

FOLLOWING
A BEREAVEMENT
A PRACTICAL GUIDE



ALL IS WELL

Death is nothing at all,
I have only slipped into the next room
I am I and you are you
Whatever we were to each other, that we are still.
Call me by my old familiar name,

Speak to me in the easy way which you always used
Put no difference in your tone,
Wear no forced air of solemnity or sorrow
Laugh as we always laughed at the little jokes we enjoyed together.
Play, smile, think of me, pray for me.

Let my name be ever the household word that it always was, Let it be spoken without effect, without the trace of shadow on it. Life means all that it ever meant.

It is the same as it ever was, there is unbroken continuity. Why should I be out of mind because I am out of sight?

I am waiting for you, for an interval, somewhere very near, Just around the corner.

All is well.

By Henry Scott Holland

A GUIDE FOLLOWING A BEREAVEMENT

When a loved one passes away, whether at home, in the care of health services, or overseas, it can be hard to determine where to start. A. Cain is here to support families throughout London Boroughs of Hillingdon and Ealing and the wider area., by offering a complete funeral care service. You can have complete confidence in our team to arrange all the necessary parts that make up a funeral service, allowing you to grieve with your family, and support each other during this challenging period in life.

We have been helping families and friends honour their loved ones since 1902. A member of SAIF (The National Society of Allied and Independent Funeral Directors) you can count on us to provide a professional, respectful service from start to finish.

FOLLOWING A BEREAVEMENT

There are many decisions and practical tasks that have to be made at a time of great personal distress. We have produced this booklet to help guide you through the first steps following a bereavement. No booklet can cover every set of circumstances therefore please call us on 020 8573 0664, if you require any assistance.



Once death has occurred

Death is confirmed by a medical professional.

Doctor issues Medical Certicate of Cause of Death A doctor (local GP or Hospital doctor) then completes their part of a medical certificate which says the cause of death. This is then sent to a medical examiner (a senior doctor) who reviews it. The medical examiner or one of their team will then speak to the nearest relative to check they understand and agree with the medical certificate.

Or the Coroner investigates the cause of death.

Registration

The medical examiner or coroner provides the cause of death to the registrar of births, marriages and deaths. You must then register the death with the registrar within 5 days, unless an inquest is required.

Funeral Arrangements

Funeral arrangements can be made and confirmed e.g. dates and times.

REGISTER THE DEATH

To register a death, it is always recommended to use the local register office in the area where the person died because then you will be given the documents you need that day. If you go to a register office in a different area and apply for a 'outward declaration' there will be a delay before you get the documents. Please be aware that you will need to make an appointment at the registers office once the Medical Examiner or coroner provides the cause of death to the registrar. You must register the death with the registrar within 5 days, unless an inquest is required.

LOCAL REGISTER OFFICES

London Borough of Hillingdon, Civic Centre, High St, Uxbridge UB8 1UW. Tel: 01895 250 418 registeroffice@hillingdon.gov.uk

London Borough of Ealing, Perceval House, 14/16 Uxbridge Road, Ealing W5 2HL. Tel: 020 8825 7171 registrars@ealing.gov.uk

Important: Please do not book your appointment until the Medical Examiner or Coroner has contacted you.

INFORMATION REQUIRED

- the date and place of death
- the full name of the person who has died (and any other names they once had, such as a maiden name)
- their date and place of birth
- their usual address
- their date and place of birth (if this was outside the UK, you only need to give the country)
- their most recent occupation and if they had retired
- whether or not they were receiving any benefits, including State Pension
- the name, occupation, and date of birth of their spouse or civil partner, if they had one (even if their spouse or civil partner has already died).

If possible, you could also take the person's:

- birth certificate
- medical card or NHS number
- passport
- marriage or civil partnership certificate
- driving license
- proof of their address (for example, a utility bill).

WHAT DOCUMENTS YOU WILL RECEIVE

- a certificate for burial or cremation (known as The 'Green Form' and Part D).
- a unique code, so that you can use the **Tell Us Once** service.
- a death certificate (first copy is free, any additional subject to a charge).

FUNERAL WISHES

We understand it's not always easy to talk about funeral arrangements, but there will be questions that we need to ask so we can provide you and your loved one with arrangements which are suitable.

We have designed this page to help you make your personal choices. Simply fill in your wishes and personal choices, so when you come to make the funeral arrangements you and your family can refer to this page.

Preference burial or cremation?	Which cemetery or crematorium?
Do you wish to view your loved one before the funeral service?	What clothes would like your loved one to wear?
Do you require a limousine for the family to follow the cortège?	How many? (each limousine will seat 6 and will return the family to the reception or address after the service)
Do you require a religious or non-religious service?	Where would you like the service to be held, at the crematorium/cemetery chapel or at a place of worship?
Families preference for loved ones ashes?	Type of urn?
Scattered at the crematorium Returned to family Interred	Which cemetery or with another relative?
Preference of coffin or casket?	Would the family wish to place any personal items in the coffin with their loved one?

Standard wood veneer solid wood wicker or natural or bespoke	What colour inside suite would be preferred?
MUSIC FOR THE SERVICE? Entry music	Any special requests / requirements / live performers?
Hymn	
Committal or Reflection	
Exit	
Flowers family flowers only no flowers Donations to charity in lieu of flowers	Preferred charity or charities?
	Online collection or donation tube?
SPECIAL REQUESTS	Preferred route for the cortege to pass?
☐ Family to act as pall bearers ☐ Order of service booklets ☐ Locks of hair or finger prints of loved one ☐ Live streaming of service ☐ Visual Tribute (photos) of your loved one to be played during the service (Please note this option is only available crematorium chapels)	

LET ME GO

When I come to the end of the road And the sun has set for me I want no rites in a gloom filled room Why cry for a soul set free?

Miss me a little, but not for long And not with your head bowed low Remember the love that once we shared Miss me, but let me go.

For this is a journey we all must take
And each must go alone.

It's all part of the master plan
A step on the road to home.

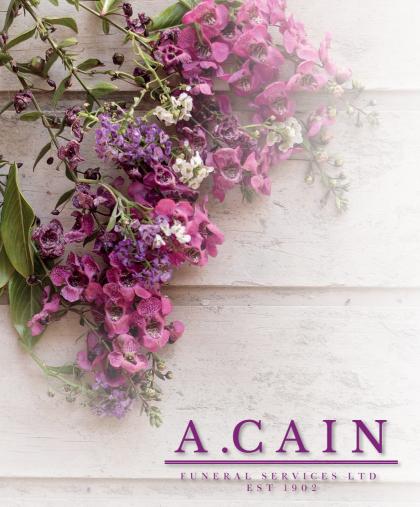
When you are lonely and sick at heart
Go to the friends we know.

Laugh at all the things we used to do
Miss me, but let me go.

By Christina Rossetti







AN INDEPENDENT FAMILY BUSINESS

We have three locations within West London

HAYES (HEAD OFFICE) 38, Coldharbour Lane, Hayes UB3 3EP Tel: 020 8573 0664 info@acainfuneralservices.co.uk

HANWELL 81 Uxbridge Road, Hanwell, London W7 3ST Tel: 0208 567 5062 hanwell@acainfuneralservices.co.uk ickenham@acainfuneralservices.co.uk

ICKENHAM 8 Glebe Avenue, Ickenham UB10 8PB. Tel: 01895 692 455

www.acainfuneralservices.co.uk





