



Child Bereavement Support

# PLANNING A FUNERAL DURING SOCIAL DISTANCING RESTRICTIONS

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As restrictions and guidelines continue to change, please ensure you refer to the latest information.

Some useful sites include:

National Association of Funeral directors - [advice-for-the-public](#)

Hampshire County Council Registration Services - [birthsdeathsandceremonies](#)

Public health England - <https://www.gov.uk/government/news/new-advice-for-safe-funerals-after-discussions-with-faith-leaders>

## **Some practical guidance:**

- ★ Contact the funeral directors you would prefer as soon as possible. They will be fully up to date with current restrictions and be able to guide you through the process. In these unprecedented times people are being asked not to delay funerals.
- ★ There is currently still the choice of a burial or cremation, and to make the service personal to you.
- ★ Do ask as many questions as you need, you have time to think and plan. Whilst social distancing measures are in place these conversations will probably take place over the phone.
- ★ Let people know about the death, you can still post a death notice, but will not be able to include details of the funeral.
- ★ Do let family and friends know when the service is happening so they can pay their respects whilst at home.

- ★ Accept help from friends and family, they will want to support you and care for you.
- ★ Remember that sadly during the current restrictions this will be a private, shortened service for close family only.
- ★ In a time when so much is out of your control, there are significant elements you can choose - you can still choose readings, hymns, and poems to remember your loved one by, even if the service is much smaller.
- ★ Although many will not be able to attend funerals at this time there are other ways to make the service as special and personal as possible within current restrictions.
- ★ You may wish for someone to record the service, so it can be shared with family and friends who could not attend.
- ★ Use technology where possible to record, stream, video chat, to stay connected with family and friends.
- ★ If the person's death was due to the coronavirus there is likely to be additional restrictions including who should attend the funeral. The coffin will be closed and you will need to check with the funeral directors if viewing at the chapel of rest is possible.
- ★ Remember due to restrictions you may not be able to touch the coffin or have family as bearers.
- ★ Any collections during the service may be restricted to online donations only.
- ★ Arrange time after the funeral to connect with family and friends in a safe manner.
- ★ People will understand they will not be able to attend the funeral however they may still be involved, they could do this by:
  - Helping select readings, music or poems
  - Sharing a personal tribute remotely i.e. photos, stories
  - Recording or sharing a personal prayer/reflection during the service
  - As a mark of respect, they may wish to stand in gardens/at front door
  - Providing you and your family with a cooked meal or shopping (in accordance with social distancing rules)
  - Posting condolences and messages of support online or on social media such as an online book of remembrance
  - Encouraging children to draw pictures or write messages
  - Set up an online service i.e. light candles or play music

- ★ Accept help that is offered, people genuinely will want to support you.
- ★ Stay in touch with your loved ones and talk about the person who has died. Where possible in this time of isolation use technology.
- ★ Talk, cry, remember and hug those who you are in isolation with, and most importantly take care of yourself.
- ★ Remember these restrictions will end at which time you will be able to have your own memorial service, celebration of life or delayed wake to remember your special person in your own personal way.

**Remember our FREE telephone helpline is still open as normal and continues to operate  
Monday-Friday on 02380 647550**

(please leave a message if we are unable to answer your call and we will get back to you as soon as possible)