



Techniques and Methods

- Consulted community groups, front line staff and individuals about what support they currently knew about and what would be helpful. New resources tested.
- Visited funeral directors to find out what support was provided and then sent them the new resources.
- Developed easy read version of 'How to register a death in Midlothian' for registrars to use and the new resource list is now included in the information pack.
- Midlothian Council website modified to include information on feelings following bereavement, dos and don'ts, funeral poverty and links to resources: <https://www.midlothian.gov.uk/bereavement>
- To Absent Friends week; 8 community remembrance events that included memorial trees, community conversation and key resources. Social media campaign, twitter, face book, newspaper and staff email. Resulting in our logo
- Good Grief Bite Size training developed with people who have lived experience, Cruse and NHS Lothian. 26 participants and further workshops planned
- Developed a one-page info gram for staff with key information (see next slide)
- Developed slides that can be used in General Practices

Results and Conclusions



- The majority of those consulted were keen to talk about bereavement support and ways to improve it
- The Bite Size 1-hour workshops give staff the knowledge, confidence and skills they need
- People like the idea of having top tips for a good grief conversation recognising that they do not always need to refer to a specialist service
- It is important to develop and locate resources that follow health literacy and easy read guidelines
- The new funeral benefits can help reduce financial stress and address inequalities
- Communities have developed ways to support each other