

# 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](http://www.listening-ear.co.uk/introducing-amparo)

[amparo.service@listening-ear.co.uk](mailto:amparo.service@listening-ear.co.uk)

Support for those affected by suicide.

### Bereavement Help Points

01244 853193

[www.hospiceofthegoodshepherd.com](http://www.hospiceofthegoodshepherd.com)

[bereavement@hospicegs.com](mailto: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](http://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](http://www.citizensadvicecw.org.uk)

### Citizens Advice Bureau – Ellesmere Port

1 Whitby Road, Ellesmere Port, CH65 8AA

0344 57 66 111

[www.citizensadvicecw.org.uk](http://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](http://www.healthboxcic.com)

[info@healthboxcic.com](mailto: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](http://www.cc-sn.org)

[info@cc-sn.org](mailto: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/](http://www.listening-ear.co.uk/)

[enquiries@listening-ear.co.uk](mailto: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](http://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](mailto: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](http://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.elsieeverafter.org.uk

elsieeverafter@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/](http://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](http://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](http://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](http://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](http://www.the-bereavement-register.org.uk)

[help@thebereavementregister.org.uk](mailto: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](http://www.cruse.org.uk)

[helpline@cruse.org.uk](mailto: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/](http://www.headstogether.org.uk/)

Charity aimed at reducing the stigma around mental health

#### **Lesbian and Gay support from London Friend**

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

[office@londonfriend.org.uk](mailto: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](http://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement)

NHS page with information on bereavement.

#### **Roadpeace**

0845 4500 355

[www.roadpeace.org](http://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](http://www.samm.org.uk)

[info@samm.org.uk](mailto: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](http://www.thesilverline.org.uk)

[info@thesilverline.org.uk](mailto: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](http://www.supportline.org.uk)

[info@supportline.org.uk](mailto: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](http://www.tenovuscancercare.org.uk)

[info@tenovuscancercare.org.uk](mailto: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](http://www.tht.org.uk)

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

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

**Widowed and Young**

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

[cheshiresupport@childbereavementuk.org](mailto: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) or 0808 800 6019 (free from a mobile)

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

Online directory of open access services for bereaved children.

**Childline**

0800 1111

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

Confidential help and support for children and young people.

**Grief Encounter**

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

[griefftalk@griefencounter.org.uk](mailto: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/](http://help2makesense.org/)

Children's resource from Winston's Wish

**Hope Again**

0808 808 1677 freephone helpline

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

Cruse's website for children and young people.

**Reuben's Retreat**

[www.reubensretreat.org/](http://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](http://uk-sands.org/support)

[www.sands.org.uk](http://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](http://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](http://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](mailto:support@lullabytrust.org.uk)

Information line – 0808 8026869 [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)

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

Charity offering information and support about Meningitis.

## ***Motor Neurone Disease (MND)***

### **Motor Neurone Disease Association**

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

[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

0808 802 6262

Organisation supporting those affected by MND.

## ***Suicide***

### **CALM (Campaign Against Living Miserably)**

[www.thecalmzone.net](http://www.thecalmzone.net)

0800 585858

Organisation dedicated to preventing male suicide

Papyrus

[www.papyrus-uk.org](http://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](http://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/](http://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.