

Further copies can be obtained from

Bereavement Service

Sobell House Hospice,
Churchill Hospital Old Road,
Headington,
Oxon
OX3 7LE

Telephone: 01865 225878

Email: sobellbereavementService@ouh.nhs.uk

Web: www.sobellhouse.org

facebook.com/sobell.house

twitter.com/sobellhouse



Sobell House Bereavement Service

Grief & Bereavement Resources for
Bereaved People

Oxford University Hospitals 
NHS Foundation Trust

***“My volunteer was lovely, supportive, understanding...
She seemed to know what to say and when to listen.
She made me feel like it was ok to feel this way and
how to deal with grief and its repercussions”***

National Organisations for Children and Young People

Child Bereavement UK

Supports families and educates professionals when a baby or child of any ages dies or is dying, or when a child is facing bereavement. Helpline provides publications and resource materials, interactive website, online family forum and a searchable database of support organisations. Offers a bereavement service for Bucks, Milton Keynes and occasionally Oxfordshire.
0800 028 8840 (9am-5pm, weekdays) support@childbereavement.org
www.childbereavement.org

Child Death Helpline

A helpline for anyone affected by the death of a child of any age, from pre birth to adult, under any circumstances however long ago.
0800 282 986, 0808 800 6019 (from a mobile)
www.childdeathhelpline.org.uk

Grief Encounter

Information and support. An interactive website has areas for children, teenagers, adults and professionals.
0808 802 0111 (9am-9pm, weekdays) contact@griefencounter.org.uk
www.griefencounter.org.uk

Hope Again (Cruse Bereavement Care's website for young people)

Support and advice for bereaved young people.
0808 808 1677 (9.30 - 5.00, weekdays) helpline@cruse.org.uk
www.hopeagain.org.uk

Winston's Wish

Information and support for bereaved children and young people.
0808 802 0021
www.winstonswish.org ask@winstonswish.org
Pauline Croucher 01865 682350 pauline.croucher@gmail.com

Oxfordshire Bereavement Services

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.
0345 450 1276 [ad-
min@ageukoxfordshire.org.uk](mailto:admin@ageukoxfordshire.org.uk)
www.ageuk.org.uk/oxfordshire

Late Spring (bereavement support group) - offers bereaved people aged 60+ the opportunity to meet with others over tea and cake. Fortnightly meetings across Oxfordshire.
01235 849 434
www.ageuk.org.uk/oxfordshire/our-services/late-spring

Archway

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.
01865 790552 / 07718 769103
office@archwayfoundation.org.uk
<https://archwayfoundation.org.uk>

At A Loss

A charitable movement of people across the UK who are passionate about enabling the bereaved to receive the support that they need - in easing the pain together.
www.ataloss.org

Oxfordshire 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.

0800 634 9494 (9am - 5pm, weekdays)

www.bereavementadvice.org

BLESS Bereavement, Loss and Emotional Support Service

BLESS provides 1-1 support for Jewish people and people with Jewish

connections living in Oxfordshire.

07522 845994

bless@ojc-online.org

[http://www.ojc-online.org/index.php?](http://www.ojc-online.org/index.php?option=com_content&view=article&id=154&Itemid=1261)

[option=com_content&view=article&id=154&Itemid=1261](http://www.ojc-online.org/index.php?option=com_content&view=article&id=154&Itemid=1261)

Brake

For those bereaved by, or injured in, road accidents

0808 8000 401 (10am - 4pm, weekdays)

helpline@brake.org.uk

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.

0800 282 986 or 0808 800 6019

contact@childdeathhelpline.org

www.childdeathhelpline.org.uk

National Organisations

The Lullaby Trust

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

0808 802 6869 (information line)

info@lullabytrust.org.uk

0808 802 6868 (bereavement support)

support@lullabytrust.org.uk

www.lullabytrust.org.uk

War Widows' Association of Great Britain

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

0845 2412 189

info@warwidows.org.uk

www.warwidows.org.uk

WAY (Widowed and Young)

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

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 web-based group and offers meetings and events all over the UK, including Oxfordshire.

www.way-up.co.uk

Young Dementia UK

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

01993 776295

www.youngdementiauk.org

National Organisations

The Compassionate Friends

The Compassionate Friends (TCF) is a nationwide organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause. TCF offers many different kinds of support for bereaved families including:

- * A National Helpline run by bereaved parents
- * Local contacts throughout the UK offering one to one or group support meetings
- * Specialist support for parents bereaved by suicide, addiction and for those with no surviving children (childless parents)
- * Supportive weekends retreats and gatherings
- * A website offering information, resources and a private online forum for bereaved parents
- * Private, supportive Facebook Groups
- * Informal get-togethers and bring and share days
- * A unique library containing over 1500 titles on all aspects of bereavement

0345 123 2304

helpline@tcf.org.uk

www.tcf.org.uk

The Loss Foundation

The Loss Foundation is a charity run by health professionals offering support groups and social events in London and 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.

0300 200 4112

info@thelossfoundation.org

www.thelossfoundation.org

Oxfordshire Bereavement Services

Cruse Bereavement Care

The national website has a helpline that offers emotional support to anyone affected by bereavement. It give practical advice and links to useful organisations, on-line support, information about adult and children's grief.

Www.cruse.org.uk

0808 808 1677

helpline@cruse.org.uk

Cruse Bereavement Care—Oxfordshire branch for all bereaved adults.

At the time of the Covid –19 pandemic it provides a telephone and virtual face to face counselling support with a dedicated quick response signposting service for people bereaved through suicide.

At all other times it provides one to one (virtual, telephone and face to face) counselling support, social friendship groups and a suicide support group for people bereaved by suicide (in collaboration with Survivors of Bereavement by Suicide). 01865 245398 (10am - 1pm, week-days)

www.oxfordcruse.co.uk

oxfordshire@cruse.org.uk

Dying Matters

Aims to change societal attitudes to dying, death and bereavement.

The website provides links to organisations providing help, a useful publications guide and leaflets such as 'Telling Others About a Death', 'Looking After Yourself' and 'Coping with Grief'

0800 021 4466

www.dyingmatters.org

Footprints

A monthly bereavement support group under the umbrella of Christ Church, Abingdon. Held monthly on second Tuesday, 10:30 -12.00 in The Barns Cafe, Christ Church, Northcourt Road, Abingdon, Oxon, OX14 1PL

01235 539172

office@cca.uk.net

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

Oxfordshire Bereavement Services

Helen and Douglas House Family Support Team

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

01865 794749 (9am - 5pm, weekdays)

www.helenanddouglas.org.uk reception@helenanddouglas.org.uk

Home-Start

Home Start is a national organisation with three branches in Oxfordshire, offering free, non judgemental practical and emotional support to families with at least one child under 5.

Oxford

01865 779991

admin@homestart-oxford.org.uk

www.home-startoxford.org.uk

Southern Oxfordshire

01235 511152

admin@homestartso.org

www.homestart-southernoxfordshire.org.uk

Banbury and Chipping Norton

01295 266358

info@home-startbanbury.org.uk

www.home-startbanbury.org.uk

Katharine House Hospice - Bereavement Service

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

01295 811866

mel.mobley@khh.org.uk

www.khh.org.uk/bereavement-services

National Organisations

Support After Suicide

A national partnership of organisations working across the UK to support people bereaved or affected by suicide. Provides information including a booklet 'Help is at Hand' available on-line or in print.

www.supportaftersuicide.org.uk/help-is-at-hand

Survivors of Bereavement by Suicide

This organisation exists to meet the needs and break the isolation experienced by those bereaved by suicide. It provides emotional and practical support through a helpline, chat room and forum, group meetings and residential events.

0300 111 5065 (9am - 9pm, weekdays)

email.support@uksobs.org

www.uksobs.org

Talking Space Plus Oxfordshire

Talking Space Plus 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

talkingspaceplus@nhs.net

www.oxfordhealth.nhs.uk/talkingspaceplus

The Hummingbird Cancer and Support Therapy Centre

Provides a variety of support services for families, as well as counselling and bereavement support including children 6-16, to the people of Bicester, surrounding villages and further afield affected by cancer.

01869 244244

info@thehummingbirdcentre.org.uk

www.thehummingbirdcentre.org.uk

National Organisations

SSAFA, the Armed Forces Charity

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

0800 731 4880

www.ssafa.org.uk

Oxfordshire branch 01235 548039

www.ssafa.org.uk/oxfordshire

Sobell House Bereavement Service

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

01865 225878

smsh.bereavementservice@ouh.nhs.uk

www.sobellhouse.org

Sudden (Supporting people after sudden death)

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.

01484 559909

www.suddendeath.org

Sue Ryder Online Community

The Sue Ryder Online Community is a safe place to go for free, 24/7 practical and emotional support when you are coping with the loss of a loved one.

Available from your computer, tablet or mobile and moderated by Sue Ryder, the community is a safe and supportive place for bereaved people whenever and wherever they need it.

0808 164 4572

www.sueryder.org/online-bereavement-support

Oxfordshire Bereavement Services

London Friend

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

020 7833 1674

office@londonfriend.org.uk

www.londonfriend.org.uk

Maggie's Oxford—for those affected by cancer

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

01865 751882

www.maggiescentres.org

oxford@maggiescentres.org

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 on-line discussion forum for bereaved people and a guide to local support groups.

0808 808 0000 (8am - 8pm)

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 (9am - 4pm, weekdays)

info@miscarriage.association.org.uk

www.miscarriageassociation.org.uk

National Organisations

OxFed (NHS General Practice Social Prescribing Service)

OxFed and your local GPs have teamed up with over 150 community services to help with access to best advice and support.

01865 223 900

OxFed.admin@nhs.net

www.oxfed.uk/social-prescribing

Oxford University Hospitals NHS Foundation Trust Bereavement Service

Provides practical and emotional support to the immediate family or next of kin of anyone who dies as a patient in the Trust.

A compassionate administrative service to support families cared for in the John Radcliffe, Churchill, Horton and the Nuffield Orthopaedic Hospitals in the immediate period after a patient has died.

The service facilitates the legal paperwork required to proceed to burial or cremation and ask any questions about the care given by the Trust in the days following the death of their relative. The Bereavement Services are here to support all families who experience a death in the hospitals.

01865 220110

RoadPeace

Provides 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 specific guides and information sheets on the legal procedures that follow a road death.

0845 4500 355

www.roadpeace.org

National Organisations

Sands (Stillbirth and neonatal death charity)

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 and support and practical advice offered. Run by volunteers who are all bereaved parents. Information and recommended reading available on website.

0808 164 3332

helpline@sands.org.uk

www.sands.org.uk

Oxfordshire Sands

oxfordshire@sands.org.uk

07513 295504

www.oxfordshiresands.org.uk

SeeSaw - grief support for children and young people in Oxfordshire

SeeSaw provides advice, information and direct support throughout Oxfordshire for children, young people and their families before and after the death of a parent or sibling, or close family member.

01865 744768

info@seesaw.org.uk

www.seesaw.org.uk

SCARD (Support & care after road death & injury)

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

0345 123 5542 (9am - 9pm)

info@scard.org.uk

www.scard.org.uk