

A Guide to Handling Bereavement

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Introduction

Death is an unpleasant reality and one that many people avoid thinking about. However, on the death of a person who is close there are very necessary actions that need to be taken.

This book is an attempt to enlighten the reader as to the practical steps that need to be taken after the death of a person. Each step is outlined along with the role of the funeral director and the role of the church and crematoria after death.

The role of the coroner is outlined and also the doctor, registrar, clergymen and cemetery and crematorium officials.

This book does not dwell in depth on bereavement counselling, as this is a separate area and warrants a book on its own. It does, however, outline the process of grief and discuss aspects of this and offers advice in a limited way. The book is very much a practical guide and has been written in the hope that people may benefit from it at this difficult time.

There is a section on non -Christian burial in the recognition that the United Kingdom is a diverse multi-racial society and different traditions apply to different cultures.

There is also a section on wills and probate, as dealing with an estate after death can be very complex and time consuming, particularly if there is no will. Finally, there is a list of useful addresses at the end of the book.