

Bereavement Support in Cambridgeshire & Peterborough



This leaflet lists the main services across the Cambridgeshire and Peterborough area and national organisations that offer support for people who have lost a loved one.

If you feel you need support or advice, it may be helpful to first talk to your GP. They may be able to signpost you to support services. Your place of work or school may also be able to help. Faith communities can also be a source of support for many people.

Contents

- **Hospital Bereavement Care Services**, page 3
- **Hospice Support**, page 4
- **Support After the Loss of a Child**, page 6
- **Bereavement Support for Children & Young People**, page 7
- **Bereavement Support and Counselling**, page 10
- **Bereavement by Suicide**, page 13
- **Other Support**, page 15

If you feel that you or a loved one are at immediate risk to themselves or others, please contact your GP, A&E department or call NHS 111.

If you are experiencing a mental health crisis call 111 and select 'mental health support' when prompted. You can also access NHS 111 online via www.111.nhs.uk.

You can contact the Samaritans by calling **116 123**.

Hospital Bereavement Care Services

If a person died in hospital, support for the bereaved is offered by the hospital bereavement care services and the chaplaincy teams.

Please note that chaplaincy services in all the hospitals are for people of all faiths, or none.

Addenbrooke's Hospital - Chaplaincy

- Email: chaplaincy@addenbrookes.nhs.uk
- Tel: 01223 217 769
- Email: bereavementcareservices@addenbrookes.nhs.uk
- Tel: 01223 217 537 (extension 3537)

Hinchingbrooke Hospital - Chaplaincy

- Email: nwangliaft.HinchChaplaincy@nhs.net
- Tel: 01480 847 474
- Tel: 01480 847 494

Peterborough City Hospital - Chaplaincy

- Email: nwangliaft.chaplaincy@nhs.net
- Tel: 01733 673 115
- Tel: 01733 673 543

Queen Elizabeth Hospital, Kings Lynn - Chaplaincy

- Email: chaplains@gehkl.nhs.uk
- Tel: 01553 613 441
- Tel: 01553 613 878

Royal Papworth Hospital - Chaplaincy

- Email: papworth.chaplaincy@nhs.net
- Email: bereavementcareservices@addenbrookes.nhs.uk
- Tel: 01223 639121

Hospice Support

Alan Hudson Day Treatment centre

Part of Arthur Rank Hospice Services, Wisbech

Offers bereavement support to the families of patients who have received care from the service. Grief Chat is available through the website and is accessible and free to those that need it. You do not have to be known to the hospice services.

- Email: nee.alanhudson@nhs.net
- Tel: 01945 669 620

Arthur Rank Hospice, Cambridge

Offers bereavement support, including a monthly wellbeing and relaxation support group, to the families of patients who have received care from Arthur Rank House Hospice services.

- Tel: 01223 675 777

East Anglia's Children's Hospices (EACH)

EACH believe that having support available when you need it helps families to cope during the more difficult times. A child's close relationships may reach beyond the immediate family. EACH therefore aim to provide support to those who may be significantly impacted by this loss.

- www.each.org.uk/.../wellbeing-support/bereavement-support/
- Email:
- Tel:

St John's Hospice

Moggerhanger (near Bedford).

Offers bereavement support to families and friends of those patients for whom this Hospice service has cared.

- Email: contact.stjohns@sueryder.org
- Tel: 01767 642 429 or 01767 642 410

Sue Ryder Thorpe Hall Hospice, Peterborough

Family support team

Specially trained staff and volunteers offer family support to patients, and pre and post-bereavement support to their loved ones on a one-to-one and group basis, including Wayfinders, a bereavement support walking group. Specialist support is also available for children and young people.

- Email: thorpehall@sueryder.org
- Tel: 01733 225 900
- Ask for family support
- Website: <https://www.sueryder.org/>

The Norfolk Hospice

Tapping House

Offers support in bereavement to family members of patients who have received care from the service. This includes counselling, individual support and bereavement support groups.

- Tel: 01485 601 700
- Monday to Friday, 09:00-17:00
- Website: www.norfolkhospice.org.uk

Support After the Loss of a Child

Saying Goodbye

Provides comprehensive information, advice, support and much more to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy

- Email: support@sayinggoodbye.org
- Tel: 0300 323 1350
- Website: www.sayinggoodbye.org

BALM (Peterborough and Stamford)

Bereavement And Loss Matter

Working with you in the early and acute phases of grief by taking the heavy lifting out of research by providing clear and easy to navigate signposting all in one place.

- Email: hello@balm.support
- Website: www.balm.support

Bereavement Support for Children & 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.

- Email: help@centre33.org.uk
- Tel: 0333 414 1809
- Website: www.centre33.org.uk

Child Bereavement UK

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

- Email: support@childbereavementuk.org
- Tel: 01494 568 900
- Website: www.childbereavementuk.org
- National support & information line: 0800 028 8840

Cogwheel Counselling

Provides subsidised counselling in Cambridgeshire to couples, families and individuals of all ages.

Waiting list is currently closed. Please check website for any updates.

- Email: admin@cogwheel.org.uk
- Tel: 01223 464 385 (available from 10am to 4pm weekdays)
- Website: www.cogwheel.org.uk

Cruse Bereavement Support

For children and young people, the website includes resources for children struggling with grief.

- Cruse National helpline: 0808 808 1677
- Mon to Fri 09:30-17:00
- Email: helpline@cruse.org.uk
- Website: www.hopeagain.org.uk

Little Miracles

Provides bereavement support and counselling to families that have a child under 25 with an additional need, disability or life limiting condition.

- Email: michelle@littlemiraclescharity.org.uk
- Tel: 01733 262226
- Website: www.littlemiraclescharity.org.uk

Scotty's Little Soldiers

Provides support to young people, up to and including the age of 18 years who have suffered the loss of a parent serving with the British Armed Forces.

- Email: hello@scottyslittlesoldiers.co.uk
- Tel: 0800 092 8571
- Website: scottyslittlesoldiers.co.uk

Sibling Support

Helping you cope with your brother or sister's death.

This website is filled with advice, support and explanations. They know how you feel, because many of them behind the charity have experienced a sibling bereavement.

- Email: hello@siblingsupport.co.uk
- Website: www.siblingsupport.co.uk

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. (Service not provided to those living in Peterborough).

- Email: info@talktostars.org.uk
- Tel: 01223 863 511
- Website: www.talktostars.org.uk

The Mix

Essential support for under 25s including 1-2-1 Chat and Crisis Messenger

- Website: www.themix.org.uk/get-support

Winston's Wish

Supporting bereaved children, their families, and the professionals who support them.

- Email: info@winstonswish.org
- Tel: 01242 515 157
- National helpline: 0808 802 0021 (Freephone)
- Website: www.winstonswish.org

Bereavement Support and Counselling

Bereavement UK

Provides bereavement support and information, including podcasts, articles and free e-books.

- Email: support@bereavement.co.uk
- Website: www.bereavement.co.uk

BIG-C in Kings Lynn

Offers support for people affected by cancer including bereavement

- Email: kingslynncentre@big-c.co.uk
- Tel: 01553 818 737
- Website: <https://support.big-c.co.uk/our-centres/kings-lynn-centre>

Caring Together

At Caring Together we provide information and advice, run services in our local communities and campaign for carers' rights, so that carers have choices. Our support for carers can continue after their caring role has come to an end.

- Email: hello@caringtogether.org
- Tel: 0345 241 0954
- caringtogether.org

Cruse Bereavement Support

This voluntary organisation has a specialist team providing support to children and young people.

- Cruse National helpline: 0808 808 1677
- Open Mon, Weds, Thurs, Fri 9.30am to 5pm Tues 1pm to 8pm.
- Cruse National website: www.cruse.org.uk

Cruse Cambridge branch

(Cambridgewith Fenland and Uttlesford)

- Email: cambridgebranch@cruse.org.uk
- Tel: 01223 633 536
- Website: www.cruse.org.uk/postcode-lookup

Cruse Huntingdonshire branch

- Email: huntingdonshirebranch@cruse.org.uk
- Tel: 01733 348 439
- Website: www.cruse.org.uk/postcode-lookup

Cruse Peterborough branch

- Email: peterboroughbranch@cruse.org.uk
- Tel: 01733 348 439
- Website: www.cruse.org.uk/postcode-lookup

The Loss Foundation

Providing bereavement support following the death of a loved one to cancer.

Support is offered in a variety of means such as Support Groups, Walk and Talks and Grief Support Workshops. Vist [their website](#) for more information.

- Tel: 0300 200 4112
- Website: thelossfoundation.org

Macmillan Cancer Support

Offers support for people affected by cancer including bereavement.

- Tel: 0808 808 00 00
- Seven days a week, 08:00-20:00
- Website: www.macmillan.org.uk

Marie Curie

When you start using the service, you'll be matched with a specially trained volunteer who'll give you regular bereavement support. They'll provide a safe space where you can talk openly about your grief. You can access up to six telephone sessions of 45 minutes.

- Tel: 0800 090 2309 (Free)
- Support Line open 9am to 6pm Monday to Friday / 11am to 5pm on Saturday.
- Website: www.mariecurie.org.uk/help/support/bereavement

Muslim Bereavement Support Service

A non-profit organisation supporting bereaved women who have lost a loved one.

- Email: info@mbss.org.uk
- Website: <https://mbss.org.uk/>

Sue Ryder - Grief Kind Spaces

A safe, informal and supportive place in your local area

The spaces are volunteer-led, with volunteers receiving training and guidance to help attendees connect with each other and share their experiences of grief through peer-to-peer support.

- Website: www.sueryder.org/hub/grief-kind-spaces/

The New Normal

If there's one, there's two. A completely free alternative to one-on-one therapy.

- Email: info@thenewnormalcharity.org
- Website: www.thenewnormalcharity.org

WAY - Widowed and Young

Provides a social and support network for widows and widowers up to age of 50. Members can meet and chat online through a secure website.

- Website: www.widowedandyoung.org.uk

Bereavement by Suicide

Cambridgeshire and Peterborough Suicide Bereavement Support Service

A contact point providing support and information on bereavement after a loved one's suicide

- Email: sbs@lifecraft.org.uk
- Tel: 01223 566 957
- Website: lifecraft.org.uk

Bereaved by Suicide Group

Cruse Bereavement Support, Cambridge branch (Cambridge, Fenland and Uttlesford)

The branch runs a dedicated group for those bereaved by suicide and meets on the first Wednesday of every month. This group is by referral only.

- Email: cambridgebranch@cruse.org.uk
- Tel: 01223 633 536
- Website: www.cruse.org.uk/postcode-lookup

Facing the Future

Provided by Samaritans

Support for people bereaved by suicide.

Facing the future provides safe online support groups for people bereaved by suicide where they can talk through their feelings with others who have similar experiences.

Register your interest in Facing the Future group, offered via Zoom only.

- Registration: www.facingthefuturegroups.org/RegistrationPage
- Email: ftf@cls.org.uk
- Website: www.facingthefuturegroups.org

Help is at Hand

Provides video advice and a further directory for Bereavement support.

- Website: supportaftersuicide.org.uk/support-guides/help-is-at-hand

Keep Your Head

Provides video advice and a further directory for Bereavement support.

- Website: www.keep-your-head.com/adults/CP-MHS/who-else-can-help-me/local-support

Peterborough Suicide Bereavement

Cambridge & Peterborough Foundation Trust, NHS

Provides a group meeting 18:00-19:30 on Mondays every month in Peterborough

- Tel: 01733 776 080
- Contact: Jane Pope: 07973 883 5110

Support After Suicide

A network of organisations who support people who are affected by suicide

- Website: supportaftersuicide.org.uk

Survivors of Bereavement by Suicide (SOBS)

Support for people aged over 18 who have been bereaved as a result of suicide

- Email: email.support@hotmail.com
- Tel: 0300 111 5065
- Website: uksobs.org

The Compassionate Friends

Supporting bereaved parents and their families.

- Email: helpline@tcf.org.uk
- 0345 123 2304
- Open 10am to 4pm and 7pm to 10pm every day of the year).
- Website: www.tcf.org.uk

Other Support

Adam's Rose

Adam's Rose charity is dedicated to supporting those who are experiencing grief.

- Email: info@adamsrose.co.uk
- Website: <https://adamsrose.co.uk>

Age UK

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

- Tel: 0800 055 6112 Open 08:00-19:00, 365 days per year
- Website: www.ageuk.org.uk

Cambridgeshire Consultancy in Counselling

Provides an individual counselling service with a range of fees according to ability to pay.

- Tel: 01223 233 047 (Cambridge)
- Tel: 01733 553 166 (Peterborough)
- Website: www.cambridgeshirecounselling.org.uk

Cambridge University Counselling Service

This free service is for enrolled students and staff of the University of Cambridge.

- Students email: counsellingreception@admin.cam.ac.uk
- Staff email: staffcouns@admin.cam.ac.uk
- Website: www.counselling.cam.ac.uk

Coroner's Court Support Service

For free, confidential support, inquest guidance, or any questions.

- Tel: 0300 111 2141 (National helpline)
- Helpline opening times: 9am to 6pm Monday to Friday.
- Email: helpline@ccss.org.uk
- Website: coronerscourtssupportservice.org.uk

Dying Matters

A coalition of members across England and Wales, which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life

- Website: www.dyingmatters.org/

East Anglia Children's Hospice (EACH)

Family members, or a social or health care professional, with permission from the family, can make a referral to EACH, in the following ways:

- Download the referral form from the website and return it via:
 - email to: each.referrals@nhs.net; or
 - post to: Referrals to EACH, Church Lane, Milton CB24 6AB
- Email each.referrals@nhs.net and request a referral form
- Telephone 01223 800 800 to request a referral form
- Ask for a referral form in person from an EACH member of staff.

Families can also contact the hospice at Milton, Cambridge, by any of the above methods, for further information.

How Are You (H.A.Y) Cambridgeshire & Peterborough

Part of Cambridgeshire & Peterborough NHS Foundation Trust

H.A.Y shares details of any activity, group or service in Cambridgeshire & Peterborough who provide a wellbeing boost to local people.

- Website: haycambspboro.co.uk

Healthwatch

Healthwatch offer a signposting service for health and social care services across the area. If you are unsure who to speak to you can contact them for advice.

- Email: enquiries@healthwatchcambspboro.co.uk
- Tel: 0330 355 1285
- Website - Cambridgeshire: www.healthwatchcambridgeshire.co.uk
- Website - Peterborough: www.healthwatchpeterborough.co.uk

Histon & Impington Friends

Hope Again - A Local Bereavement Support Programme.

The 2024 Autumn programme runs for six weeks, offering an opportunity to share with others who have been bereaved. Thursday afternoons 2pm to 4pm starting 19 September to 24 October 2024.

- Website: www.hifriends.org.uk

Lifeline

Mental Health helpline.

- Tel: 0808 808 2121
- 11am-11pm, 365 days a year.

The Bereavement Journey

The Bereavement Journey is for anyone 18+ who has been bereaved at any time and in any way.

Please visit the website to find a local group or national course.

- Email: info@thebereavementjourney.org
- Website: www.thebereavementjourney.org/benefit

The Joy App

Joy connects people to, free and paid, local services easily.

- Website: www.thejoyapp.com

The Samaritans

Provide confidential emotional support at all times of day and night.

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

This leaflet can be downloaded from the Cambridgeshire and Peterborough ICS website, search 'Bereavement Leaflet'.

Additions or amendments should be sent to
cpicb.comms@nhs.net



Contact us



cpics.org.uk



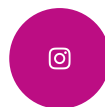
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