

BEREAVEMENT SUPPORT

We remember them

At the rising sun and at it going down; We remember them.

At the blowing of the wind and in the chill of winter; We remember them.

At the opening of the buds and in the rebirth of spring; We remember them.

At the blueness of the skies and in the warmth of summer; We remember them.

At the rustling of the leaves and in the beauty of the autumn; We remember them.

At the beginning of the year and when it ends; We remember them.

As long as we live, they too will live, for they are now a part of us as We remember them.

When we are weary and in need of strength; We remember them.

When we are lost and sick at heart; We remember them.

When we have decisions that are difficult to make; We remember them.

When we have joy we crave to share; We remember them.

When we have achievements that are based on theirs; We remember them.

For as long as we live, they too will live, for they are now a part of us as, We remember them.

By Sylvan Kamens & Rabbi Jack Riemer



Please get in touch with the Shul office if you need anything.

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We are here to help...

If you are reading this leaflet, may we firstly offer our deepest sympathy. We wish you a long life and may your loved one's memory forever be a blessing.

We know and understand how losing a loved one is an incredibly emotional and difficult time. At the same time you may have to deal with the legalities, arrangements and procedures that arise when someone dies.

The Rabbis and office staff at Manchester Reform Synagogue can of course help with the arrangements for funeral and shiva. They can help with loaning prayer books and chairs for bereaved family members sitting shiva.

Books and chairs can be picked up from Shul by car - please speak to the office to arrange.

At a later date the Shul can arrange a stone setting or unveiling ceremony; if you wish you can also have a plaque erected in the synagogue.

What we do

The Bereavement Care Team are here to be a listening ear, to help, support, and guide you through this difficult time, of course in the strictest confidence. This is a community service that is still available if you are not a member at our synagogue.

Someone from our team will be in touch to ask how you are doing and whether you need any help. We will arrange a small shabbat care package and a note to let you know we are thinking of you.

If you don't need us and feel well supported we will just call back about 3 months later when you feel a bit more settled to check you are ok and start to think about next steps (for example stone setting/unveiling). If you need us to be around for you for a while that's also fine but you may also want some professional help.

Helpful organisations

There are a number of organisations and charities that can provide you or a loved one with advice and support to those who have been bereaved, including:

- Age UK
- Bereavement UK
- Child Bereavement UK
- Cruse Bereavement Care
- Greater Manchester Suicide Bereavement Information Service
- Jewish Bereavement Counselling Service
- Macmillan Cancer Care/ Support
- Mind
- Miscarriage Association
- Road Peace
- Salford Royal Bereavement Service
- Samaritans
- SSAFA Forces Help
- Stillbirth and Neonatal Death Society
- Terrence Higgins Trust
- The Compassionate Friends
- The Lullaby Trust
- The War Widows Association of Great Britain
- Together for Short Lives
- Winston's Wish

Where to start

Once you have the death certificate there is a Government service called TELL US ONCE that can deal with most Government and Council services such as benefits, tax, passport, driving license etc.

More details on this can be found on the Internet at

<https://www.gov.uk/when-someone-dies>

but of course we would be able to assist with further advice.

Many banks, utilities and similar have a specialised bereavement service that helps you to notify them of the circumstances - you normally just need a copies of the death certificate.

When it comes to wills and probate, this may be an area where you need to take legal advice, though you may be able to do probate without a solicitor if you wish. Again, the Internet link above has more information, and Citizens Advice are also very helpful. Our team can supply more information if you need it.

“Paperweight” is a Jewish Community Advice Bureau, it is a free service for all those who need guidance on welfare, finance and legal issues.

Please don't hesitate to contact the synagogue office to get in touch and seek assistance.

