

## Grief & Bereavement: Resources for Bereaved People

### General support

#### General Practitioners & District Nurses

Your GP may be able to help by listening, offering support, prescribing drugs for problems like sleeplessness or depression, by advising you about other sources of support or by referring you to a counsellor. Your district nurse may contact you to ask how you are & may also be able to give advice about sources of support.

#### Ministers of religion & faith communities

Can provide support & comfort, including to people not previously active in a religious community. Some faith communities in Oxfordshire offer bereavement support groups. Please make local enquires for further information.

#### Citizens Advice Oxfordshire

Confidential legal & financial advice.  
03444 111 444

[www.caox.org.uk](http://www.caox.org.uk)

#### Oxford Samaritans

24 hour confidential telephone service for anyone feeling desperate or suicidal or experiencing a personal crisis such as bereavement  
01865 722122 60 Magdalen Rd, Oxford, OX4 1RB (drop-in available 8am - 10pm)  
[www.samaritans.org.uk](http://www.samaritans.org.uk) [jo@samaritans.org](mailto:jo@samaritans.org)

#### Employee Assistance Programmes

Many companies offer Employee Assistance Programmes which provide employees with free counselling sessions. Ask your manager/human resources department for information

#### Independent counsellors & therapists

To find registered psychotherapists & counsellors in your area visit the following websites. Costs vary. Many therapists have their own websites giving further information.  
[www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk) (British Association of Counselling & Psychotherapy)  
[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk) (UK Council for Psychotherapy)

## Oxfordshire Bereavement Services

#### Age UK Oxfordshire

Offers a range of services including befriending & a community information network that provides access to a range of groups & organisations offering practical & emotional support to older people. **Late Spring** Offers bereaved people aged 60+ the opportunity to meet with others over tea & cake. Fortnightly meetings in across Oxfordshire.

0345 450 1276

[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)

[latespring@ageuk.org.uk](mailto:latespring@ageuk.org.uk)

#### Archway

Provides a supportive, understanding & friendly environment & a range of activities for people feeling lonely & isolated. Activities include social evenings, befriending, drop-in café & group outings

01865 790552

[office@archwayfoundation.org.uk](mailto:office@archwayfoundation.org.uk)

[www.archway.moonfruit.com](http://www.archway.moonfruit.com)

### **BLESS Bereavement, Loss & Emotional Support Service**

BLESS provides 1-1 support for Jewish people (& people with Jewish connections) living in Oxfordshire.

07503 650710

[bleess@ojc-online.org](mailto:bleess@ojc-online.org)

### **Chipping Norton Friendship Club**

Social activities for bereaved people - monthly meetings (Sats), lunch outings & coach trips.

Pat Smith 01608 678456

### **Cruse, Bereavement Care Oxfordshire branch – for all bereaved adults**

A national organisation with a local branch covering Oxfordshire. Provides individual & group support, counselling, social 'friendship' groups, a group for people bereaved by suicide (in collaboration with Survivors of Bereavement by Suicide) and runs a project working with homeless people in hostels and supported housing in Oxford.

Telephone helpline: 01865 245398 (10.00-13.00 weekdays)

[www.oxfordcruse.co.uk](http://www.oxfordcruse.co.uk)

[admin@oxfordcruse.co.uk](mailto:admin@oxfordcruse.co.uk)

### **Home Start Oxfordshire**

Home-Start is a national organisation with 3 branches in Oxon. Offers practical, emotional & befriending support to families (with at least one child under five) experiencing difficulties managing parenting for a variety of reasons. Support is free, confidential & non-judgemental.

Southern Oxfordshire. 01235 511152.

[homestartso@btconnect.com](mailto:homestartso@btconnect.com)

Oxford & Bicester 01865 779991

[admin@homestart-Oxford.org.uk](mailto:admin@homestart-Oxford.org.uk)

Banbury & Chipping Norton 01295 266358

[info@home-startbanbury.org.uk](mailto:info@home-startbanbury.org.uk)

[www.home-start.org.uk](http://www.home-start.org.uk)

### **Footprints**

A monthly bereavement support group under the umbrella of Christ Church, Abingdon. Held monthly on second Tuesday, 10.30-12.00 in the New Barn Café, Northcourt Road.

01865 682350

[www.cca.uk.net](http://www.cca.uk.net)

### **Helen & Douglas House Family Support Team**

Individual & group support & counselling for families of Helen or Douglas House patients.

01865 794749

[www.helenanddouglas.org.uk](http://www.helenanddouglas.org.uk)

### **Katharine House Hospice Bereavement Service**

Offers support & counselling to families & friends of Katharine House Hospice patients.

01295 811866

[www.khh.org.uk](http://www.khh.org.uk)

[Srinder.Singh@khh.org.uk](mailto:Srinder.Singh@khh.org.uk)

### **Maggie's Oxford - for those affected by cancer**

Offers bereavement support to those affected by cancer through support groups & individual counselling. National website hosts an on-line facilitated bereavement support group.

01865 751882

[www.maggiescentres.org](http://www.maggiescentres.org)

[oxford@maggiescentres.org](mailto:oxford@maggiescentres.org)

### **Oxford University Hospitals NHS FoundationTrust Bereavement Service**

Provides a compassionate administrative & signposting service to support families cared for in the John Radcliffe, Churchill, Horton & the Nuffield Orthopaedic Hospitals in the immediate period after a patient has died. Facilitates opportunities for recently bereaved people to ask questions about the care given by the Trust. Provides a rapid response service for families who have experienced a sudden child or adult death & to assist families in meeting their cultural & religious requirements for funeral arrangements or repatriation.

Also offers bereavement resources following pregnancy & neonatal loss & the options for funeral arrangements for babies dying at, or near, the time of birth.

01865 220110 [www.ouh.nhs.uk/patient-guide/bereavement-service.aspx](http://www.ouh.nhs.uk/patient-guide/bereavement-service.aspx)

### **SANDS (Stillbirth & Neonatal Death Society) Oxfordshire**

National charity for people affected by the death of a baby during pregnancy or after birth. Oxfordshire Sands holds informal meetings every two months where individual stories can be shared & support & practical advice offered. Run by volunteers who are all bereaved parents. Information & recommended reading available on website

National Helpline: 020 7436 5881

Local befrienders: 07513 295504

[www.oxfordshiresands.org.uk](http://www.oxfordshiresands.org.uk)

[befriender@oxfordshiresands.org.uk](mailto:befriender@oxfordshiresands.org.uk)

[info@oxfordshiresands.org.uk](mailto:info@oxfordshiresands.org.uk)

### **SeeSaw - grief support for children & young people in Oxfordshire**

SeeSaw provides direct support throughout Oxfordshire for children & families before & after the death of a parent or sibling.

01865 744 768

[www.seesaw.org.uk](http://www.seesaw.org.uk);

[info@seesaw.org.uk](mailto:info@seesaw.org.uk)

### **Sobell House Bereavement Service**

Offers individual, group support & counselling to families & friends of Sobell House patients.

01865 225878

[www.sobellhouse.org.uk](http://www.sobellhouse.org.uk)

[smsh.bereavementservice@ouh.nhs.uk](mailto:smsh.bereavementservice@ouh.nhs.uk)

### **Talking Space Oxfordshire**

Talking Space is part of the NHS Improving Access to Psychological Therapies programme offering help to people (age 18+) with depression or anxiety. Access via GPs or by self-referral.

01865 901222

[www.talkingspaceoplus.org.uk](http://www.talkingspaceoplus.org.uk)

[talkingspaceplus@nhs.net](mailto:talkingspaceplus@nhs.net)

### **The Loss Foundation**

The Loss Foundation is a charity run by health professionals offering support groups & social events in London & Oxford for people who have lost a loved one to cancer. Offers opportunities for people to share stories; to talk, listen, eat cake, or simply be.

07732 070 972

[www.thelossfoundation.org](http://www.thelossfoundation.org)

### **The Way Ahead**

A social group for bereaved, single & retired people. Meets monthly in Oxford, arranges trips, meals & other social gatherings.

01865 559081 (Joyce) or 01865 880634 (Diane)

### **WAY Foundation (Widowed & Young)**

Helps young widowed people (up to age 51) through social events. Run by young widowed volunteers. Organises holidays, website provides information, a chat room & on-line support groups & has an active local branch in Oxfordshire.

0300 012 4929

[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

[info@widowedandyoung.org.uk](mailto:info@widowedandyoung.org.uk).

### **WAY UP**

WAY UP is a mutual help group created to support the needs of anyone (over the age of 50) who has lost a long term life partner. Provides a national web-based group & offers meetings & events all over the UK, including Oxfordshire.

[www.way-up.co.uk](http://www.way-up.co.uk)

[info@way-up.co.uk](mailto:info@way-up.co.uk)

**YoungDementia UK**

YDUK offers support services for younger people with dementia (under 65) & their families.  
Offers individual support both before & after a bereavement.

01865 794311

[www.youngdementiauk.org](http://www.youngdementiauk.org)

[mail@youngdementiauk.org](mailto:mail@youngdementiauk.org)

## National Organisations

### Bereavement Advice Centre

Helpline & web-based information service offering support, information & advice about what to do after a death & the practical issues & procedures that people may face.

Helpline: 0800 634 9494 (9.00-5.00 Mon-Fri)

[www.bereavementadvice.org](http://www.bereavementadvice.org)

[info@bereavementadvice.org](mailto:info@bereavementadvice.org)

### Child Death Helpline

Offers a confidential telephone listening service offering emotional support to all affected by the death of a child. Helpline staffed by bereaved parents who are trained & supported by professional staff.

0800 282 986 or 0808 800 6019

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

### Cruse Bereavement Care

The national website provides telephone counselling, practical information about what to do after a death, links to useful organisations, on-line support, information about adult & children's grief & hosts a dedicated website for young people

0844 477 9400

0808 808 1677 (young people's helpline)

[www.cruse.org.uk](http://www.cruse.org.uk)

[helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

[www.hopeagain.org.uk](http://www.hopeagain.org.uk) (for young people)

### Compassionate Friends

The Compassionate Friends are bereaved parents who offer support & friendship to parents whose child has died at any age & from any cause. Support is also available for bereaved adult siblings (Support in Bereavement for Brothers & Sisters - SIBBS) & grandparents. The Shadow of Suicide group (SOS) can put parents in touch with other parents who have lost children through suicide. Contact via national helpline which is answered by a bereaved parent who provides support & information. There is an active group in Oxfordshire and Berkshire

Helpline 0345 123 2304 (daily 10-4, 7pm -10pm)

[www.tcf.org.uk](http://www.tcf.org.uk)

Oxford group: 0118 940 3038 or 07970 611013

[helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

[austenrobert@hotmail.com](mailto:austenrobert@hotmail.com)

### Dying Matters Coalition

Aims to change societal attitudes to dying, death & bereavement. The website provides links to organisations providing help (Find Me Help section), a useful publications guide & leaflets such as 'Telling Others About a Death', 'Looking After Yourself' & 'Coping with Grief'.

[www.dyingmatters.org](http://www.dyingmatters.org).

### London Friend

A gay, lesbian, bisexual & trans charity offering counselling & support including bereavement support.

Helpline 020 7833 1674

[www.londonfriend.org.uk](http://www.londonfriend.org.uk)

### Lullaby Trust (Formerly the Foundation for the Study of Infant Deaths)

Trained bereaved parents offer a befriending service by phone or email.

0808 802 6868 (bereavement line)

0808 802 6869 (information line)

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

[support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)

### Miscarriage Association

Offers information & support to people who have been affected by miscarriage, ectopic pregnancy or molar pregnancy.

01924 200 799 (Mon-Fri, 9am-4pm)  
www.miscarriageassociation.org.uk

info@miscarriageassociation.org.uk

### **RoadPeace**

Provides emotional & practical support to those bereaved or injured in a road crash (RTA). Helpline staffed by volunteers who themselves have been bereaved or injured in a RTA. Also offers befriending, a resilience building course & specific guides & information sheets on the legal procedures that follow a road death

Helpline: 0845 4500 355, 9am-5pm, Mon-Fri  
www.roadpeace.org

helpline@roadpeace.org

### **SCARD (Support & Care After Road Death & Injury)**

Provides emotional & practical support & counselling to those bereaved following a road crash.

0845 123 5542 (9.00-9.00 daily)

[www.scard.org.uk](http://www.scard.org.uk)

### **Service Children's Support Network (SCSN)**

SCSN is a network of education & welfare professionals working collaboratively with the service community to facilitate support to service children & their families in recognition that they may face experiences that are different from those faced by civilian families including operational deployment, trauma & bereavement.

01296 625779

[www.servicechildrensupportnetwork.co.uk](http://www.servicechildrensupportnetwork.co.uk)

### **SSAFA Forces Help**

National charity helping serving & ex-serving men & women & their families.

0800 731 4880 10.30-7.30 weekdays

[www.ssafa.org.uk](http://www.ssafa.org.uk)

### **Sudden Death Association**

We understand that people bereaved by sudden death suffer terribly –..

Sudden is an initiative by Brake, the road safety charity, focusing on bereavement from any type of sudden death, whether it's through a road crash, suicide, disaster, war, accident, or undiagnosed medical reasons. Provides support literature for bereaved adults and children and supports best practice and resources among professionals who work with suddenly bereaved people.

[www.suddendeadth.org](http://www.suddendeadth.org)

### **Survivors of Bereavement by Suicide (SOBS)**

SOBS is a mutual support organisation that exists to break the isolation of those bereaved by the suicide of a close relative or friend. Provides emotional & practical support through a helpline, chat room & forum, group meetings & residential events.

0300 111 5065 (9.00-9.00 daily)

www.uk-sobs.org.uk

[Sobs.support@hotmail.com](mailto:Sobs.support@hotmail.com)

### **War Widows Association of Great Britain**

Gives advice, help & support to all war widows & their dependants.

0845 241 2189

[www.warwidows.org.uk](http://www.warwidows.org.uk)

## National organisations for children & young people

### **Cruse Hope Again**

Support & advice for bereaved young people  
0808 808 1677

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

### **Child Bereavement UK**

Supports families & educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Helpline provides confidential listening, help & guidance, information & signposting. Provides publications & resource materials, interactive website, on-line family forum & a searchable database of support organisations. Offers a bereavement service for Buckinghamshire & Milton Keynes & occasionally Oxfordshire.

0800 028 8840 (9.00-5.00 weekdays)

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

[enquiries@childbereavement.org.uk](mailto:enquiries@childbereavement.org.uk)

### **Grief Encounter – helping bereaved children**

Information & support. An interactive website has areas for children, teenagers, adults & professionals

020 8446 7452 (9.00-5.00, Mon-Fri)

[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

[contact@griefencounter.org.uk](mailto:contact@griefencounter.org.uk)

### **Winston's Wish**

Information & support for bereaved children & young people.

0845 203 0405

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

[info@winstonswish.org.uk](mailto:info@winstonswish.org.uk)