

Grief and Bereavement Resources



Local and national support services



**KATHARINE
HOUSE
HOSPICE**



**SOBELL
HOUSE
HOSPICE**



Oxford University Hospitals
NHS Foundation Trust

Working in partnership to provide specialist palliative care for adults with life-limiting illnesses



How can we help you?

This leaflet provides information about local and national organisations that offer grief support. Some local groups provide general and/or, specialist support.

Palliative Care Bereavement Support Service

Katharine House and Sobell House Hospices offer individual support to families and friends of patients under the care of our hospices or community palliative care teams.

You can contact us using the details below:

☎ 01865 225944 or 01865 225878

✉ pallcarebereavement@ouh.nhs.uk

General support

Citizens Advice Oxford

Confidential legal and financial advice.

☎ 0808 278 7909

🌐 www.citizensadviceoxford.org.uk

Employee Assistance Programmes

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

General Practitioners

Your GP may be able to help by listening, offering support, prescribing drugs for problems like sleeplessness or depression, advising you about other sources of support or by referring you to a counsellor.

Independent counsellors

and therapists

To find registered psychotherapists and counsellors in your area visit the following websites.

British Association of Counselling and Psychotherapy:

🌐 www.bacp.co.uk

UK Council for Psychotherapy:

🌐 www.psychotherapy.org.uk

Ministers of religion and faith communities

Religious leaders and faith groups 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.

Samaritans

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

☎ 116 123

✉ jo@samaritans.org

🌐 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, drop-in café and group outings.

☎ 01865 790552

✉ office@archwayfoundation.org.uk

🌐 www.archwayfoundation.org.uk

The Bereavement Journey

Six sessions, uses 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.

☎ 01865 761236

✉ headington.office@stebbes.org

🌐 www.stebbesheadington.org

Cruse Bereavement Support: Oxfordshire

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

☎ 01865 245398

✉ oxfordshire@cruse.org.uk

🌐 www.cruse.org.uk

Helen & Douglas House Family Support Team

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

☎ 01865 794749

✉ reception@helenanddouglas.org.uk

🌐 www.helenanddouglas.org.uk

The Listening Centre

Provides low-cost counselling to people in Oxford who are otherwise unable to afford it. Volunteer counsellors and psychotherapists offer both online and in-person sessions.

☎ 01865 794794

✉ admin@thelisteningcentre.org.uk

🌐 www.thelisteningcentre.org.uk

Orchard Counselling – Wantage

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

☎ 01235 769744

✉ info@orchardcounselling.org.uk

🌐 www.orchardcounselling.org.uk

Oxfordshire Talking Therapies

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

☎ 01865 901222

✉ oxon-talking-therapies@oxfordhealth.nhs.uk

🌐 www.oxfordhealth.nhs.uk/oxon-talking-therapies

Oxfordshire Bereavement Services – specific

Age UK Oxfordshire

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 50+ the opportunity to meet with others over tea and cake. Fortnightly meetings across Oxfordshire.

☎ General 0345 450 1276

✉ latespring@ageukoxfordshire.org.uk

🌐 www.ageuk.org.uk/oxfordshire

BLESS: Bereavement, Loss and Emotional Support Service

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

☎ 07946 392728

✉ bless@ojc-online.org

🌐 www.ojc-online.org/bless

Footprints – Abingdon

A monthly bereavement support group under the umbrella of Christ Church, Abingdon.

Held at New Barn Café, Northcourt Road, Abingdon, OX14 1PL.

☎ 01235 539172

✉ footprints@cca.uk.net

🌐 www.cca.uk.net/care-and-support

Home-Start Oxfordshire (for families with child under age 5 years)

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

☎ 01235 511152

✉ admin@homestartso.org

🌐 www.homestart-southernoxfordshire.org.uk

Oxford

☎ 01865 649003

✉ admin@homestartoxford.org.uk

🌐 www.homestartoxford.org.uk

Banbury, Bicester and Chipping Norton

☎ 01295 266358

✉ info@home-startbanbury.org.uk

🌐 www.home-startbanbury.org.uk

The Hummingbird Centre – Bicester (for cancer support)

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

☎ 01869 244244

✉ info@thehummingbirdcentre.org.uk

🌐 www.thehummingbirdcentre.org.uk

Let's Talk About Loss (for people aged 18–35 years)

National organisation with local Oxford meet-up once a month to talk about loss in a safe, fun, relaxed space.

Website has information and resources about grieving as a young person.

✉ oxford@letstalkaboutloss.org

🌐 www.letstalkaboutloss.org

Maggie's Oxford (for people affected by 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.

☎ 01865 751882

✉ oxford@maggies.org

🌐 www.maggies.org

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 available on the website.

Oxfordshire

☎ Local befrienders: 07513 295504

✉ oxfordshire@sandsvolunteer.org.uk

🌐 www.oxfordshiresands.org.uk

National

☎ 0808 164 3332

✉ helpline@sands.org.uk

🌐 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.

☎ 01865 744 768

✉ info@seesaw.org.uk

🌐 www.seesaw.org.uk

Survivors of Bereavement by Suicide

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

☎ 07958 434082

✉ henley-on-thames@uksobs.org

🌐 www.uksobs.com



National Bereavement Services

AtaLoss

Searchable online directory of bereavement services nationally and locally.

🌐 www.ataloss.org

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.

☎ 0800 634 9494

✉ info@bereavementadvice.org

🌐 www.bereavementadvice.org

Cruse Bereavement Support

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 aged 14–25. See Hope Again on the page opposite.

☎ 0808 808 1677

✉ helpline@cruse.org.uk

🌐 www.cruse.org.uk



National Bereavement Services – specific

Brake

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

☎ 0808 800 0401

✉ help@brake.org.uk

🌐 www.brake.org.uk

Dying Matters – 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.

☎ 020 7520 820

✉ info@hospiceuk.org

🌐 www.dyingmatters.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 years. Groups for young people aged 11–25 years. Groups for bereaved parents. Free, confidential bereavement support by telephone, video or instant messenger, in the UK.

☎ 0800 028 8840

✉ helpline@childbereavementuk.org

🌐 www.childbereavementuk.org

Child Death Helpline

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.

☎ 0800 282 986

✉ contact@childdeathhelpline.org.uk

🌐 www.childdeathhelpline.org

The Compassionate Friends

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

☎ 0345 123 2304

✉ helpline@tcf.org.uk

🌐 www.tcf.org.uk

Grief Encounter (helping bereaved children)

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

☎ 0808 802 0111

✉ bereavementsupport@griefencounter.org.uk

🌐 www.griefencounter.org.uk

Hope Again (for young people aged 14–25 years)

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

☎ 0808 808 1677

✉ hopeagain@cruse.org.uk

🌐 www.hopeagain.org.uk

The Loss Foundation (cancer bereavement support)

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

☎ 0300 200 4112

✉ hello@thelossfoundation.org

🌐 www.thelossfoundation.org

The 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.

☎ 0808 802 6868

✉ support@lullabytrust.org.uk

🌐 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.

☎ 0808 808 00 00

✉ support@macmillan.org.uk

🌐 www.macmillan.org.uk

Miscarriage Association

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

☎ 01924 200 799

✉ info@miscarriageassociation.org.uk

🌐 www.miscarriageassociation.org.uk

RoadPeace (road traffic accidents)

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

☎ 0800 160 1069

✉ helpline@roadpeace.org

🌐 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.

☎ 0345 123 5542

✉ info@scard.org.uk

🌐 www.scard.org.uk

SSAFA (Armed Forces charity)

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

☎ 0800 260 6767

✉ SouthEast.Region@ssafa.org.uk

🌐 www.ssafa.org.uk

War Widows Association

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

☎ 0845 241 2189

✉ info@warwidows.org.uk

🌐 www.warwidows.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 and offers meetings and events all over the UK, including Oxfordshire.

✉ info@way-up.co.uk

🌐 www.way-up.co.uk

WAY Widowed and Young

Helps young widowed people (up to the age of 50 years) through social events. Run by young widowed volunteers.

The website provides information, a chat room and online support groups and has an active local branch in Oxfordshire.

☎ 0300 201 0051

✉ info@widowedandyoung.org.uk

🌐 www.widowedandyoung.org.uk

Winston's Wish

Information and support for bereaved children and young people up to the age of 25 years.

☎ 0808 8020 021

✉ ask@winstonswish.org

🌐 www.winstonswish.org.uk



*"Grief is like the ocean;
it comes in waves,
ebbing and flowing.
Sometimes the water is
calm, and sometimes it
is overwhelming. All we
can do is learn to swim."*



Bereavement Cafés

Our Bereavement Cafés provide people who have been bereaved with the opportunity to meet others in their local area who are going through a similar situation. You are warmly invited to share your experience in an informal and supportive setting.

Katharine House Café is on the first Wednesday of each month, held in the Living Well Lounge at the hospice from 5pm to 7pm.

Sobell House Café is on the second Monday of each month, held in the Living Well Lounge at the hospice from 5.30pm to 7.30pm.

Just come along, no need to book.

If you are dissatisfied with our service, we have a complaints procedure. Contact:

Palliative Care Bereavement Service Manager
Sobell House Hospice, Churchill Hospital, Headington, Oxford OX3 7LE

 pallcarebereavement@ouh.nhs.uk

 01865 225878 or 01865 225944