaming everyone. ”

Shakaila

Crying

Crying can be a response to all the emotions we describe here. You may find that you cry easily after the death of a relative or friend. Some people find they suddenly start crying when they least expect it.

For example, you may start crying if you hear a song on the radio or visit a place that has happy memories of your relative or friend. This can happen months or years later. Try not to worry about how often you cry. It is a healthy response to your feelings.

Other people find they cannot cry. There is no need to worry if you do not cry. It does not mean you do not feel the loss. People react in different ways. Just do what feels right for you.

Loneliness

Many people describe feeling very lonely after their relative or friend has died. This is understandable, particularly if the person who died is someone you shared your life or your home with for a long time.

Loneliness is sometimes described as a constant feeling that does not go away. People describe feeling lonely even when they are going about their everyday lives and are surrounded by family or friends. This is not unusual. It will take time to get used to the person not being around.

You may sometimes think you see or sense the person and then remember they are no longer here. You may find yourself talking to the person who has died. It is fine to do this, and you may find it helpful.

Fear

Fear is a natural feeling after the death of a relative or friend. For example, you may worry about having to do things on your own and how you will manage. You may worry about going back to work or going out socially again.

Some people are frightened by how strong their feelings are. Or they may be scared they have cancer themselves and feel anxious every time they feel unwell. These feelings are understandable and usually get better with time.

If you are anxious, you may notice feeling restless, breathless or more aware of your heart beating. Talk to your GP if you have these feelings. They can suggest ways to help manage them.

Sadness

The sadness you feel after the death of a relative or friend can be overwhelming. Some people describe it as a physical pain. It can stop you wanting to do things like going out with friends, going to work or even getting out of bed.

Some people become very depressed and stop caring for themselves properly. If this happens, talk to your GP. You may need extra support. They may refer you to someone to talk to, such as a counsellor or local bereavement group (pag 41). They may also discuss whether medicines could help you.

Feelings of sadness are often easier to manage if you have someone to listen to you. It can be especially helpful in the time just after the person has died.

Longing

Some people describe an intense longing to see, speak to or hold the person who has died. They wish the person could come back again. This can make it difficult to get on with doing other things.

Some people dream about the person who has died. This can be upsetting when they wake up. Others may find these types of dreams comforting. You may not dream about the person at all. Or you may dream about them months or years later.

Everyone is different in how they experience feelings of longing. For some people, the longing is so intense it feels that life without that person is unbearable. If you feel like you cannot continue, ask for extra help and support.

Loss of role

If you were caring for your relative or friend, it can take time to adjust to not doing these things any more. Some people feel a bit lost, as though they have lost a sense of purpose.

Relief

If the relative or friend had been very ill for a long time, some people describe feeling a sense of relief when they have died. This may be because they had symptoms that were difficult to control, such as pain.

Guilt

People may feel guilty for different reasons after the death of a relative or friend. You may think that if you had said or done something differently, they might not have died.

There may be things you wish you had been able to talk about or do with them while they were still alive.

Some people feel guilty because they feel a sense of relief that their relative or friend has died.

If you are struggling with feelings of guilt, you might find it helpful to talk to the doctor or nurse who was caring for your relative or friend. You could also talk to your GP. They can suggest places to get more support to help manage how you feel.



Physical symptoms of grief

Many people have physical symptoms after a relative or friend has died. These can be frightening.

Some people say the symptoms are so strong that they worry they are seriously ill. But physical reactions are quite common. They can include:

- feeling sick
- difficulty sleeping
- feeling very tired (exhaustion)
- poor concentration
- your heart beating fast (palpitations)
- dizziness
- a poor appetite
- losing weight.

If you are worried about any of these symptoms, you should talk to your GP.

Things that may help

There is no 1 type of support that will suit everyone. Just as people have many different emotions, they will find different types of support helpful.

Talking to the person who has died

Even though your relative or friend has died, you may find it comforting to talk to them. Some people like to go to a special place to do this.

This could be the cemetery or a place that has special memories. Others find it helpful to do this at home as they go about their day-to-day business.

If you find it difficult to talk to them, you may prefer to write a letter or card, or set up a memorialised account on a [social media site](#).

Talking to family or friends

Some people find it helpful to talk to family or friends about how they are feeling. You may talk regularly or just when you feel ready.

Sometimes it may be difficult and painful. You may cry or feel upset. But at other times, you may find you can share stories about your relative or friend and smile at happy memories. As time goes on, it often gets easier to talk about times you shared together.

Try to remember that the way you are feeling is normal, and that sharing your feelings with family or friends can help.

Health professionals

Sometimes it is easier to talk to someone who is not part of your family or friendship group. There is support available to you after someone dies.

If you feel you are not coping, it is important to ask for help or talk to your GP. They may refer you to a counsellor or therapist who can help.

You can call our cancer support specialists for free on **0808 808 00 00**. They can tell you more about counselling and services in your area.

“ I often show photos and videos to my niece, who finds comfort in looking over old pictures. ”

Shakaila

Support groups

You may find it difficult to share your thoughts and feelings with family or friends. They may also be grieving, and you may feel you need to support them. You may not have any family or friends, or just want to keep your feelings to yourself.

You may feel that only others who have experienced the death of a relative or friend can really understand how you are feeling.

There are organisations that offer support and can put you in touch with other people who are grieving. They may offer one-to-one or group support. Some [organisations](#) also offer phone support.

Your local hospice or hospital may run a bereavement support group or have details of one nearby. Many people find the bereavement groups on Macmillan's Online Community helpful. Visit [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

You can also phone the Macmillan Support Line on **0808 808 00 00** for information and support.

If you have lost a child

If the person who died was a child, it can be especially hard. There is support for parents, grandparents and siblings through organisations such as:

- [Child Death Helpline](#)
- [Compassionate Friends](#)
- [Cruse](#)
- [Hope Again](#)
- [Winston's Wish](#).

Religious and faith groups

If you have a religion or faith, you may find this comforting after the death of your relative or friend. Or you may find that the death makes you ask questions about your faith or beliefs. Some people find meaning in a faith or belief for the first time.

Faith leaders can listen and offer support. They will not mind if you cry or are angry. They may be able to tell you about other sources of support in their faith communities. Many faith leaders will offer support even if you have different beliefs or no beliefs.

“ I did feel betrayed, and stepped back from my faith. But my mum found solace in faith, and so have the children. They pray for mummy. That's something they've found great comfort in. ”

Shakaila

Starting to move forward with grief

You may continue to have days when you feel overcome by grief. But as time goes on, most people find they start to have times when their feelings are less intense. They may be able to begin to look to the future. Life will not be the same again after the death of your relative or friend. But you can start to enjoy life in different ways.

As time passes, most people are able to remember their relative or friend and talk about them without being overcome by their feelings. They start to enjoy things again, feel more comfortable at work and feel able to join in different activities.

Things might continue to be difficult at times, and you may sometimes feel very emotional again. This is normal, but it tends to happen less as time goes on.

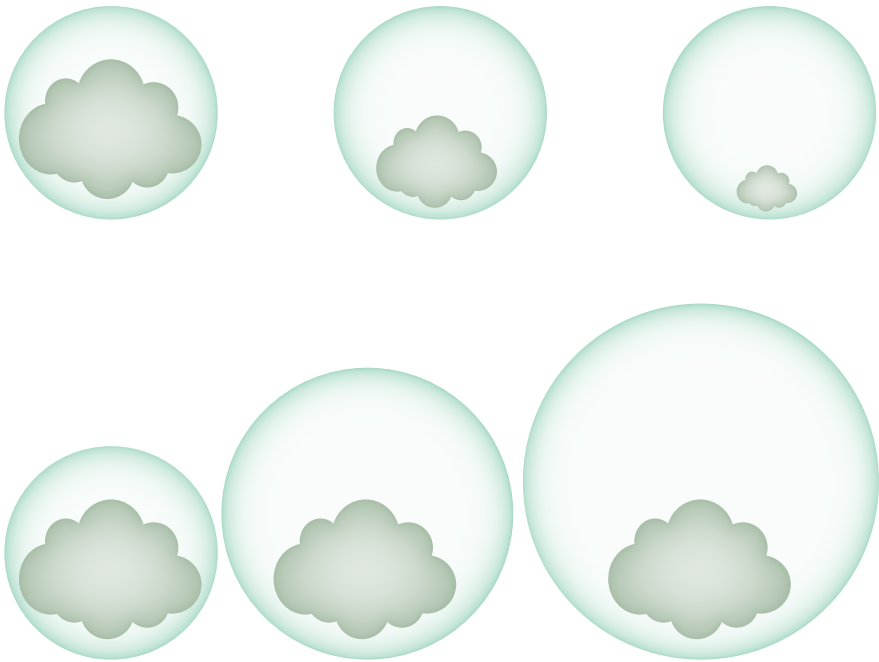
“ I was in this weird place, trying to support my mum who had lost a child, and my niece and nephew who had lost a mother. Not a day goes by where I don't think about my sister. ”

Shakaila

Growing around grief

A grief counsellor called Dr Lois Tonkin created a model to show how grief may affect people. In the past, people had thought that grief gets smaller over time.

Tonkin's model of grief



This model helps to show that for many people the grief stays the same size. At the beginning, it feels as though the grief fills up their whole life and all their thoughts and feelings. But over time, their life begins to grow with and around the grief.

Eventually, the grief is less overwhelming and they find gradually there is room for other things in their life.



Returning to work

Deciding when to return to work will be different for each person. Some people feel able to carry on working and take very little time off, while others need longer. Sometimes people who return to work quickly find they need to take some time off later on. Some people may have to go back to work as they do not get paid if they are not working.

Tell your employer how you are coping and talk to them about the best way for you to return to work. You may find it easier to work from home or work part-time for a while, if possible. Some people can find work a bit of a distraction, or a break from their grief.

It can also be helpful to talk to your employer about telling the people you work with. You can tell your employer whether you are happy for them to contact you while you are off.

There are many [organisations](#) that can support you at this time. Some workplaces have employee assistance programmes that may offer support. You can ask your employer if there is any type of support available through your work.

Special dates and memories

You may find anniversaries, birthdays and special occasions very difficult after the death of your relative or friend. They may be particularly difficult during the first year. People describe starting to feel better and then feeling shocked about the strength of their emotions again.

With time, these feelings will usually get less intense. Some people find it helpful to do something special to mark an anniversary or birthday. Or they make time at a celebration to remember their relative or friend.

For example, you could:

- sit quietly in a place that has special memories for you
- share memories and stories at a family celebration
- post on a memorial page on a social media site
- organise an event in memory of your relative or friend.

Something simple and unexpected, like a song or a smell, might remind you of the person who has died. This can cause sudden and overwhelming feelings. In time, you can learn to cope with them.

“ I try and focus on the present. I say that their mum would be so proud of them, and remind them of when mummy was around for their earlier birthdays. ”

Shakaila

Social events

Social events can be very difficult after the death of your relative or friend. It can be hard if it is your partner who has died and you are not used to going to events on your own.

Going out with family or friends can also bring back memories of times when your relative or friend was with you. This can be upsetting.

You may find it helpful to start by going to social events for 1 or 2 hours, instead of staying for the whole thing. You could also ask if you can take a relative or friend with you. People will want to help you, so it is okay to ask for support.

Some people find it helpful to join a support group. Other people join a club, volunteer or start a new hobby.

Social media and memorialised accounts

Your relative or friend may have had a Facebook or other social media account. When someone dies, it is possible to convert some of these accounts into memorialised accounts. This allows you and other family members and friends to share memories. You can get information about these accounts from most social media websites.

You can also create a new group on a social media site, where you and other people can share memories of your relative or friend.

In-memory events

Some people find it helpful to remember or celebrate the life of their relative or friend by donating or raising money for charity.

It is one way that people can:

- express their grief
- channel their energy
- focus on moving forward.

If you would like to raise money for Macmillan Cancer Support, we have more information about remembering someone in this way.

Visit macmillan.org.uk/donate/donate-in-memory



Prolonged grief

Some people continue to find life very difficult after bereavement. They are still overwhelmed by their feelings for months or years after their relative or friend has died. This might look like the following:

- They may find it difficult or impossible to return to work or socialise with friends.
- Some people may not sleep well or find it hard to get out of bed in the morning.
- They may stop washing and taking care of their appearance.
- They may also not eat properly – some people may start to eat too much or drink a lot of alcohol.
- Others may have suicidal thoughts.

There is no right or wrong way to grieve. And there is no set period of time to grieve for. But if you continue to be overwhelmed by your feelings, it is important to get the right help and support. You should talk to your GP or another health or social care professional.

They will talk with you about how you are feeling and may suggest some extra support for you. This may include:

- referring you to a bereavement [support group](#)
- referring you to a bereavement counsellor, psychologist or psychotherapist
- prescribing you medication to help with the way you are feeling.

If you would like more information about life after the death of a relative or friend, you can call the Macmillan Support Line free on **0808 808 00 00**.

“ I see my therapist maybe once a month, which has really helped me. Having a Black therapist who understands my unique world view has been super helpful. ”

Shakaila



If someone else has been bereaved

Supporting someone who is grieving

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Supporting someone who is grieving

If you are supporting someone who is grieving, it can sometimes be difficult to know what to do and say.

Reading this booklet can help you understand some of the thoughts and feelings they may have. It is important to remember that everyone will experience grief in their own way. Often the most helpful thing you can do is just be there and listen.

The following things may also be helpful:

- Encourage them to talk and show their feelings. Do not worry if they cry or get angry. These are normal emotions after the death of a relative or friend. Remember they may need to do this on many occasions over a long period of time.
- Do not feel you have to give answers or solutions. Just listening is often very helpful.
- Allow the person to grieve in their own time. Some people will need a short time, while others will need months or even years.
- Contact them at difficult times. Or ask the person to tell you when they think they will need support. This might be on special anniversaries and birthdays.
- Offer practical help. This could be with things like cooking, shopping, gardening or cleaning. Ask the person if there is anything they would like you to do, or offer them suggestions.

You may be concerned that the person you are supporting is not coping. Or they may not be caring for themselves properly. Try to encourage them to speak to their GP. They may need some extra help.

[Dying Matters](#) and [Good Life, Good Death, Good Grief](#) have information about supporting someone who is grieving.





Further information

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About our information

We provide expert, up-to-date information about cancer. And all our information is free for everyone.

Order what you need

You may want to order more booklets or leaflets like this one.

Visit [be.macmillan.org.uk](https://www.macmillan.org.uk) or call us on **0808 808 00 00**.

We have booklets about different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer treatment and information for carers, family and friends.

Online information

All our information is also available online at [macmillan.org.uk/information-and-support](https://www.macmillan.org.uk/information-and-support) You can also find videos featuring stories from people affected by cancer, and information from health and social care professionals.

Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- easy read booklets
- interactive PDFs
- large print
- translations.

Find out more at [macmillan.org.uk/otherformats](https://www.macmillan.org.uk/otherformats)

If you would like us to produce information in a different format for you, email us at cancerinformationteam@macmillan.org.uk or call us on **0808 808 00 00**.

The language we use

We want everyone affected by cancer to feel our information is written for them.

We want our information to be as clear as possible. To do this, we try to:

- use plain English
- explain medical words
- use short sentences
- use illustrations to explain text
- structure the information clearly
- make sure important points are clear.

We use gender-inclusive language and talk to our readers as 'you' so that everyone feels included. Where clinically necessary we use the terms 'men' and 'women' or 'male' and 'female'. For example, we do so when talking about parts of the body or mentioning statistics or research about who is affected.

To find out more about how we produce our information, visit [macmillan.org.uk/ourinfo](https://www.macmillan.org.uk/ourinfo)



Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

Macmillan Support Line

Our free, confidential phone line is open 7 days a week, 8am to 8pm. We can:

- help with any medical questions you have about cancer or your treatment
- help you access benefits and give you financial guidance
- be there to listen if you need someone to talk to
- tell you about services that can help you in your area.

Our trained cancer information advisers can listen and signpost you to further support. Call us on **0808 808 00 00**. We are open 7 days a week, 8am to 8pm.

You can also email us, or use the Macmillan Chat Service via our website. You can use the chat service to ask our advisers about anything that is worrying you. Tell them what you would like to talk about so they can direct your chat to the right person. Click on the 'Chat to us' button, which appears on pages across the website. Or go to macmillan.org.uk/talktous

If you would like to talk to someone in a language other than English, we also offer an interpreter service for our Macmillan Support Line. Call **0808 808 00 00** and say, in English, the language you want to use. Or send us a web chat message saying you would like an interpreter. Let us know the language you need and we'll arrange for an interpreter to contact you.

Macmillan Information and Support Centres

Our Information and Support Centres are based in hospitals, libraries and mobile centres. Visit one to get the information you need and speak with someone face to face. If you would like a private chat, most centres have a room where you can speak with someone confidentially.

Find your nearest centre at macmillan.org.uk/informationcentres or call us on **0808 808 00 00**.

Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you have been affected in this way, we can help. Please note the opening times may vary by service.

Financial guidance

Our financial team can give you guidance on mortgages, pensions, insurance, borrowing and savings.

Help accessing benefits

Our welfare rights advisers can help you find out what benefits you might be entitled to, and help you complete forms and apply for benefits. They can also tell you more about other financial help that may be available to you. We can also tell you about benefits advisers in your area. Visit macmillan.org.uk/financialsupport to find out more about how we can help you with your finances.

Help with energy costs

Our energy advisers can help if you have difficulty paying your energy bills (gas, electricity and water). They can help you get access to schemes and charity grants to help with bills, advise you on boiler schemes and help you deal with water companies.

Macmillan Grants

Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing, to changes needed to your home.

Call us on **0808 808 00 00** to find out more about Macmillan Grants.

Help with work and cancer

Whether you are an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work. Visit [macmillan.org.uk/work](https://www.macmillan.org.uk/work)

Work support

Our dedicated team of work support advisers can help you understand your rights at work. Call us on **0808 808 00 00** to speak to a work support adviser.

Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That is why we help bring people together in their communities and online.

Support groups

Whether you are someone living with cancer or a carer, family member or friend, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting macmillan.org.uk/selfhelpandsupport

Online Community

Thousands of people use our Online Community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people's posts at macmillan.org.uk/community

You can also use our Ask an Expert service on the Online Community. You can ask a financial guide, cancer information nurse, work support adviser or an information and support adviser any questions you have.

Macmillan healthcare professionals

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister if there are any Macmillan professionals near you.

Other useful organisations

There are lots of other organisations that can give you information or support. Details correct at time of printing.

Bereavement support

Bereavement Advice Centre

Tel **0800 634 9494**

www.bereavementadvice.org

A national organisation offering advice on all aspects of bereavement, from registering the death and finding a funeral director to probate, tax and benefit queries.

Child Death Helpline

Helpline **0800 282 986**

www.childdeathhelpline.org.uk

A free, confidential service for everyone affected by the death of a child.

Childhood Bereavement Network

Tel **0207 843 6309**

www.childhoodbereavementnetwork.org.uk

A UK-wide group of organisations and individuals working with bereaved children and young people. Has an online directory where you can find local services.

The Compassionate Friends

Helpline **0345 123 2304**

www.tcf.org.uk

Offers advice and support to bereaved parents, siblings and grandparents who have lost a child.

Cruse Bereavement Support

Helpline **0808 808 1677**

www.cruse.org.uk

Provides bereavement support to anyone who needs it across the UK. You can find your local branch on the website.

Cruse Scotland

Tel **0808 802 6161**

www.crusescotland.org.uk

Provides bereavement support to people throughout Scotland.

Good Life, Good Death, Good Grief

www.goodlifedeathgrief.org.uk

An alliance of organisations and individuals in Scotland that work together to raise public awareness of ways of dealing with dying, death and bereavement.

Hospice UK – Dying Matters

Tel **0800 021 4466**

www.hospiceuk.org/our-campaigns/dying-matters

Promotes public awareness of dying, death and bereavement in England, Wales and Northern Ireland.

Hope Again

Helpline **0808 808 1677**

www.hopeagain.org.uk

Designed for young people by young people, Hope Again is part of Cruse Bereavement Support. It supports young people across the UK after the death of someone close. It also offers a private message service on the website.

The Loss Foundation

Tel **0300 200 4112**

www.thelossfoundation.org

Provides support to people who have lost someone to cancer. Has support groups in London and Oxford, and information on its website for people who live in the rest of the UK.

Widowed and Young (WAY)

Tel **0300 201 0051**

www.widowedandyoung.org.uk

A UK-wide support network to help young widows and widowers rebuild their lives after the death of a partner.

Winston's Wish

Helpline **0808 802 0021**

www.winstonswish.org.uk

Helps bereaved children and young people throughout the UK readjust to life after the death of a parent or sibling.

Practical information

Digital Legacy Association

digitallegacyassociation.org/for-the-public

Has guides on preserving your digital legacy for each social network, and a free social media will template.

Department for Work and Pensions (DWP) Bereavement Service

Tel **0800 731 0469**

www.gov.uk/after-a-death/tax-and-benefits

Call to find out if any bereavement benefits are due. If you do not use the Tell Us Once service, call to notify the DWP about the death.

HM Revenue and Customs (HMRC)

Tel **0300 200 3300**

www.gov.uk/browse/births-deaths-marriages/death

Help with tax, probate and benefits after a death.

Maggie's

Tel **0300 123 1801**

www.maggies.org

Has a network of centres in many locations throughout the UK. Provides free information about cancer and financial benefits. Also offers emotional and social support to people with cancer, their family, and friends.

Marie Curie

Helpline **0800 090 2309**

www.mariecurie.org.uk

Marie Curie nurses provide free end of life care across the UK. They care for people in their own homes or in Marie Curie hospices, 24 hours a day, 365 days a year.

National Association of Funeral Directors (NAFD)

Tel **0121 711 1343**

www.nafd.org.uk

Gives help and advice on what to do after a death. Advises on arranging funerals and has information on what you should expect from a funeral director.

National Society of Allied and Independent Funeral Directors (SAIF)

Tel **0345 230 6777**

www.saif.org.uk

Association whose members are all independent funeral directors. Helps people understand the role of a funeral director and explains some of the procedures and terms you may encounter when arranging a funeral. Links to bereavement counselling providers.

Natural Death Centre

Helpline **0196 271 2690**

www.naturaldeath.org.uk

Offers independent advice on aspects of dying, funeral planning and bereavement.

Scattering Ashes UK

Tel **01626 798198**

scattering-ashes.co.uk

Has practical advice about scattering ashes in various locations, and different ceremonies you could arrange. Also sells memorial jewellery, urns and souvenirs.

Tell Us Once

Tel **0800 085 7308**

www.gov.uk/tell-us-once

A free service in England, Scotland and Wales that lets you report a death to most government and local council departments in one go.

Counselling

British Association for Counselling and Psychotherapy (BACP)

Tel **0145 588 3300**

www.bacp.co.uk

Promotes awareness of counselling and signposts people to appropriate services across the UK. You can also search for a qualified counsellor on the 'How to find a therapist' page.

UK Council for Psychotherapy (UKCP)

Tel **0207 014 9955**

www.psychotherapy.org.uk

Holds the national register of psychotherapists and psychotherapeutic counsellors, listing practitioners who meet exacting standards and training requirements.

Emotional and mental health support

Mind

Helpline **0300 123 3393**

www.mind.org.uk

Provides information, advice and support to anyone with a mental health problem through its helpline and website.

Samaritans

Helpline **116 123**

Email jo@samaritans.org

www.samaritans.org

Provides confidential and non-judgemental emotional support, 24 hours a day, 365 days a year, for people experiencing feelings of distress or despair.

LGBT-specific support

LGBT Foundation

Tel **0345 330 3030**

www.lgbt.foundation

Provides a range of services to the LGBT community, including a helpline, email advice and counselling. The website has information on various topics including sexual health, relationships, mental health, community groups and events.

OUTpatients (formerly Live Through This)

www.outpatients.org.uk

A safe space for anybody who identifies as part of the queer spectrum and has had an experience with any kind of cancer at any stage. Also produces resources about LGBTQI+ cancer experiences. OUTpatients runs a peer support group with Maggie's Barts.

Financial and legal advice and information

Advice NI

Helpline **0800 915 4604**

www.adviceni.net

Provides advice on a variety of issues including financial, legal, housing and employment issues.

Benefit Enquiry Line Northern Ireland

Helpline **0800 232 1271**

Textphone **0289 031 1092**

www.nidirect.gov.uk/money-tax-and-benefits

Provides information and advice about disability benefits and carers' benefits in Northern Ireland.

Carer's Allowance Unit

Tel **0800 731 0297**

Textphone **0800 731 0317**

www.gov.uk/carers-allowance

Manages state benefits in England, Scotland and Wales. You can apply for benefits and find information online or through its helplines.

Citizens Advice

Provides advice on a variety of issues including financial, legal, housing and employment issues. Use its online webchat or find details for your local office by contacting:

England

Helpline **0800 144 8848**

www.citizensadvice.org.uk

Scotland

Helpline **0800 028 1456**

www.cas.org.uk

Wales

Helpline **0800 702 2020**

www.citizensadvice.org.uk/wales

Civil Legal Advice (CLA)

Helpline **0345 345 4345**

Textphone **0345 609 6677**

www.gov.uk/civil-legal-advice

Has a list of legal advice centres in England and Wales and solicitors that take legal aid cases. Offers a free translation service if English is not your first language.

GOV.UK

www.gov.uk

Has information about social security benefits and public services in England, Scotland and Wales.

Jobs and Benefits Office Enquiry Line Northern Ireland

Helpline **0800 022 4250**

Textphone **0800 587 1297**

www.nidirect.gov.uk/money-tax-and-benefits

Provides information and advice about disability benefits and carers' benefits in Northern Ireland.

Law Centres Network

www.lawcentres.org.uk

Local law centres provide advice and legal assistance. They specialise in social welfare issues including disability and discrimination.

Local councils (England, Scotland and Wales)

Your local council may have a welfare rights unit that can help you with benefits. You can also contact your local council to claim Housing Benefit and Council Tax Reduction, education benefits, and for help from social services (the Social Work department in Scotland). You should be able to find your local council's contact details online by visiting:

England

www.gov.uk/find-local-council

Scotland

www.cosla.gov.uk/councils

Wales

www.gov.wales/find-your-local-authority

Macmillan Benefits Advice Service (Northern Ireland)

Tel **0300 123 3233**

Money Advice Scotland

www.moneyadvicescotland.org.uk

Use the website to find qualified financial advisers in Scotland.

NI Direct

www.nidirect.gov.uk

Has information about benefits and public services in Northern Ireland.

Northern Ireland Housing Executive

Tel **0344 892 0902**

www.nihe.gov.uk

Offers help to people living in socially rented, privately rented and owner-occupied accommodation.

StepChange Debt Charity

Tel **0800 138 1111**

www.stepchange.org

Provides free debt advice through phone, email, the website and online through live chats with advisers.

Unbiased.co.uk

Helpline **0800 023 6868**

www.unbiased.co.uk

You can search the website for qualified advisers in the UK who can give expert advice about finances, mortgages, accounting or legal issues.

Disclaimer

We make every effort to ensure that the information we provide is accurate and up to date, but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it. Some photos are of models.

Thanks

This booklet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team. It has been approved by Dr Vivian Lucas, Consultant in palliative care.

With thanks to: Dr John Holland, Psychologist; Dr Pauline Love, End of life GP; and Helen Syme, Bereavement Nurse.

Thanks also to the people affected by cancer who reviewed this edition, and those who shared their stories.

We welcome feedback on our information. If you have any, please contact **cancerinformationteam@macmillan.org.uk**

Sources

Below is a sample of the sources used in our information about coping with bereavement. If you would like more information about the sources we use, please contact us at **cancerinformationteam@macmillan.org.uk**

Pearce C, Wong G, Kuhn I, and Barclay S. Supporting bereavement and complicated grief in primary care: a realistic review. *BJGP Open*. 2021; 5, 3. Available from <https://bjgpopen.org/content/5/3/BJGPO.2021.0008> [accessed Feb 2023].

GOV.UK. What to do when someone dies: step by step. Available from www.gov.uk [accessed Feb 2023].

GOV.UK. Guidance for doctors completing medical certificate of cause of death in England and Wales. 2022. Available from www.gov.uk [accessed Feb 2023].

National Records of Scotland. Registration of deaths and still-births. Available from www.nrscotland.gov.uk [accessed April 2023].

Can you do something to help?

We hope this booklet has been useful to you. It is just one of our many publications that are available free to anyone affected by cancer. They are produced by our cancer information specialists who, along with our nurses, benefits advisers, campaigners and volunteers, are part of the Macmillan team. When people are facing the toughest fight of their lives, we are here to support them every step of the way.

We want to make sure no one has to go through cancer alone, so we need more people to help us. When the time is right for you, here are some ways in which you can become a part of our team.

5 ways you can help someone with cancer

1. Share your cancer experience

Support people living with cancer by telling your story, online, in the media or face to face.

2. Campaign for change

We need your help to make sure everyone gets the right support. Take an action, big or small, for better cancer care.

3. Help someone in your community

A lift to an appointment. Help with the shopping. Or just a cup of tea and a chat. Could you lend a hand?

4. Raise money

Whatever you like doing you can raise money to help. Take part in one of our events or create your own.

5. Give money

Big or small, every penny helps. To make a one-off donation see over.

Please fill in your personal details

Mr/Mrs/Miss/Other

Name

Surname

Address

Postcode

Phone

Email

Please accept my gift of £
(Please delete as appropriate)

I enclose a cheque / postal order /
Charity Voucher made payable to
Macmillan Cancer Support

OR debit my:

Visa / MasterCard / CAF Charity
Card / Switch / Maestro

Card number

Valid from

Expiry date

Issue no

Security number

Signature

Date / /

Do not let the taxman keep your money

Do you pay tax? If so, your gift will be worth 25% more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give 25p for every pound you give.

I am a UK tax payer and I would like Macmillan Cancer Support to treat all donations I make or have made to Macmillan Cancer Support in the last 4 years as Gift Aid donations, until I notify you otherwise.

I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I understand Macmillan Cancer Support will reclaim 25p of tax on every £1 that I give.

Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please tick this box.

In order to carry out our work we may need to pass your details to agents or partners who act on our behalf.

If you would rather donate online go to macmillan.org.uk/donate



Please cut out this form and return it in an envelope (no stamp required) to: Supporter Donations, Macmillan Cancer Support, FREEPOST LON15851, 89 Albert Embankment, London SE1 7UQ

This booklet is about coping when someone you care about has died. It is for the relatives and friends of anyone who has died of cancer.

The booklet looks at some of the emotions you may have and the support that can help. It also gives you practical information about what to do and what to expect when someone dies.

At Macmillan, we give people with cancer everything we've got. If you are diagnosed, your worries are our worries. We will help you live life as fully as you can.

For information, support or just someone to talk to, call **0808 808 00 00** or visit [macmillan.org.uk](https://www.macmillan.org.uk)

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

Need information in different languages or formats? We produce information in audio, interactive PDFs, easy read, Braille, large print and translations. To order these, visit [macmillan.org.uk/otherformats](https://www.macmillan.org.uk/otherformats) or call our support line.

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