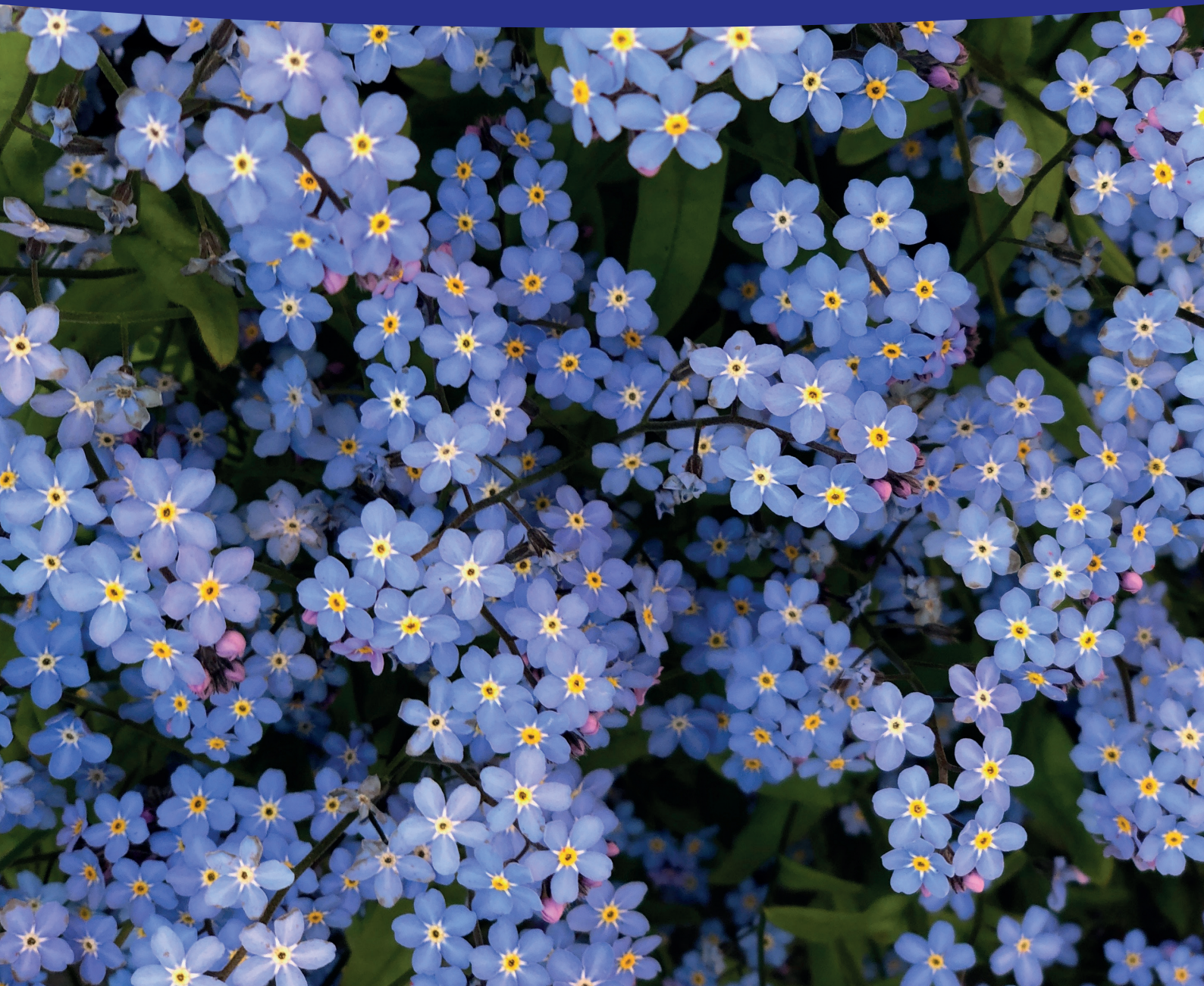


Grief and bereavement resources



General Support

At a loss

Searchable online directory of bereavement services nationally and locally.

Visit: www.ataloss.org

Citizens Advice Oxford

Confidential legal and financial advice.

Adviceline freephone: 0808 278 7808 (Monday to Friday 9am to 5pm).

Visit: www.citizensadviceoxford.org.uk

Employee Assistance Programmes

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

General Practitioners

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.

Independent counsellors and therapists

Find registered psychotherapists and counsellors in your area (costs vary).

Visit: www.itsgoodtotalk.org.uk (British Association of Counselling and Psychotherapy)

Visit: www.psychotherapy.org.uk (UK Council for Psychotherapy)

Many therapists have their own websites providing further information.

Ministers of religion and faith communities

Can provide support and 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.

Oxford Samaritans

Covers Abingdon, Bicester, Cotswolds, Didcot, Henley, Oxford, Thame, Wantage, and Witney.

24-hour confidential telephone service for anyone feeling desperate or suicidal or experiencing a personal crisis such as bereavement.

Call: 116 123 from any phone for free or 0330 094 5717 – local charges apply

Email: jo@samaritans.org

Visit: www.samaritans.org



Oxfordshire Bereavement Services

(The) Archway Foundation

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

T: 01865 790552

E: office@archwayfoundation.org.uk

W: www.archwayfoundation.org.uk

(The) Bereavement Journey

Six sessions using films and discussion to help guide people through the most common aspects of grief. It is for people of any faith or none, although often run in churches. All faith content is confined to the sixth session, which is optional, and looks at bereavement from a Christian perspective.

T: 01865 761236

E: headington.office@stebbes.org

W: www.stebbesheadington.org

Cruse, Bereavement Care - Oxfordshire and West Berkshire

A national organisation with a local branch covering Oxfordshire. Provides individual and group support, bereavement counselling, and social 'friendship' groups.

T: 01865 245398

E: oxfordshire@cruse.org.uk

W: www.cruse.org.uk

Helen and Douglas House Family Support Team

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

T: 01865 794749

E: reception@helenanddouglas.org.uk

W: www.helenanddouglas.org.uk

Katharine House Hospice Bereavement Service

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

T: 01295 811866

E: enquiries@khh.org.uk

W: www.khh.org.uk

(The) Listening Centre

Provides low-cost counselling to people in Oxford who are otherwise unable to afford it. Volunteer counsellors and psychotherapists work from centres in Blackbird Leys, Rosehill and Barton.

T: 01865 794794

E: admin@thelisteningcentre.org.uk

W: www.thelisteningcentre.org.uk

Orchard Counselling - Wantage

Charity providing counselling and talk therapy for those who might otherwise not be able to afford it.

T: 01235 769744

E: info@orchardcounselling.org.uk

W: www.orchardcounselling.org.uk

Oxfordshire Talking Therapies

Offers talking therapy to adults with depression or anxiety which has started or recurred after a bereavement. Access via GPs or through self-referral.

T: 01865 901222

E: oxon-talking-therapies@oxfordhealth.nhs.uk

W: www.oxfordhealth.nhs.uk/oxon-talking-therapies

Sobell House Bereavement Service

Offers support and counselling to families and friends of Sobell House Hospice patients.

T: 01865 225878

E: pallcarebereavement@ouh.nhs.uk

W: www.sobellhouse.org.uk

Oxfordshire Bereavement Services (specific)

Age UK Oxfordshire – Adults 60+

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

T: General 0345 450 1276 T: Late Spring 01235 426600

E: latespring@ageukoxfordshire.org.uk

W: www.ageuk.org.uk/oxfordshire

BLESS Bereavement, Loss and Emotional Support Service

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

T: 07946 392728

E: bless@ojc-online.org

W: www.ojc-online.org/bless

Chipping Norton Friendship Club

Social activities for bereaved people. Monthly meetings (on Saturdays), lunches, and coach trips.

T: 07827 235453

W: www.ataloss.org/faqs/chipping-norton-friendship-club

Footprints - Abingdon

A bereavement support group under the umbrella of Christ Church, Abingdon. Held monthly on the second Tuesday, 10.30am-12.00pm, New Barn Café, Northcourt Road, Abingdon, OX14 1PL.

T: 01235 539172

E: footprints@cca.uk.net

W: www.cca.uk.net/care-and-support

Home-Start Oxfordshire - Families with child under age 5

Home-Start is a national organisation with three branches in Oxfordshire. Offers practical, emotional and befriending support to families (with at least one child under five). Support is free, confidential, and non-judgemental.

South Oxfordshire

T: 01235 511152.

E: admin@homestartso.org

W: www.homestart-southernoxfordshire.org.uk

Oxford

T: 01865 649003

E: admin@homestartoxford.org.uk

W: www.homestartoxford.org.uk

Banbury, Bicester and Chipping Norton

T: 01295 26635

E: info@home-startbanbury.org.uk

W: www.home-startbanbury.org.uk

(The) Hummingbird Centre - Bicester - Cancer

Provides a variety of support services and counselling, including bereavement support, to people in the Bicester area affected by cancer.

T: 01869 244244

E: info@thehummingbirdcentre.org.uk

W: www.thehummingbirdcentre.org.uk

Let's talk about loss - Ages 18-35

National organisation with local Oxford meet up once a month to talk about loss in a safe, fun, and relaxed space. Their website has information and resources about grieving as a young person.

E: oxford@letstalkaboutloss.org

W: www.letstalkaboutloss.org

Maggie's Oxford - Cancer

Offers bereavement support to those affected by cancer through support groups and individual counselling in Oxford. National website hosts an online facilitated bereavement support group.

T: 01865 751882

E: oxford@maggies.org

W: www.maggies.org.uk

SANDS (Stillbirth and Neonatal Death Society) Oxfordshire

Oxfordshire SANDS is the local branch of the national charity SANDS for people affected by the death of a baby during pregnancy or after birth. Run by volunteers who are all bereaved parents. Information and recommended reading is available on their website.

Oxfordshire

T: Local befrienders: 07513 295504

E: oxfordshire@sandsvolunteer.org.uk

W: www.oxfordshiresands.org.uk

National

T: 0808 164 3332

E: helpline@sands.org.uk

W: www.sands.org.uk

SeeSaw - grief support for children and young people in Oxfordshire

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

T: 01865 744768

E: info@seesaw.org.uk

W: www.seesaw.org.uk

Survivors of bereavement by suicide

Local group supporting those bereaved by suicide, based in Henley on Thames.

T: 07958 434082

E: henley-on-thames@uksobs.org

W: www.uksobs.org/groups/henley-on-thames-group

(The) Way Ahead - Bicester

A social group for bereaved, single and retired people. The group meets monthly in Oxford, and arranges trips, meals and other social gatherings.

T: 01865 880634 or 01865 559081



National Bereavement Services

Bereavement Advice Centre

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

T: 0800 634 9494

E: info@bereavementadvice.org

W: www.bereavementadvice.org

Cruse Bereavement Care

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

T: 0808 808 1677

E: helpline@cruse.org.uk

W: www.cruse.org.uk

Dying Matters Coalition – Hospice UK

A Hospice UK campaign to change societal attitudes to dying, death and bereavement. The website provides information about how to talk about death and dying and books to help deal with death and grief.

T: 020 7520 820

E: info@hospiceuk.org

W: www.dyingmatters.org

National Bereavement Services (specific)

Brake

For those bereaved by, or injured in, road accidents.

T: 0808 8000 401

E: help@brake.org.uk

W: www.brake.org.uk

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 and supported by professional staff.

T: 0800 282 986

E: contact@childdeathhelpline.org.uk

W: www.childdeathhelpline.org

Child Bereavement UK

Helps children, young people, parents, and families to rebuild their lives when a child grieves or when a child dies. Family groups for children aged 4-12. Groups for young people aged 11-25. Groups for bereaved parents. Offers free and confidential bereavement support for individuals, couples, children, young people, and families, by telephone, video or instant messenger (in the UK). Helpline 9am-5pm on weekdays.

T: 0800 028 8840

E: helpline@childbereavementuk.org

W: www.childbereavementuk.org

(The) Compassionate Friends – Child bereavement

The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents who support family members who have suffered the death of a child or children (from a month old) and from any cause. Families include unmarried partners, adoptive parents, stepfamilies, same sex couples and single parent families. There is an active group in Oxfordshire. Ring the national helpline for up-to-date local contact details.

T: 0345 123 2304

E: helpline@tcf.org.uk

W: www.tcf.org.uk

Grief Encounter – Helping bereaved children

Information and support. An interactive website has areas for children, teenagers, adults and professionals. Helpline open 9am-9pm on weekdays.

T: 0808 802 0111

E: griefftalk@griefencounter.org.uk

W: www.griefencounter.org.uk

Hope Again - Ages 14-25

Hope Again is the youth website of Cruse Bereavement Support. It is a safe place to learn from other young people how to cope with grief, and feel less alone and get advice for any young person dealing with the loss of a loved one.

T: 0808 808 1677

E: hopeagain@cruse.org.uk

W: www.hopeagain.org.uk

The Loss Foundation - Cancer and Covid

The Loss Foundation is a charity run by health professionals offering support groups for people who have lost a loved one to cancer or covid.

T: 0300 200 4112

E: info@thelossfoundation.org

W: www.thelossfoundation.org

Lullaby Trust - SIDS

Raises awareness of Sudden Infant Death Syndrome (SIDS). It provides expert advice on safer sleep for babies and offers emotional support for bereaved families.

T: 0808 802 6868

E: support@lullabytrust.org.uk

W: www.lullabytrust.org.uk

Macmillan - Cancer support

Provides information about how to manage the practical tasks that need to be done following a death and how grief affects people in different ways. Also provides an online discussion forum for bereaved people and a guide to local support groups.

T: 0808 808 00 00

E: support@macmillan.org.uk

W: www.macmillan.org.uk

Miscarriage Association

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

T: 01924 200 799

E: info@miscarriageassociation.org.uk

W: www.miscarriageassociation.org.uk

RoadPeace - Road Traffic Accidents

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

T: 0845 4500 355

E: helpline@roadpeace.org

W: www.roadpeace.org

SCARD (Support and Care After Road Death and Injury)

Provides emotional and practical support and counselling to those bereaved following a road crash. Helpline open 9am-9pm.

T: 0845 123 5542

E: info@scard.org.uk

W: www.scard.org.uk

SSAFA - Forces Help

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

T: 0800 260 6767

E: SouthEast.Region@ssafa.org.uk

W: www.ssafa.org.uk

War Widows Association of Great Britain

Gives advice, help and support to all war widows and their dependents.

T: 0845 241 2189

E: info@warwidows.org

W: www.warwidows.org.uk

WAY Foundation (Widowed and Young)

Helps young widowed people (up to age 50) through social events. Run by young widowed volunteers. Organises holidays. Website provides information, a chat room and online support groups and has an active local branch in Oxfordshire.

T: 0300 201 0051

E: info@widowedandyoung.org.uk

W: www.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 online group and offers meetings and events all over the UK, including Oxfordshire.

E: info@way-up.co.uk

W: www.way-up.co.uk

Winston's Wish

Information and support for bereaved children and young people up to age 25. Helpline open 8am-8pm on weekdays.

T: 0808 8020 021

E: ask@winstonswish.org

W: www.winstonswish.org.uk

