

## Support for children and families

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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](http://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](http://www.home-start.org.uk)

01865 799991

## Support for bereaved parents

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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](http://www.oxfordshiresands.org.uk)

07513 295504

## NHS Services

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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/](http://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.apx](http://www.ouh.nh.uk/patient-guide/bereavement-service.apx)  
JR 01865 220110

### National and online resources

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#### Oxford Samaritans

[www.samaritans.org.uk](http://www.samaritans.org.uk) 01865 722122

#### Practical and emotional support:

Citizens advice Oxfordshire- [www.caox.org.uk](http://www.caox.org.uk)

[www.bereavementadvice.org](http://www.bereavementadvice.org)

[www.macmillan.org.uk](http://www.macmillan.org.uk)

#### Bereaved parents:

Compassionate friends—[www.tcf.org.uk](http://www.tcf.org.uk)

#### Children and young people:

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

[www.winstonswish.org.uk](http://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](http://www.oxfordhealth.nhs.uk/support-advice/getting-help/bereavement)

B e r e a v e m e n t

s u p p o r t

i n O x f o r d



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/](http://www.ageuk.org.uk/oxford/)

0345 4501276

Late Spring: 01235 849 434



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](http://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)



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](http://www.archwayfoundation.org.uk)

01865 790552



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

[www.thelisteningcentre.org.uk](http://www.thelisteningcentre.org.uk)

01865 794794



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

[www.youngdementiauk.org](http://www.youngdementiauk.org)

01865 794311



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.uk](http://www.widowedandyoung.org.uk)



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](http://www.way-up.co.uk)

Supporting those affected by cancer



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](http://www.maggiescentres.org)

Maggie's Oxford 01865 751882



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](http://www.thelossfoundation.org)