

HOSPICE OF THE GOOD SHEPHERD

THE BEREAVEMENT HELP POINT



Bereavement and Support Organisations



A list of local and national organisations who may offer
support or resources

From
West Cheshire Bereavement Service

Local Organisations That May Offer Help

Amparo

0330 088 9255

www.listening-ear.co.uk/introducing-amparo

amparo.service@listening-ear.co.uk

Support for those affected by suicide.

Bereavement Help Points

01244 853193

www.hospiceofthegoodshepherd.com

bereavement@hospicegs.com

Community-based drop-in groups providing peer support and information online and at various venues.

Carers Trust

0300 102 0008

www.cheshireandwarringtoncarers.org

Connecting carers with support and activities after bereavement.

Citizens Advice Bureau – Chester

Bluecoat Square, Northgate Street, Chester, CH1 4EE

0344 57 66 111

www.citizensadvicecw.org.uk

Citizens Advice Bureau – Ellesmere Port

1 Whitby Road, Ellesmere Port, CH65 8AA

0344 57 66 111

www.citizensadvicecw.org.uk

The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice.

Healthbox

0151 355 0205

www.healthboxcic.com

info@healthboxcic.com

Community Interest Company providing health and wellbeing services to all aspects of the community

Critical Care Support Network

www.cc-sn.org

info@cc-sn.org

07955 848 596 – please leave a message and they will call you back as soon as possible.

Support group for those impacted by a stay in an Intensive Care Unit. Support for former patients, their family and those close to them.

Listening Ear

www.listening-ear.co.uk/

enquiries@listening-ear.co.uk

0151 488 6648

Provide range of emotional and psychological therapies and support services for children, young people and adults.

Macmillan Community Support Service

0808 808 0000

www.macmillan.org.uk

Service offering practical and emotional support to anybody in Chester, Ellesmere Port and the surrounding area adjusting to the loss of a loved one, regardless of place or cause of death.

Macmillan Support & Information Centre

Countess of Chester Hospital, Liverpool Road, Chester, CH2 1UL

01244 364948

Monday to Friday 09.30 to 16.30.

Cancer.support@nhs.net

This service is to support patients or family members who are or have been affected by cancer.

The Samaritans – Chester & District

36 Upper Northgate St, Chester, CH1 4EF

01244 377999 (local charges apply) or 116 123 (free and anonymous)

0330 094 5717

www.samaritans.org

24-hour telephone emotional and practical support, and face-to-face befriending during the day at local branches.

West Cheshire Bereavement Service

Hospice of the Good Shepherd, Gordon Lane, Backford, Chester, CH2 4DG

01244 853193

bereavement@hospicegs.com

www.hospiceofthegoodshepherd.com

Support service offering counselling, support and information both pre- and post-bereavement.

Widows and Widowers of Cheshire (and beyond)

Celia Burley 07718 224562

www.meetup.com/Widows-and-Widowers-of-Cheshire/

This is a social group which will appeal to single widows and widowers, or anyone who has lost their long term partner through bereavement, to enjoy being together with people who know how they feel and where they are coming from.

North Wales

Cruse Bereavement Care – North Wales

cruse.org.uk

northwales@cruse.org.uk

01492 536577

Offers counselling, support and advice for people living in North Wales.

Parabl Talking Therapies

0300 777 2257

www.parabl.org.uk

For people in North Wales Parabl Talking Therapies provides short-term therapeutic interventions for individuals facing common mental health difficulties or challenging life events which may be impacting on their emotional wellbeing.

Wirral

Cruse Bereavement Care - Wirral

www.cruse.org.uk/Wirral-area

wirralarea@cruse.org.uk

0151 645 6604

Offers counselling, support and advice.

Wirral Mind

0151 512 2200

www.wirralmind.org.uk

Mental health services including counselling

Family & Child Bereavement

Elsie Ever After

07394 070403

www.elsieverafter.org.uk

elsieverafter@hotmail.com

Cheshire-based organisation supporting bereaved families.

The Sunstone Centre at Hope House Children's Hospice

01691 671999

www.hopehouse.org.uk/care/counselling/

Counselling services and support for local families bereaved of a child.

Reflect Counselling Service

Hospice of the Good Shepherd, Gordon Lane, Backford, Chester, CH2 4DG

01244 851104

reflect@hospicegs.com

www.hospiceofthegoodshepherd.com

Reflect offers bereavement support and counselling for children, young people and their families in Chester, rural Chester, Deeside and Ellesmere Port.

National Organisations That May Offer Help

General

Aftermath

0845 634 4273 or 0151 777 2562

www.aftermathsupport.org.uk/

Charity supporting those bereaved by or impacted by road traffic accidents. Including advice leaflets and telephone support.

Age UK

0800 678 1602

www.ageuk.org.uk.

Free to call 8am – 7pm 365 days a year

Provides information and advice to people over 50 on a variety of topics.

Bereavement Advice Centre

www.bereavementadvice.org

0800 634 9494

Offer practical information and advice on the issues and procedures facing us after a death.

Bereavement Trust

0800 435 455

www.bereavement-trust.org.uk

Support for anyone who has been bereaved.

The Bereavement Register

020 7089 6403 or 0800 082 1230 (24hr automated registration service)

www.the-bereavement-register.org.uk

help@thebereavementregister.org.uk

Service specifically designed to remove the names and addresses of people who have died from databases and mailing files.

Cruse Bereavement Care

www.cruse.org.uk

helpline@cruse.org.uk

0808 808 1677

Offers counselling, support and advice. A newsletter and extensive list of books and leaflets are published.

Heads Together

www.headstogether.org.uk/

Charity aimed at reducing the stigma around mental health

Lesbian and Gay support from London Friend

www.londonfriend.org.uk

office@londonfriend.org.uk

020 7833 1674

Charity offering advice and emotional support to people bereaved by the death of a same sex partner.

NHS Live Well

www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement

NHS page with information on bereavement.

Roadpeace

0845 4500 355

www.roadpeace.org

Practical and emotional support service to those bereaved and injured through road traffic accidents.

SAMM (Support after Murder and Manslaughter)

Helpline 0121 472 2912

www.samm.org.uk

info@samm.org.uk

Help for people who have suffered the loss of a child, relative or friend of any age as the result of murder or manslaughter. Secure telephone helpline, online forum, and non-religious weekend retreats.

Silverline

08004 70 80 90

www.thesilverline.org.uk

info@thesilverline.org.uk

The Silver Line is the only free confidential telephone helpline offering information, friendship and advice to older people in the United Kingdom that's available 24 hours a day.

Support Line

01708 765200

www.supportline.org.uk

info@supportline.org.uk

Provides emotional support and details of agencies, support groups & helplines. The service offers confidential emotional support to children, young adults and adults by telephone, email and post. We work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self esteem to encourage healing, recovery and moving forward with life.

Tenovus Cancer Care

0808 808 1010

www.tenovuscancercare.org.uk

info@tenovuscancercare.org.uk

Charity offering telephone support or online support plus monthly bereavement support group based in Wrexham

Terrence Higgins Trust

0808 802 1221

10am to 6pm, Monday to Friday

10am to 1pm, Saturday and Sunday

www.tht.org.uk

info@tht.org.uk

Practical and emotional support to anyone who has lost someone to HIV/AIDS

Widowed and Young

www.widowedandyoung.org.uk

WAY is a UK charity that offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation.

Family & Child Bereavement

Apart of Me

apartofme.app/

Free app aimed at young people who are bereaved or have a loved one who is facing terminal illness. Available on iOS and Android.

Care for the Family

www.careforthefamily.org.uk/family-life/bereavement-support

029 2081 0800

Organisation promoting family life, offers bereavement support to those widowed young and those bereaved of a child, as well as support and advice for those who are currently supporting a bereaved person.

Child Bereavement Charity

childbereavementuk.org/

cheshiresupport@childbereavementuk.org

0800 028 8840 (helpline - free from landlines) or 01928 577 164 (Cheshire)

Offering support to those who have been bereaved of a child, or to children facing bereavement.

Child Death Helpline

0800 282 986 freephone helpline (free from a landline/mobile) TAKE OUT or 0808 800 6019 (free from a mobile)

childdeathhelpline.org.uk

Helpline for anyone affected by the death of a child, in any circumstances, no matter how recently.

Childhood Bereavement Network

www.childhoodbereavementnetwork.org.uk/

Online directory of open access services for bereaved children.

Childline

0800 1111

www.childline.org.uk

Confidential help and support for children and young people.

Grief Encounter

www.griefencounter.org.uk/

griefftalk@griefencounter.org.uk

0808 802 0111

Charity supporting bereaved children and young people, including Grief Talk, their helpline offering support over the phone or via webchat.

Help 2 Make Sense

help2makesense.org/

Children's resource from Winston's Wish

Hope Again

0808 808 1677 freephone helpline

hopeagain.org.uk/

Cruse's website for children and young people.

Reuben's Retreat

www.reubensretreat.org/

01457 680 023

Charity in the process of developing a retreat for bereaved families. Other breaks are available through partner organisations while the retreat is being completed.

SANDS (Stillbirth and neonatal death charity)

uk-sands.org/support

www.sands.org.uk

0808 164 3332

Organisation supporting anyone affected by the death of a baby, either before, during or shortly after birth. Includes sections for fathers and those long-ago bereaved.

Tamba (Twins and Multiple Births Association)

tamba.org.uk/bereavement

01252 332344

Charity supporting parents of multiple births, including Facebook bereavement support page.

The Compassionate Friends

0345 123 2304

www.tcf.org.uk

Organisation of bereaved parents offering support and understanding after the death of a child of any age.

The Lullaby Trust

Bereavement support - 0808 802 6868 support@lullabytrust.org.uk

Information line – 0808 8026869 info@lullabytrust.org.uk

www.lullabytrust.org.uk

Specialist support for bereaved families and anyone affected by a sudden infant death.

Winston's Wish

08088 020 021

www.winstonswish.org.uk

Practical support and guidance to families and anyone concerned about a grieving child.

Meningitis

Meningitis Now

0808 80 10 388

www.meningitisnow.org/

Charity offering information and support about Meningitis.

Motor Neurone Disease (MND)

Motor Neurone Disease Association

www.mndassociation.org

mndconnect@mndassociation.org

0808 802 6262

Organisation supporting those affected by MND.

Suicide

CALM (Campaign Against Living Miserably)

www.thecalmzone.net

0800 585858

Organisation dedicated to preventing male suicide

Papyrus

www.papyrus-uk.org

0800 068 4141

Charity dedicated to the prevention of young suicide.

SOBS (Survivors of Bereavement by Suicide)

0300 111 5065 (9am – 9pm daily)

www.uk-sobs.org.uk

Exists to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

We Are Hummingbird

www.wearehummingbird.com/

Charity using music and connection to overcome the stigma of mental health and suicide. Includes weekly curated playlists of songs that matter.