

HELP & COMFORT



'HELP GROUPS '

In times of bereavement, you can turn to family and friends but in some circumstances, a little extra help may be required.

As well as the following organisations, your aftercare manager will always be very happy to visit and talk about any issues you may have relating to your bereavement.

AGE CONCERN:

A national organisation for older people.

Age Concern England

1268 London Road

London SW16 4ER.

Tel: 020 8765 7200

Local Number – 01274 871 328

Email: ace@ace.org.uk

www.ageconcern.org.uk

BRAKE:

Organisation for road safety.

PO Box 548

Huddersfield

West Yorkshire

HD1 2XZ.

Helpline: 01484 559 909

www.brake.org.uk

Email: brake@brake.org.uk

THE BRITISH ASSOCIATION OF CANCER UNITED PATIENTS:

Gives information, practical advice and emotional support to patients, their families and friends and those bereaved by the illness.

3 Bath Place

Rivington Street

London EC2A 3JR.

Tel: 0808 800 1234

www.cancerbacup.org.uk

BRITISH ORGAN DONOR SOCIETY:

A self-help and support group for families or organ donors and for those who have received organs. Will welcome calls from those whose relatives have died after a transplant or whilst waiting.

Balsham

Cambridge CB1 6DL.

Tel: 01223 893 636

Email: body@argonet.co.uk

MACMILLAN CANCER RELIEF:

Offers emotional support and information to people with cancer, their families and friends.

Macmillan Cancer Line

Macmillan Cancer Relief

89 Albert Embankment

London

SE1 7UQ.

Tel: 0808 808 0000

www.cancerlink.org

THE COMPASSIONATE FRIENDS:

An organisation offering support and friendship to bereaved parents.

53 North Street

Bristol BS3 1EN.

Helpline: 08451 232304

www.tcf.org.uk

Email: info@tcf.org.uk

CRUSE BEREAVEMENT CARE:

Nationwide service of emotional support, counselling and information to anyone bereaved by death.

126 Sheen Road

Richmond

Surrey TW9 1UR.

Helpline: 0870 167 1677

www.crusebereavementcare.org.uk

Email: helpline@crusebereavement.org.uk

FACTS HEALTH CENTRE:

Counselling, advice and support if someone has died from AIDS.

23 – 25 Weston Park

Crouch End

London N8 9SY.

Tel: 020 8348 9195

FOUNDATION FOR THE STUDY OF INFANT DEATHS:

Supports families of a baby who has died suddenly and unexpectedly.

Artillery House

11-19 Artillery Row

London

SW1P 1RT.

Helpline: 0870 787 0554

Email: support@sids.org.uk

www.sids.org.uk/fsid

GINGERBREAD:

Provides support and advice for lone parents and their children including adult education classes, crèches, children's activities and holidays.

Hope House

Mabgate

Leeds

LS9 7DR.

Tel: 0113 245 9580 (10am – 2pm)

Or 0800 018 4318

www.gingerbread.org.uk

THE MISCARRIAGE ASSOCIATION:

Offers support and information on all aspects of pregnancy loss.

Clayton Hospital

Northgate

Wakefield

West Yorkshire WF1 3JS.

Tel: 01924 200 799

www.miscarriageassociation.org.uk

Email: info@miscarriageassociation.org.uk

THE NATIONAL ASSOCIATION OF BEREAVEMENT SERVICES:

Gives support and information to bereaved people.

2 Plough Yard

London

EC2A .

T: 0207 247 1080

0207 247 0617

THE NATIONAL ASSOCIATION OF WIDOWS:

Offers information and support through local branches.

48 Queens Road
Coventry CV1 3ER.
Tel: 024 7663 4848
www.widows.uk.net

ROYAL BRITISH LEGION:

Caring and campaigning for our ex-service community.

For all general enquiries please contact Legion line on 08457 725 725

Open 9am - 4pm Monday to Friday, all calls charged at local rates.

www.britishlegion.org.uk

ROADPEACE:

National charity for road traffic victims. Gives practical & emotional support, information on legal procedures and arrange contact with local people similarly bereaved.

PO Box 2579
London NW10 3PW.
Helpline: 020 8964 1021
www.roadpeace.org
Email: info@roadpeace.org

THE SAMARTIANS:

For someone you can talk to who will give you support.

Charlotte Street
Wakefield
WF1 1UL.
Local Contact: 01924 377 011
Helpline: 08457 909090
www.samaritans.org.uk

SSAFA FORCES HELP:

National charity helping serving and ex-Service men, women and their families in need.

Carlton Barracks
Carlton Gate
Leeds
LS7 1HE.
T: 0113 2449254
www.ssafa.org.uk
Email: info@ssafa.org.uk

SANDS:

Offers support for bereaved parents and families when a baby dies at or soon after birth. A network of self-help groups nationwide run by and for bereaved parents.

28 Portland Place
London W1N 4DA.
Helpline: 020 7436 5881 (1000 – 1700 Mon-Fri)
Email: support@uk-sands.org
www.uk.sands.org

TERRENCE HIGGINS TRUST:

A charity providing support, help, counselling and advice for anyone with HIV.

2 Oxford Place
Leeds
LS1 3AX.
Opening times:
Mon – Fri 9.30 – 5.30
Helpline: 0845 1221200
Local Number: 0113 2364720
www.tht.org.uk
Email: info@thtyorkshire.org.uk

THE WAY FOUNDATION:

Provides a self-help social and support network for men and women widowed under the age of 50 and their children. The main aim is to help those widowed young to rebuild their lives by helping one another.

PO Box 6767

Brackley NN13 6YW.

Helpline: 0870 0113450

www.wayfoundation.org.uk

Email: info@wayfoundation.org.uk

WINSTON'S WISH:

Supporting Bereaved Children and Young People Winston's Wish.

Clara Burgess Centre

Bayshill Road

CHELTENHAM

GL50 3AW.

General Enquiries: 01242 515157

Family Line: 0845 20 30 40 5

Email: info@winstonswish.org.uk

LESBIAN & GAY BEREAVEMENT PROJECT:

Offers support and advice to lesbians and gay men bereaved by the death of a same sex life partner.

Vaughan M Williams Centre

Colindale Hospital

Colindale Avenue

London NW9 5GH.

Helpline: 020 7403 5969

E-mail: lgbp@aol.com

www.winstonswish.org.uk