Support for children and families

Provide information, advice and tools for families and schools to support children and young people experiencing grief. They can also offer face to face support sessions at your home.

www.seesaw.org.uk
01865 744768

Home-Start provides compassionate and confidential support to families experiencing parenting difficulties including due to bereavement.

www.home-start.org.uk
01865 799991

Support for bereaved parents

Led by bereaved parents who understand the devastation surrounding the loss of a baby. They provide a befriender service accessible via telephone and email and hold regular, informal group meetings to share stories and advice.

www.oxfordshiresands.org.uk
07513 295504

NHS Services

Free NHS service for adults living with depression or anxiety. They offer a range of talking therapies in groups and individually. Can self-refer or speak to your GP.

www.oxfordhealth.nhs.uk/talkingspaceplus/01865 901922

OUH Bereavement Service
For families cared for by the JR, Churchill or Nuffield Orthopaedic Hospitals. Provides a compassionate administrative and signposting service. Also facilitates families to ask questions about care given by the Trust. A dedicated team supports families following the loss of a baby during pregnancy or shortly after birth.

www.ouh.nh.uk/patient-guide/bereavement-service.aspx
JR 01865 220110

National and online resources

Oxford Samaritans
www.samaritans.org.uk 01865 722122

Practical and emotional support:
Citizens advice Oxfordshire- www.caox.org.uk
www.bereavementadvice.org
www.macmillan.org.uk

Bereaved parents:
Compassionate friends—www.tcf.org.uk

Children and young people:
www.childbereavement.org.uk
www.winstonswish.org.uk

Many other services support those who are grieving. For a comprehensive list please visit:

www.oxfordhealth.nhs.uk/support-advice/getting-help/bereavement
Oxfordshire
ageUK

Offers many services for older people including practical and emotional support, and a free confidential advice service. Late Spring is a bereavement support group that runs throughout Oxfordshire. Each group has a relaxed fortnightly meeting over tea and cake.

www.ageuk.org.uk/oxford/
0345 4501276
Late Spring: 01235 849 434

Cruse
Bereavement
Care

Provides professionally trained Bereavement Support Volunteers who can listen and help you work through your grief. Meeting can be in Oxford, in your own home or over the phone. Also offers friendship groups for people who would like to be in the company of those who understand their situation.

www.oxfordcruse.org.uk
01865 245398

The Way Ahead

A social group for bereaved, single and retired people. Meets monthly in Oxford and arranges trips and meals.
01865 559081 (Joyce)
02865 880634 (Diane)

Archway Foundation

Organises social evenings, afternoons and a drop-in café providing a supportive and friendly environment for people feeling lonely or isolated.

www.archwayfoundation.org.uk
01865 790552

The Listening Centre

Provides low cost counselling at centres across Oxford for people who would not otherwise be able to afford it.

www.thelisteningcentre.org.uk
01865 794794

Young Dementia

Offers support services for people with young onset dementia (under 65) and their families including after bereavement.

www.youngdementiault.org
01865 794311

WAY Widowed & Young

Helps young widowed people (up to age 51) through a peer-to-peer support network. Provides local social events, organises holidays and has a supportive online community.

www.widowedandyoung.org

Way Up

Supports anyone who has lost a partner, but primarily used by people in their 50s and 60s. Encourages a positive forward-thinking attitude to help rebuild lives. The online forum allows people to connect and share emotional and practical support. Members organise events locally and nationally from coffee meetings to international trips.

www.way-up.co.uk

Maggie’s

Maggie’s helps people affected by cancer. They have a supportive online community, bereavement groups to meet others with similar experiences and offer one-to-one support covering emotional and practical concerns.

www.maggiescentres.org
Maggie’s Oxford 01865 751882

The Loss Foundation

Dedicated to supporting people who have lost a loved one to cancer. Offers support groups and social events run by health professionals.

www.thelossfoundation.org