Welcome to the 2nd issue of HEAR for 2018. The purpose of HEAR is to provide specialised information to health professionals, patients and the public about key health topics. Each issue is the result of the collaborative effort of librarians from health organisations across Ireland.

This month, the focus is on Bereavement. As the only certainty we have in life is our own mortality, bereavement is an issue that affects every single one of us at some point in our lives.

Grief is a normal reaction to death and loss and impacts on the emotional, physical, spiritual and psychological well-being of the person who is bereaved.

Should you wish to make any suggestions for future editions of HEAR, we would love to hear from you, please Email Us.

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**FAST FACTS on Bereavement**

- 80 people die in Ireland every day.
- Approximately, 30,000 people die every year.
- At any one time, one in 10 people are likely to be affected (McGuinness, 2007).
- 53% or Irish people have experienced the death of someone close to them in the last two years.
- Research by the ESRI (Growing up in Ireland) demonstrates that 2.2% of nine year olds have lost a parent, 1.1% a sibling, 7% an aunt or uncle and 28% a grandparent.

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Source: pixabay.com CC0 Licence
If you have experienced a loss, there are a number of things that will help you as you grieve:

- Be gentle with yourself.
- Look after your physical health.
- Many people find eating small but frequent meals helpful.
- Make sure you get enough rest and sleep. This will help you to avoid becoming run down or physically ill.
- Seek out support from others who are willing to listen.
- Allow yourself to experience the feelings that come with bereavement, even if they are difficult.
- It can be helpful to talk these over with someone you trust.
- Don’t rush things. You are trying to come to terms with a major upheaval in your life.
- Give yourself permission to take things a bit easier.

Adapted from the Irish Hospice Foundation.

Reports


South Eastern Health & Social Care Trust / Belfast Health & Social Care Trust (nd) Dealing with Traumatic Bereavement: a resource for those supporting people who have experienced traumatic bereavement. Office of the First Minister & Deputy First Minister.


Thesis

McGoughlin C (2017) The challenges that face the primary school teacher in coping with grief and loss in a multicultural setting, unpublished thesis (MA), Mary Immaculate College, Limerick.
Research from Ireland


http://hse.drsteevenslibrary.ie/bereavementgrief

Includes information on:
- Grief & Bereavement Resources
- Bereavement Support Services
- Levels of Bereavement Support
- Childhood & Adolescent Bereavement
- Research
Reviews

Please contact your local health librarian if you have any difficulty accessing any of the following articles.


Support Services

AnamCara  Supporting parents after bereavement. Tel: 01 4045378;
Email: info@anamcara.ie

Féileacain  Stillbirth and Neonatal Association of Ireland. Tel: 085 2496464; Email: info@feileacain.ie

Bethany  A voluntary community and parish-based service who support the bereaved through the grieving process. Tel: 01 4943142; Email: bethanysupport@eircom.net

Embrace Farm  Supporting families bereaved through farm accidents. Annegrove House, Mountrath, Co Laois. Tel: 085 7709966; Email: embrace.farm@gmail.com

Support after Homicide  They provide emotional support and practical information for those bereaved by homicide, on a one-to-one basis in their home. Tel: 087-9837322

Samaritans  Provide a safe and confidential service to anyone in difficult times in branches nationwide. Freephone: 116123; Text: 087 2 60 90 90 (standard text rates apply); Email: jo@samaritans.ie

Children

Barnardos  Provides services and supports to children and families in 40 centres across Ireland including a Children’s Bereavement Service. Bereavement Helpline Service – 01 473 2110 ; Email: bereavement@barnardos.ie

Rainbows  Support group programme for children nationwide who have suffered significant loss in their lives, either through death, divorce or other painful transition. Head office: 01 4734175 ; email: ask@rainbowsireland.ie

Teen-Line Ireland  A confidential listening service for young people from the ages of 12 upwards. Tel 1800 833634; info@teenline.ie

Suicide

Pieta House  Supporting those experiencing suicidal ideation, people who have attempted suicide, engaging in self-harm and those bereaved by suicide. Tel: 1800 247 247

Living Links  Provides outreach, practical help, advice and support to persons bereaved by suicide. Nationwide Tel: 086 9371030

Bereavement counselling services are usually also available from the hospice or hospital where the death occurred.

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Recommended Reading & Resources for the Public

The Irish Hospice Foundation has a very helpful suggested reading list for anyone who has been bereaved. It can be found here.

Missing Persons  www.missing.ie

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Citizens Information Board
information - advice - advocacy

Provides a guide to the practical and legal matters that may arise following a bereavement and includes information on the financial supports available for those who have recently been bereaved.

Citizen’s Information Board (2017) Information for those affected by bereavement.

www.citizensinformation.ie

Tel: 0761 074000

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Irish Hospice Foundation—Where to go for help

Bereavement Resources

Tel: 01 6793188
www.hospicefoundation.ie
Good Reads

When Something Terrible Happens. Children can learn to cope with grief. By Marge Heegaard.

Angel Catcher for Kids. A journal to help you remember the person you love who died. By Amy Eldon

Beyond the Rough Rock. Supporting a child who has been bereaved through suicide. Winston’s Wish.

Angel Catcher for Adults. A grieving journal. By Kathy Eldon & Amy Eldon Turteltaub

Forever in my Heart. A grief journal. By Tanya Carroll Richardson


Is Daddy coming back in a minute? Explaining sudden death in words very young children can understand. By Eike & Alex Barber

Finding a way through when someone close has died. What it feels like and how you can help yourself. A workbook by young people for young people. Mood & Whittaker

Bereavement Network—Northern Ireland

The HSC Bereavement Network website which has been developed to provide information, guidance and resources for those who care for and support dying people and their loved ones around the time of and after death.

Sesame Street

Grief toolkit consists of tips, videos, children’s story, and guide to help your family, and begin the process of moving forward.

Dying Matters

It is a coalition which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

Resources for Children’s Bereavement

The Irish Childhood Bereavement Network acts as a hub for those working with bereaved children, young people and their families. It has downloadable factsheets to help you talk to bereaved children, resources for teachers, resources for families, a directory of services that support bereaved children and information on children, families and grief.

http://www.childhoodbereavement.ie

Child Bereavement UK

Child Bereavement UK provides an information hub for families and children who are bereaved. It also has resources for schools and professionals who are working with bereaved young people.

http://hopeagain.org.uk

Hope Again is a website provided by Cruse Bereavement for young people. The aim of the website is to support young people after the death of someone close.

www.winstonswish.org.uk

Winston’s Wish is a UK charity that provides information and downloads for parents, schools and professionals dealing with serious illness and bereavement for children.

Childhood Bereavement Network

The Childhood Bereavement Network (CBN) is the hub for those working with bereaved children, young people and their families across the UK.

The Douggy Center

The National Center for Grieving Children & Families — Resources and activities.
In the News

I felt a wave of guilt come over me. How was I laughing in a world my mum wasn’t in. March 31 2018. The Journal.ie

After years of caring for my late husband, who and what am I now that I’m no longer a wife or carer? March 9 2018. The Journal.ie

When it comes to death, we need more rights than last rites, conference told. October 10 2017. The Irish Times

‘Dying of heartache?’ Heart problems linked to bereavement Wednesday April 6 2016. The Guardian.

“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it.

You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same.

Nor should you be the same nor would you want to.”

— Elisabeth Kübler-Ross


Cruse Bereavement Care

Somebody to turn when someone dies

Cruse Bereavement Care
UK

Leaflets, booklets and publications.

- Has someone died? Restoring hope
- Coping with Trauma and Loss
- Supporting Children through grief
In Memory of My Mother is a very touching tribute by the poet Patrick Kavanagh to his mother. Here is an excerpt from the last few lines:

“O you are not lying in the wet clay,
For it is a harvest evening now and we
Are piling up the ricks against the moonlight
And you smile up at us - eternally.”

Poem available at: https://www.tcd.ie/English/patrickkavanagh/inmemoryomymotherucdb4.html
Please contact your hospital or healthcare librarian if you have any difficulty accessing the full text for articles included in this issue.

"Healthcare Librarians—making evidence evident"

Bereavement Pin

Symbolises the circle of life and the strengths and resources we can draw on as we adjust to the loss of someone special.

Social Media

Follow on Twitter:
Irish Hospice Foundation @IrishHospice
DyingMatters @dyingmatters
HealGrief.Org @HealGrief
Bereavement UK @Bereavementcouk

YouTube and other videos

Grief Videos, Irish Hospice Foundation including a) Understanding grief b) Living with Loss c) Suicide in the workplace d) Grief and dementia e) Good grief: coping with loss f) What to say to someone bereaved g) What to say to someone bereaved by suicide

"Being There"- Young people in Grief part 2. Cruse Bereavement.

Videos from young people living with a loss. Hope Again

The Grieving Process. Coping with Death WatchWellCast
Living with Loss Irish Hospice Foundation
Dying Matters Films A series of well-received films
AnamCara A series of videos by bereaved parents and siblings
Grief: It's not something you have to "get over" (Like Minds Ep.12) BBC Stories
VLOG Pod Watch other young peoples stories on how they coped when someone they loved died

Podcasts from the Irish Hospice Foundation:

Opening up to grief Dr Susan Delaney Irish Hospice Foundation
Exploring your Grief Dr Susan Delaney Irish Hospice Foundation
Self-Compassion and Grief Dr Susan Delaney Irish Hospice Foundation
Self-Forgiveness & Grief Dr Susan Delaney Irish Hospice Foundation

Blog:

What’s your Grief WYG Lists of useful blogs about grief

We hope you find this issue useful but please note, the information in HEAR is not advice and should not be treated as such.