

Dorset Open Door

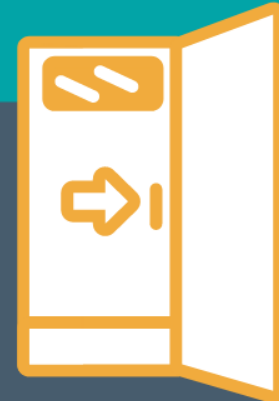
Find the right bereavement support for you:



01305 361 361



dhc.dorsetopendoor@nhs.net



Today we are talking about bereavement. We understand that at times this topic can be really difficult.

Perhaps think about one or two things you can do today to take a bit extra care of yourself if this is something that is tough for you.

If at any time you wish to leave the webinar, this is absolutely fine by us and if you would like to chat through any concerns that you may have or things that have come up our contact details are:

01305 361361; dhc.dorsetopendoor@nhs.net

In the chat box can you introduce yourselves: What organisation do you work for? How would you describe your work? What are you hoping to get out of attending today?



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Wellbeing and Recovery Partnership

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Mosaic – Supporting Bereaved
Children

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Objectives:

- To provide an overview of Dorset Open Door.
- To share examples of where Dorset Open Door has added support to enable people to access bereavement supports.
- To offer opportunities for you to reflect on your experience of bereavement supports in Dorset.
- To provide an opportunity for you to share with us any aspirations or hopes you may have of how Dorset Open Door may be able to help you.

What do we do?



At Dorset Open Door, we acknowledge everyone has a different experience of bereavement. We will listen to you and, in the context of your personal experience, circumstance, strengths and resources, help you to navigate support and advice that is right for you.

Tell us a bit about you:



** please use the chat **

What resources do you have, and use, to support people who are bereaved?



Signpost directly to support:

More directed or hands-on Practical Help when first bereaved:

Dorset Mental Health Carers

[Handout](#)

Practical Support

[Rethink](#)

Family Support

[Mosaic](#)

Advice and Guidance:

Advice Dorset

Advocacy:

DREC, Advice Dorset, DMHF

Counselling or emotional support:

Generic and specialist advice

[Cruse](#)

Local support for Young People and families

[Mosaic](#)

Counselling via MH organisation

[Mind](#)

At least 6 months complex grief reaction

[Steps2Wellbeing](#)

For those who have been carers

[Leonardos](#)

Courses and Education	<i>Group courses</i>	Mind or Cruse
	<i>Generic courses / on line courses and digital resource</i>	Recovery Education Centre or Mind
Peer Support	Bereaved by suicide	Dorset Mental Health Carers Project
	Family social events	Mind / Cruse
		Mosaic
Commemoration and remembrance	<ul style="list-style-type: none"> · CANBCP · DCA · DREC 	Options Follow up and opportunity to access

**** please use the chat ****

What, if any, are the biggest challenges around the supports that are available for people?

What, if any, are your worries or concerns about supporting people who are bereaved?

What support do you think you may need to help you support people who are bereaved?



How might we be able to help you?

Who are we?

Dorset Open Door is a partnership of local and national bereavement charities and health and care organisations working together to make sure you get the support you need.

Some organisations provide direct Bereavement support services and others are key in sharing communications, training and community supports.

Dorset Wellbeing and Recovery Partnership, the partnership between Dorset HealthCare University NHS Foundation Trust and Dorset Mental Health Forum, are leading on this project. The WaRP brings together lived and learned expertise, have significant experience in co-production and bridge the statutory and 3rd Sector.

[Bournemouth, Christchurch and Poole Community Action Network](#); [Cruse Bereavement Care](#); Dorset Carers Project; [Dorset Community Action](#); [Dorset HealthCare University NHS Foundation Trust](#); [Dorset Mental Health Forum](#); [Dorset Mind](#); [Dorset Race Equality Council](#); [Mosaic – Supporting Bereaved Children](#); [NHS Dorset Clinical Commissioning Group](#); [Rethink Carers Support Dorset](#); [The Douch Family](#)

If you have any questions for us please do get in touch, and thank you.



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