



## **CARERS CENTRE TOWER HAMLETS FACTSHEET: END OF LIFE PLANNING**

Information and sources of advice about end of life issues locally and nationally, face to face and online.

### **Local**

#### **QSA Down to Earth**

Practical help for people struggling with funeral costs. Resources section has four simple, practical guides about your wishes, your plans, and arranging a meaningful and affordable funeral.

Find out more - [Quaker Social Action help with funerals](#)

#### **City of East London Bereavement Counselling**

Support for people who are grieving. Find out more – <http://www.celbs.org.uk>

#### **Tower Hamlets Adult Social Care**

Advice and guidance on what to do when someone dies.

Find out more - [Tower Hamlets Council help for people when someone dies](#)

### **National**

#### **Money Advice Service**

Helps you work out who should pay for the funeral. And shows you your options for how to pay for a funeral: from finding financial help to claiming funeral costs from the estate. Find out more - [Money Advice Service on help with paying for a funeral](#)

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