



Life After Bereavement

Written by Former Carers for Former Carers

with

Carers 
in bedfordshire

WELCOME



We are all Former Carers and we have developed this booklet to help guide you in rebuilding your life after your caring role has ended. We have already been on this journey and wish to share our experiences with you.

THIS BOOKLET PROVIDES:

Support

Hope

Confidence

Inspiration

A New Start

Encouragement



Support

Carers in Bedfordshire, and other local services, will continue to support you after your caring role has ended.

Hope

You may know that the person you care for is going to pass away, but it is still a shock when it happens. It is possible to rebuild your life.

Confidence

That there is a life beyond caring, but it does take time.

Inspiration

You have been so stretched by your caring role that you are not able to keep up to date with what is going on and what is around you.

A New Start

As a carer in many ways your life has been put on hold whilst you were caring. You are probably wondering how you are going to fill your time now after being so busy caring.

Encouragement

You can feel a loss of purpose when caring ends, but you still have something to offer others. Value the gifts and skills you have and develop new ones.





SUPPORT AVAILABLE

“ My grieving began when my wife, who had Alzheimer’s disease, went into long term care. I was devastated. I sought out a counsellor whom I did not know, and who did not know me. I was able to ‘off load’ on her all my anxieties, emotions and feelings of guilt, in strict confidence, knowing that she would be totally non-judgmental. I did most of the talking; she listened; only occasionally asking what my feelings were at the time or how I felt now. It was marvellously therapeutic! I strongly recommend that you seek help to help you adjust to life alone. ”

You can apply for a Bereavement Grant for up to one year after your caring role has ended to help rebuild your life. Like the Carers Grant there is no guarantee of an award, but the Grants panel will consider all applications. Some people use this to pay for counselling.

Support

Our Early Response Team can help you navigate what support is available to you.

Benefits and Finance Advice

It is important to understand what your rights are or where to go for advice when your financial situation changes. Our team can help you find the right person to talk to.



OTHER BEREAVEMENT RESOURCES

Cruse Bereavement Care

Helpline & Bereavement
Support

0808 808 1677

Sue Ryder

Online Bereavement
Counselling

www.sueryder.org/online-bereavement-counselling

Grief Kind Spaces

Online Bereavement
Counselling

www.sueryder.org/online-bereavement-counselling

Nevilles Funerals

Talking Elephant Support
Groups

01582 499 680

<https://www.nevillefuneralservice.com/our-bereavement-support-services/>





CONNECTING WITH OTHERS

“ My husband’s death was sudden and unexpected even though he had been ill for many years and living in a care home. He was a wonderful man who had spent his spare time caring for his community. Whilst he was ill, I had joined Carers Rest through which I had made many new friends. We were able to help one another and share our experiences. Once my husband had gone, these friendships were extremely important to me. Connecting with others is so important both at Carer groups but also in my local community when I can. ”

Former Carers

Carers in Bedfordshire delivers groups and activities every month. These change depending on resources and Carer need. Some groups are for active carers only and others may be suitable for Former Carers and the whole family.

We also welcome Former Carers to all our core groups and activity sessions. You can find the details at www.carersinbeds.org.uk , click the ‘What’s On’ box.

Our Carers Magazine is always available online or you would be welcome to collect a copy from our office.





LOOKING AFTER YOUR PHYSICAL AND MENTAL HEALTH

“

I felt lost and lonely after the death of my husband. Whilst I had been caring I also hadn't thought about my physical health at all, I was so focused on him. After his death I soon realised that it was essential that I ate properly and did not stay in the house all day. I started to exercise and I tried different groups until I found something that I enjoyed.

”

Carers in Bedfordshire's wellbeing practitioner can help with guiding you towards good physical and mental health. You can find free support on our Online Support Hub or you could call us for information, support or guidance.

www.carersinbeds.org.uk





VOLUNTEERING

“ When my wife died and then my disabled daughter nine months later, there was an immense feeling of loneliness but also a huge sense of relief and calm. Volunteering and especially meeting and helping others in a similar caring role to myself has helped greatly in keeping me active, alert and empathetic. ”

Carers in Bedfordshire relies on volunteers. Some Former Carers take up volunteering opportunities with us. This will allow you to share the knowledge you have gained with other Carers or you may choose to support us with office administrative tasks or other volunteering duties.

Contact Carol Solaiman on 0300 111 1919 or email volunteering@carersinbeds.org.uk

To volunteer with a local group in your area contact.

CVS Volunteering	Bedford	01234 354 366
Voluntary & Community Action	Central Beds	01525 376 281



LEARNING SOMETHING NEW

“ I have done several new things since my husband died. I joined the U3A which had lots of other activities, like art, film club etc. and made new friends in the same situation as me. I have helped to prepare lunches at the Carers Rest. It can be a challenge, but it is also enjoyable. It has helped to rebuild my confidence and develop new skills. I can also share experiences with those attending, which benefits me by keeping memories of my husband alive. ”

Carers in Bedfordshire offers activity groups such as the Carers Choir. There are many other community organisations you may wish to explore.

University of the Third Age

Bedford, Ivel Valley,
Leighton Buzzard

[https://u3asites.org.uk/
bedford/welcome](https://u3asites.org.uk/bedford/welcome)

Rothsay Education Centre

Bedford

01234 302 203
<https://recbedford.co.uk/>

Social prescribers

All Areas

[https://bedsrcc.org.uk/what-we-
do/health-wellbeing/community-
referral-social-prescribing/](https://bedsrcc.org.uk/what-we-do/health-wellbeing/community-referral-social-prescribing/)





FROM GERALDINE



Geraldine Place
Support Worker

“I hope you feel inspired by what you have read in this leaflet and that you find something here that helps you think about the opportunities which are there for you now. Maybe you will want to return to something you have enjoyed in the past or try something new. Your experience of caring has given you so much to share with others in your community. Maybe you want to help others who are caring now. I hope there has been something here that has helped you. Please do give me a ring if you would like to know more or you think we can help you further.”



We Still Care



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The logo for Central Bedfordshire, consisting of a green circle with the text "Central Bedfordshire" inside.

