

# Dudley borough bereavement charter

*"Bereavement affects everyone at some point in their lives."*

This charter is for everyone who lives and works in Dudley borough. Whether it inspires you to cross the road to talk to a friend who is grieving or makes a service you offer more responsive to people who are bereaved, using the charter will help Dudley to be a kinder, more caring community.

*Let's make Dudley a place where:*

*Whenever possible, people can die peacefully in a place of their choice surrounded by people they choose*

*We value and respect the life of every person and recognise grief as a normal response to death*

*Family, friends, colleagues and wider social networks feel able to support those who grieve*

*Care for both the dying and the bereaved is improved through listening and reflecting on their lived experience*

*Health inequalities are recognised and unbiased inclusive access to both pre and post bereavement support is available*

*and everyone recognises...*

that all people's lives should be valued and respected

grief is unique with no right or wrong way to feel and with no set time

the contribution of being kind and offering practical help and support to those who grieve

the importance and value of active listening to those who want to talk

that easily accessible bereavement support, including counselling on prescription, is available to those who need it

the importance of taking manageable steps to remembering and celebrating good times

grief and where possible honours and remembers the lives of those who died

how to use the words 'death', 'dying', 'bereavement' and 'grief' gently and with kindness

human vulnerability and the contribution that love and care from family, friends, colleagues, wider social networks and workplaces can make

the importance and contribution of ongoing support from family, friends, neighbours, colleagues, and wider social networks, in addition to professional bereavement support

grief does not get smaller but we grow around it

the contribution that the '5 Ways to Wellbeing' can make to everyone, including those who grieve

**Get help and support:** [www.lets-get.com/bereavement](http://www.lets-get.com/bereavement)