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## After Someone Dies

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Practical advice and Information following a bereavement.



### After someone dies.

It can be a confusing time following a death and difficult to know what you need to do first, especially when you experience it for the first time.

Knowing what to do when someone dies can seem overwhelming, especially with all the emotions that grief can bring. Some things need to be done in the first days after your loved one has died and knowing what to expect and what to do can help you cope. Ask other friends and relatives if you don't want to do them by yourself.

In the next few days you may be contacted by the Medical Examiner Service for Wales. The introduction of the Medical Examiner Service means that every death in Wales which is not referred to the Coroner will undergo an assessment by the Medical Examiner to ensure that all deaths receive the same scrutiny wherever they occur and whoever undertakes the process.

Please know that during this period of mourning, we are here to support you in any way we can. Whether it's providing medical assistance, emotional support, or just a space to talk, our doors are always open for you. We also understand the importance of caring for oneself during such times and we encourage you to reach out to us if you need any help in managing your own health and wellbeing.

On behalf of the entire team at Four Elms Medical Centre during what we know is an incredibly difficult time for you, we wanted to extend our heartfelt condolences to you and your family. Losing someone close is never easy, and the journey of grief is both personal and challenging. At Four Elms Medical Centre, we are more than just a healthcare provider; we are a community that cares deeply about the wellbeing of each of our patients.

### USEFUL LINKS

These links lead to a wealth of resources which can help you to know what to expect in the time following a bereavement.

The Bereavement Advice Centre

<https://www.bereavementadvice.org/topics/what-to-do-when-someone-dies/>

Cancer Research UK

<https://www.cancerresearchuk.org/about-cancer/coping/dying-with-cancer/after-someone-dies>  
Gov.uk

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

Cruse Bereavement Support (Welsh Language) Information

<https://www.cruse.org.uk/understanding-grief/understanding-grief-information-in-other-languages/cymraeg-welsh/>