**National Grief Awareness Week Campaign Toolkit**

**Introduction**

National Grief Awareness Week, which is ran by the Good Grief Trust takes place from the 2-8th December 2021. Grief Awareness Week is about raising awareness of all aspects of grief and loss, to open conversations and normalise talking about grief and ensure people dealing with loss know how and where to get support.

This Grief Awareness Week we are encouraging organisations to support the campaign week and signpost residents in need of support to the [Greater Manchester Bereavement Service](http://www.greater-manchester-bereavement-service.org.uk/).

**Pack contents include:**

* Suggested social media posts signposting people to [www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)
* Suggested website news content
* Graphics – to be sent separately from this Word doc

**Contact**

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**Suggested social media content**

This section includes content for social media channels to be used to support National Grief Awareness Week and signpost people to get support through the Greater Manchester Bereavement Service.

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| It’s #NationalGriefAwarenessWeek and we are encouraging people to #SpreadSomeWarmth this winter  Whether you put the kettle on or stop for a chat, no one needs to feel alone as they deal with their grief.  Find out more & access local support www.greater-manchester-bereavement-service.org.uk | **A picture containing text  Description automatically generated** |
| This #NationalGriefAwarenessWeek we are encouraging people to #SpreadSomeWarmth to support those struggling with bereavement    Greater Manchester Bereavement Service provides advice for those who want to know how to support someone who is grieving.  More  www.greater-manchester-bereavement-service.org.uk | **A picture containing icon  Description automatically generated** |
| Dealing with the loss of a loved one is hard.    This #NationalGriefAwarenessWeek we are encouraging people to #SpreadSomeWarmth this winter    Find out more & access advice to help support someone who is grieving    www.greater-manchester-bereavement-service.org.uk | **A picture containing text, vector graphics, toy, doll  Description automatically generated** |
| Worried about someone who’s bereaved?  Greater Manchester Bereavement Service provides advice for those who want to know how to support someone who is grieving.  Find out more [www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)  #NationalGriefAwarenessWeek | **Text, letter  Description automatically generated** |
| Grief affects us all differently but whatever you’re going through Greater Manchester Bereavement Service is here to help you get the support you need  Find out more [www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)  #NationalGriefAwarenessWeek | **A person talking on the phone  Description automatically generated** |
| Dealing with the loss of a loved one is hard.  Look after yourself, give yourself permission to grieve and seek support if you need it.  Get help today [www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)  **#NationalGriefAwarenessWeek** | **Text  Description automatically generated** |

**Suggested website news article**

**Greater Manchester Supports National Grief Awareness Week**

This December, Greater Manchester is supporting National Grief Awareness Week, which takes place from the 2-8th December 2021.

Grief Awareness Week is about raising awareness of all aspects of grief and loss, to open conversations and normalise talking about grief and ensure people dealing with loss know how and where to get support.

Grief Awareness Week is organised by The Good Grief Trust a national organisation which exists to help all those affected by grief in the UK. The trust’s vision is to help those bereaved acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support.

This year, for Grief Awareness Week the Good Grief Trust are encouraging people to spread some warmth, whether that is by putting the kettle on for a chat with a colleague, checking in on a neighbour or inviting a friend for a walk and talk.

Throughout the week organisations across Greater Manchester will be raising awareness of the support available locally through the Greater Manchester Bereavement Service which is there to help anyone in Greater Manchester that has been bereaved or affected by a death. To ensure no one needs to feel alone as they deal with their grief.

Find out more about The Good Grief Trust and Grief Awareness Week here: <https://www.thegoodgrieftrust.org/ngaw/>

**Accessing support**

Call the service on [0161 983 0902](tel:01619830902) for help in finding the right support for you. Monday to Friday, 9am to 5pm (except bank holidays) or email the service on [salccg.gm.bs@nhs.net](mailto:salccg.gm.bs@nhs.net)

If you need to speak with someone at a weekend about a bereavement, please call NHS Bereavement Helpline on 0800 2600 400, available 8am to 8pm every day.

Or you can call [Samaritans](https://www.samaritans.org/) 116 123 at no cost, any time of the day or night. Whatever you’re going through, a Samaritan will face it with you.