



Full List of Bereavement Resources

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Bereavement

Umbrella websites with lots of information:

The Good Grief Trust www.thegoodgrieftrust.org

What's Your Grief <https://whatsyourgrief.com/>

The Loss Foundation <https://thelossfoundation.org/>

If you like to watch videos:

<https://grief-channel.com>

If you like to use an interactive app:

<https://griefworkscourse.com>

If you like to listen to podcasts:

www.shapesofgrief.com

Available via BBC sounds: *Griefcast; You, Me and The Big 'C'*

If you like to try grief-focused meditation:

Insight Timer



This app has many guided meditations - put in search terms such as 'grief', 'bereavement', facing death'.

If you like to read books:

Option B, by Sheryl Sandberg & Adam Grant

An account of being widowed when also parenting young children.

With the End in Mind, by Kathryn Mannix

Helpful to read when supporting someone approaching death.

Bereavement Support - Local

Cruse Cambridge branch

The aim of Cruse Bereavement Care is to provide bereavement support - a telephone helpline, one-to-one support and support groups - to anyone who needs it. This is a direct alternative to what we can offer at Arthur Rank and may have a shorter waiting list. Staffed by experienced volunteers, the service is confidential and free and aims to arrange an initial session of one-to-one support within 7 - 10 days. If further sessions are required (usually up to 6 are offered) there is a waiting list system. In the meantime, you can contact the telephone helpline whenever you need to.

CRUSE Cambridge branch covers the whole of Cambridgeshire, including Ely, Fenland, Newmarket, Haverhill and Uttlesford. Helpline 01223 633536, Monday - Friday 9.30am - 1.30pm (answer machine service outside these times). A volunteer will call you back in 1-2 days.

cambridge@cruse.org.uk

Local branches:

Bedfordshire | 0300 200 4108 | bedfordshire@cruse.org.uk

Hertfordshire | 01707 278 389 | hertfordshire@cruse.org.uk

Huntingdonshire | 07902 662 492 | huntingdonshire@cruse.org.uk

Peterborough | 01733 348439 | peterborough@cruse.org.uk

Suffolk | 01473 230888 | suffolk@cruse.org.uk

Maggie's Cambridge

An excellent local organisation (based on the Addenbrookes site) for those living with cancer, their carers or bereaved family members. Maggie's can offer support the same day -



which is not a service we can offer at Arthur Rank Hospice. You can drop in Monday- Friday 0900-1700 for a cup of tea, meet people who understand what you're going through or just take a moment to gather your thoughts. Free one-to-one help and information from a professional team.

<https://www.maggies.org/our-centres/maggies-cambridge/>

Bereavement Support - National

AtaLoss.org

A signposting website to bereavement services and resources.

<https://www.ataloss.org/>

Bereavement UK

Bereavement support and information, including podcasts, articles and e-books.

www.bereavement.co.uk

Caring Together

Planning for tomorrow – after bereavement. Losing a loved one is a painful time for you and your family. We are here to support you as you come to terms with the changes this brings and look at continuing your life after your caring role.

www.caringtogether.org/support-for-carers/adult-carers/planning-for-tomorrow-after-bereavement

Child Bereavement UK

Confidential support, information and guidance to children, young people and families who have lost a child.

www.childbereavementuk.org/

Child Death Helpline

A helpline operated by a team of volunteers who are all bereaved parents who have lost a child of any age, under any circumstances, and however recently or long ago. Also offers support to grandparents, siblings and the extended family.

<https://www.childdeathhelpline.org.uk/>



Facing the Future

Facing the Future support groups will give you the opportunity to meet others online who have lost someone to suicide and share your experiences and feelings. You may attend our support groups even if you are already receiving other types of support.

<https://www.facingthefuturegroups.org/>

London Friend LGBT Bereavement Helpline

Delivered by trained LGB&T volunteers, to improve the health and mental well-being of Lesbian, Gay, Bisexual and Transgendered people (LGB&T).

<https://londonfriend.org.uk/>

Macmillan Cancer Support

Offers support for people affected by cancer including bereavement.

www.macmillan.org.uk

Sudden

A free, confidential service when someone you love dies because of a sudden medical reason or terminal illness. A named bereavement case worker supports you, stays in touch and gives advice and gets the help you need.

www.sudden.org

Sue Ryder Online Bereavement Support

For one-to-one professional support, to talk to others in similar situations, or to read expert information resources

www.sueryder.org/online-bereavement-support

The Compassionate Friends (TCF)

An organisation of bereaved parents, siblings and grandparents who support other bereaved parents, siblings and grandparents who have suffered the death of a child.

<https://www.tcf.org.uk/>



The Good Grief Trust

A network of over 800 local, regional and national support services, helplines, videos, advice and guidance, enabling anyone who has been bereaved to find their nearest local support organisation. Also practical help and tips from people who have been bereaved, who tell their own stories.

www.thegoodgrieftrust.org

Way Up

An active self-help group providing mutual support to those widowed in their 50s and 60s. It is a group with a positive forward-looking attitude to rebuild our lives and discovering that lives can be good again.

www.way-up.co.uk

Widowed and Young (WAY)

A social and support network for men and women aged 50 or under when their partner died, run by a network of volunteers bereaved at a young age themselves. Members can meet and chat online through a secure website.

www.widowedandyoung.org.uk

Cancer Support

Maggie's Cambridge

An excellent local (based on the Addenbrookes site) organisation for those living with cancer, their carers or bereaved family members. Maggie's can offer support the same day - which is not a service we can offer at Arthur Rank Hospice. Open Monday- Friday 0900-1700 for free one-to-one help and information from a professional team.

<https://www.maggies.org/our-centres/maggies-cambridge/>

Other organisations offering Cancer-related support below:

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help>

<https://www.cambridgecancerhelp.org/>



Carers

Caring Together

Planning for tomorrow – after bereavement. Support for those coming to terms with the changes this brings and continuing life after their caring role. The service includes a telephone service manned by volunteers to help with loneliness and isolation and a free counselling service open to current and bereaved carers.

www.caringtogether.org/support-for-carers/adult-carers/planning-for-tomorrow-after-bereavement

Centre 33

Free, confidential mental health and counselling to young people aged 13 to 25 years in Cambridgeshire and Peterborough. There is also the Young Carers Project, offering support for young carers aged 8-18.

www.centre33.org.uk

Maggie's Cambridge

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Children

Child Bereavement UK

Confidential support, information and guidance to children, young people and families who have lost a child.

www.childbereavementuk.org/



Child Death Helpline

A helpline operated by a team of volunteers who are all bereaved parents, for parents who have lost a child of any age, under any circumstances, and however recently or long ago. Also support to grandparents, siblings and the extended family.

<https://www.childdeathhelpline.org.uk/>

Chums

Mental health and emotional wellbeing service for children and young people, providing bereavement support.

www.chums.uk.com

Cogwheel Trust for Children

Subsidised counselling in Cambridgeshire to couples, families and individuals.

www.cogwheel.org.uk

Little Miracles

Bereavement support and counselling to families with a child under 25 who has an additional need, disability or life-limiting condition.

www.littlemiraclescharity.org.uk

Stars Children's Bereavement Support Service

Specialist counselling for bereaved children and young people aged 0-25, living in Cambridgeshire. Also provides support for families and professionals.

www.talktostars.org.uk

Winston's Wish

Support for bereaved children and young people.

www.winstonswish.org/

Emotional Support

As a first option, please contact your GP or The First Response Service on 111, option 2.

Group Therapy Centre

Cambridgeshire's leading not-for-profit group-psychological treatment service - a charity commissioned by Cambridge & Peterborough NHS to provide group therapy in



Cambridgeshire for local people experiencing emotional and mental health worries. For a free initial consultation, you can refer yourself or ask your GP or another health professional to make a referral on your behalf.

<https://grouptherapycambridge.org.uk/>

Hub of Hope

The UK's go-to mental health support signposting tool, with thousands of local, regional and national support groups and services listed. Just enter your postcode.

<https://hubofhope.co.uk/>

IAPT

This service provides help to people aged 17 and over who are experiencing common mental health problems such as depression and anxiety disorders, stress, low confidence, sleep disturbance and self-esteem issues. You do not need a diagnosis to access the service.

<https://www.cpft.nhs.uk/psychological-wellbeing-service/>

Lawrence Way Community Counselling Service

Offering counselling and group courses to residents of Cambridge City and surrounding areas who are registered at any Cambridge GP surgery. Those who live in North Cambridge can also use the counselling service, wherever they are registered as patients.

<https://www.lawrencewaycounselling.org/>

My Possible Self

An NHS-endorsed app that teaches people coping techniques to help reduce anxiety, stress and low mood. The aim is to make people feel happier and more able to deal with the challenges they face.

<https://www.nhs.uk/apps-library> (add a filter of 'mental health')

Lifeline

Telephone support service mental health helpline.

Tel: 0800 543 354 24-hour service, 365 days a year.

Relate Cambridge

For relationship counselling and sex therapy. Relate Cambridge has over 30 experienced and trained counsellors who work with individuals, couples, children, young people and families, helping to build better relationships.

<http://www.relatecambridge.org.uk/>



Samaritans

Confidential emotional support at all times of day and night.

Email: jo@samaritans.org.uk • Tel: 0330 094 5717 • Tel: 116 123 (National)

www.samaritans.org

SANeline

A national, out-of-hours, confidential, mental health helpline for those aged 16 or over, offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Tel 0300 304 7000. Open every day of the year from 4.30pm to 10.30pm.

www.sane.org.uk

The Stress and Anxiety Companion

An NHS-endorsed app for people experiencing mild to moderate anxiety or stress, using Cognitive Behavioural Therapy (CBT) techniques, breathing exercises, relaxing music and games to help identify the causes of anxiety or stress so people can replace negative thoughts with positive. To find the app, filter 'mental health'.

<https://www.nhs.uk/apps-library>

LGBTQ+

Rethink Mental Illness

Information for LGBT+ people and anyone interested in their mental health.

<https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/lgbtplus-mental-health/>

Galop

Supporting LGBTQ+ people who have experienced abuse and violence, such as domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse and forced marriage.

<https://galop.org.uk>

Mindline Trans+

An emotional and mental health support helpline for anyone identifying as transgender, non-binary, genderfluid...

<http://mindlinetrans.org.uk/>



Women

Cambridge Women's Resources Centre

A welcoming women's community space, offering services such as career development, advice on debt, family and parenting, together with a mix of fun and practical informal groups, workshops and networking events. CWRC encourages a sense of friendship, empowering women to take steps to a better future.

www.cwrc.org.uk

Young People

Centre 33

Provides free counselling to young people aged 13 to 25 years in Cambridgeshire and Peterborough. There is also support for young carers aged 8-18.

www.centre33.org.uk

Child Bereavement UK

Confidential support, information and guidance to children, young people and families who have lost a child.

www.childbereavementuk.org/

Chums

Mental health and emotional wellbeing service for children and young people, providing bereavement support.

www.chums.uk.com

Grief Encounter

Information about what grief may look and feel like, and some of the natural responses after a bereavement.

www.griefencounter.org.uk



Help2makesense

An online tool for bereaved young people (18–25-year-olds), aiming to help those who have experienced the death of a loved one come to terms with their loss, by sharing the stories of young people we've supported, and how they have coped with their grief. Also advice and tips, resources and reading lists.

www.help2makesense.org

Hope Again

A safe place where you can learn from other young people aged 12-18 how to cope with grief and feel less alone. Information about our services, a listening ear from other young people and advice for dealing with the loss of a loved one. We also provide email and online support, and group work with young people. Lots of personal stories from young people who have lost someone.

www.hopeagain.org.uk

Let's Talk About Loss

Supports 18–35-year-olds who have been bereaved of anyone, at any time, with monthly, peer-led meet-ups all over the country and online too. They talk about grief in a relaxed, fun and safe space with others of the same age who 'get it'.

www.letstalkaboutloss.org

Papyrus UK

Papyrus is the UK charity for the prevention of young suicide (under 35).

www.papyrus-uk.org

Stars Children's Bereavement Support Service

Provides specialist counselling for bereaved children and young people aged 0-25, living in Cambridgeshire. Also provides support for families and professionals.

www.talktostars.org.uk

Winston's Wish

Support for bereaved children and young people.

www.winstonswish.org/



Young Minds

When you lose someone close to you, it's natural to feel sad, depressed, worried or angry. If you're finding it hard to cope, we can help you find support. This website includes short videos and links to other services.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need someone to talk to right now, you can text YM to 85258. We aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to take the next step to feeling better.

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

Other

Age UK

Provides support and information for older people through an advice line, publications and volunteer network.

www.ageuk.org.uk

Dying Matters

Aiming to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

www.dyingmatters.org/

Also:

www.thegoodgrieftrust.org/need-know-info/pre-bereavement-advice/

www.mariecurie.org.uk/blog/play-cards-to-spark-a-meaningful-conversation/259983