

BEREAVEMENT SERVICES IN GLOUCESTERSHIRE



A Directory of services for bereaved adults and children

Local and National Contacts for professional, statutory,
charity and voluntary organisations

AUGUST 2009

If you find any information on here that is inaccurate or out of date, please inform
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**Introduction:
Information about Bereavement Services in Gloucestershire**

This directory contains details of some of the services available to support people after the death of a relative or friend. Bereavement is a unique experience and many people find that the support of their family and friends is sufficient to help them following their loss. Other support is available within your local community from a wide variety of groups, including religious, cultural and spiritual organisations. If these do not meet your need, a range of organisations providing additional bereavement support within Gloucestershire is listed here. Inclusion in this directory does not imply a recommendation- you are free to choose the type of support you wish and contact any organisation mentioned. Please be aware that some organisations included may charge for their services.

The Bereavement Interest Group Gloucestershire (BIGG) has been responsible for compiling the local information contained within this directory. The purpose of BIGG is to have a countywide overview of bereavement services, to share good practice and new initiatives and to enhance service development. It also exists to advise and act as a resource to service planners regarding the needs of bereaved people and the local services available. You can contact BIGG via Trudy Lake or Helen Roberts on 08454 223447.

We thank the Herefordshire Bereavement Service for their permission to use their directory as a model for developing this new Gloucestershire Directory.

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1. Support Services for Bereaved Adults

<u>Bereavement Friendship Group</u>	
Contact	01242 232671
An independent voluntary group formed in 1996 offering support, understanding and encouragement to the bereaved. Present composition of the group suggests it might be of particular value to older people, but all are welcome. Contact to find out about meeting times and events.	

<u>CADD- Campaign against Drinking and Driving</u>	
	National Contact No. 0845 123 5542
Available	9.00am- 9.00pm. 365 days a year
E-mail	cadd@scard.org.uk
website	http://www.cadd.org.uk/
Counselling and telephone support for victims of drink and drug drivers. Campaigning for a better rights and treatment of victims.	

<u>Cotswold Care Hospice</u>	
Contact No.	01453 886868
E-mail	info@cotswoldcare.co.uk
website	http://www.cotswoldcare.co.uk
The Hospice provides a range of services for people with life limiting illnesses and their families and carers. This includes a bereavement service offering telephone support, one to one support and group sessions.	

<u>Cotswold Counselling</u>	
Contact No.	01285 885830
Available	Office is open 10.00am - 12 noon weekdays but appointments can be made at any time.
E-mail	admin@cotswold-counselling.org.uk
website	http://www.cotswold-counselling.org.uk
The centre offers a counselling service for a number of issues including bereavement. This service is also available at Moreton in Marsh and Chipping Campden. Home counselling can be provided for those who are housebound.	

<u>Cruse Bereavement Care</u>			
Local Contact No.	01242 252518	National Contact No.	0844-477-9400

Available	Monday to Friday 10:00am to 12:30pm	Available	9.30am- 5.00pm
E-mail	helpline@cruse.org.uk		
Website	http://www.cruse.org.uk		
Offers counselling, support and group support for bereaved people of all ages and abilities anywhere in Gloucestershire. Bereavement and Friendship Groups meet in both Cheltenham and Gloucester.			

<u>District Nursing Services - NHS Gloucestershire</u>	
Contact no.	Contact your GP surgery
Some district nurses provide bereavement information and support to families of their patients. Please enquire at your local surgery	

<u>Epilepsy Bereaved</u>			
Local Helpline	-	National Helpline	01235 772852
Available	Monday to Friday 9:00am to 4:00pm		
E-mail	information@epilepsybereaved.org.uk		
Website	http://www.sudep.org		
Support for families bereaved following the sudden death of someone with epilepsy, when there is no clear explanation for death. Information specific to epilepsy deaths & SUDEP (Sudden Unexplained Death in Epilepsy). Aims to raise awareness of SUDEP and promote research.			

<u>Gloucestershire Counselling Service</u>	
Contact No.	01453 766310
Website	http://www.gloscounselling.org.uk
Provides open-ended in- depth counselling to those living in Gloucestershire.	

<u>Great Oaks Dean Forest Hospice</u>	
Contact No.	01594 811910
E-mail	clerical@great-oaks.org.uk
Website	www.great-oaks.org.uk
The Hospice provides a range of services for people with life limiting illnesses and their families and carers. This includes a bereavement service offering telephone support and one to one support.	

<u>Harnhill Centre of Christian Healing</u>	
Contact No.	01285 850283
E-mail	office@harnhillcentre.org.uk
Website	http://www.harnhillcentre.org.uk
Provides a resource centre for individuals and churches, offering day and residential courses and conferences. The Centre also runs workshops on bereavement for those seeking help or healing.	

<u>Lesbian and Gay Bereavement Project</u>	
National Helpline	020-7403-5969
Available	7:00pm to 10:30pm Monday, Tuesday and Thursday
Email	robert.moroney@hje.org.uk
Website	http://www.stjohnshospice.org.uk
A helpline that offers a listening ear to lesbians and gay men who have been bereaved or are preparing for bereavement.	

<u>Leckhampton Court Hospice: Sue Ryder Care</u>	
Local Contact No.	01242-230199
E-mail	lorraine.dixon@suerydercare.org
Website	http://www.suerydercare.org
The Hospice provides a range of services for people with life limiting illnesses and their families and carers. This includes a bereavement service offering telephone support and one to one support.	

<u>Lone Twin Network (The)</u>	
Contact by post only	PO Box 5653 Birmingham B29 7JY
An informal network offering peer support. To become a member, write to the above address and request an application form. Members, who must be over 18, receive a confidential Network List, annual newsletters and info about meetings.	

<u>Meningitis Trust</u>	
National Helpline	0800-028-1828
Available	24 hours a day
E-mail	info@meningitis-trust.org
Website	http://www.meningitis-trust.org
Services include 24-hour nurse-led helpline offering information and support, financial support grants, counselling service for those who require more intense support and national home visits service.	

<u>Bishops Cleeve, Gotherington, Oxenton and Woolstone Churches Bereavement Support Group</u>	
Contact	Bereavement Support Group Co-ordinator
Phone number	01242-521052
This group has been established to provide help for those who have lost a loved one. A small number of trained church people are available to visit you during the weeks following your bereavement.	

<u>Palliative Care Team</u>	
Local Contact No.	08454 225179 08454 223447
Available	9.00am-5.00pm Mon-Fri
The team act as a resource, advising on pain and symptom control, as well as offering psychological, emotional and social support to patients and carers, in conjunction with health care professionals.	

Relate Gloucestershire and Swindon	
Local Contact No.	01242 523215
Available	Appointment booking desk Monday to Friday 9:30am to 5:00pm (2:30pm on Fridays). Counselling sessions Monday to Friday, by appointment (including evenings)
E-mail	relateglos@hotmail.com
Website	http://www.relateglos.co.uk
Relate provides counselling for experiencing relationship difficulties. This includes bereavement support.	

RoadPeace	
	National Contact No. 0845 4500 355
Available	Available 9:00am - 9:00pm 7 days
E-mail	info@roadpeace.org
Website	http://www.roadpeace.org
Emotional support, information & practical help for bereaved and injured road traffic victims.	

Ruby Care Foundation (The)	
	National Helpline 0870 794 5353
Available	Anytime. Answer phone
E-mail	info@rubycare.org
Website	http://www.rubycare.org
Provides emotional and spiritual back-up and care around the time of a death.	

Samaritans	
Local Helpline	Chelt - 01242 515777 Gloss- 01452 306333
	National Helpline 08457 909090
Available	C- 8.00am- 10pm G- 9.00am- 10pm
	Available 24 hours a day 365 days a year
E-mail	jo@samaritans.org
Website	http://www.samaritans.org.uk
Helpline offering emotional support to all those in distress- including those who have thoughts of suicide.	

Support after Murder and Manslaughter (SAMM)	
	National Helpline 020 7638 4040
Available	9:00am - 5:00pm Monday to Friday. Answerphone outside hours.
E-mail	samm@victimsupport.org.uk
Website	http://www.samm.org.uk
Offers understanding and support to families and friends who have been bereaved as a result of murder and manslaughter, through the mutual support of others who have suffered a similar tragedy.	

S.C.A.R.D Support & Care After Road Death and Injury	
	National Helpline 0845 1235542
Available	9:00am - 9:00pm. 365 days a year.
E-mail	info@scard.org.uk
Website	http://www.scard.org.uk
Support for victims of road death and injury - including telephone support and counseling, personal, practical and free legal support.	

SOBS - Survivors of Bereavement by Suicide (Gloucester)	
Local Contact Nos.	01452 371945
	National Helpline 0844 561 6855
Available	9:00am – 9:00pm 7 Days a week`.
E-mail	sobs.admin@care4free.net
Website	http://www.uk-sobs.org.uk
Support (phone, group meetings) for all who have experienced a bereavement by suicide. Free of charge.	

<u>Community Specialist Palliative Care Team (Macmillan)</u>	
Local Contact Nos.	01452 371022
Available	9.00am-5.00pm Mon-Fri
Provides support to patients, family and carers through cancer or other life threatening illnesses in Community Hospitals, patients' homes and outreach clinics across the whole county.	

<u>The Compassionate Friends Sibling Support</u>	
	National Helpline 0845 123 2304
Available	10:00am - 4:00pm and 6:30pm - 10:00pm 7 days a week 365 days a year.
E-mail	info@tcfsiblingsupport.org.uk
Website	http://www.tcfsiblingsupport.org.uk
Specialist organisation offering support for bereaved siblings.	

<u>Victim Support in Gloucestershire</u>			
Local Helpline	01452 371444	National Helpline	0800 3030900
Available	8.00am – 8.00pm Monday to Friday		
E-mail	vsglosareaoffice@victimsupport.org.uk		
Website	http://www.victimsupport.org.uk		
Provides practical and emotional support for victims and those bereaved due to a crime or road traffic incident. Provides advice and information regarding funerals, coroners, the Crown Court and police processes.			

2. Support Services for Bereaved Adults following the death of a child

<u>ARC - Antenatal Results and Choices</u>	
	National Helpline 0207 6310285
Available	10.00am – 5.30pm Monday to Friday
E-mail	info@arc-uk.org
Website	http://www.arc-uk.org
A national charity which offers specialised information and support to parents affected by a diagnosis of foetal abnormality. This includes bereavement support in the event of termination of pregnancy.	

<u>Babyloss</u>	
E-mail	support@babyloss.com
Website	http://www.babyloss.com
Provides information and support online for anyone affected by the death of a baby at any stage during pregnancy, at birth or due to neonatal disease.	

<u>Bereavement Midwives (Glos Hospitals NHS Foundation Trust)</u>	
Local Contact No.	08454 225526
Address	Orchard Centre, Gloucestershire Royal Hospital, Gloucester
Offers support to parents and relatives who have lost a baby during pregnancy or at the time of delivery.	

<u>Child Death Helpline</u>	
	National Helpline 0800 282986
Available	Monday, Thursday and Friday 10:00am to 1:00pm, Tuesday and Wednesday 1:00 to 4:00pm. Plus 7:00 to 10:00pm seven days a week
E-mail	contact@childdeathhelpline.org
Website	http://www.childdeathhelpline.org.uk
A listening service that offers emotional support to all those affected by the death of a child. The line is staffed by volunteer parents who have suffered the loss of their own child.	

<u>The Compassionate Friends</u>	
	National Helpline 0845 1232304
Available	Helpline hours 10:00am to 4:00pm and 6:30pm to 10:30pm, 365 days.
E-mail	info@tcf.org.uk
Website	http://www.tcf.org.uk
National charity run by bereaved parents which provides support to other bereaved parents and families who have lost a child of any age and through any circumstance.	

CRY - Cardiac Risk in the Young			
		National Contact No.	01737 363 222
Available	10:00am - 5:00pm Monday to Friday.		
E-mail	cry@c-r-y.org.uk		
Website	http://www.c-r-y.org.uk		
Provides support and information on cardiac risk in the young and Sudden Death Syndrome (SDS) and offers help, support and counselling to families.			

Down's Heart Group			
		National Contact No.	0844 288 4800
Available	Office Hours vary 24 hour Answerphone.		
E-mail	info@dhg.org.uk		
Website	http://www.dhg.org.uk		
Support & information for families with a child or young person with Down's Syndrome & congenital heart disease. Bereaved parent support available.			

FSID – Foundation for the Study of Infant Deaths			
		National Helpline	0207 2232090
Available	9.00am – 11.00pm Monday to Friday. 6.00pm – 11.00pm at weekends		
Website	http://www.fsid.org.uk		
Helpline for anyone who has experienced the sudden death of a baby – professionals involved with the bereaved, friends or families of the bereaved or anyone worried about cot death.			

The Laura Centre			
		National Contact No.	0116 2544341
Available	9.00 am – 5.00pm Monday and Wednesday 9.00 am – 6.00pm Tuesday and Thursday 9.00am – 4.00pm Friday 24 hour answer phone		
E-mail	info@thelauracentre.org.uk		
Website	http://www.thelauracentre.org.uk		
Telephone and email support (outside the East Midlands) for anyone affected by the death of a child or young person.			
Life			
		National Contact No.	0800 849 4545
Available	9.00am – 9.00pm Monday to Friday. 9.00am – 5.00pm Saturday		
Website	http://www.lifeuk.org		
Email	info@lifeuk.org		
Counselling and support for those suffering trauma after miscarriage, abortion or ectopic pregnancy. Also help with natural fertility, infertility management and free pregnancy testing.			

Miscarriage Association			
National Helpline	01924 200799		
E-mail	info@miscarriageassociation.org.uk		
Website	http://www.miscarriageassociation.org.uk		
Provides support and information for those suffering the effects of pregnancy loss.			

SANDS (Stillbirth and Neonatal Death Society)			
National Helpline	020 7436 5881 – for anyone who has been affected by the death of a baby and wants to talk about their experience. 020 7436 7940 – for information on still birth and neonatal deaths. They can also signpost to other information resources that may be of interest.		
E-mail	support@uk-sands.org		
Website	http://www.uk-sands.org		
A self help organisation offering support to parents, families and friends bereaved through pregnancy loss, stillbirth or neonatal death, both recent and longstanding. Local groups			

3. Support services for Bereaved Children and Young People

Please refer to section 1 of this Directory as a number of services listed there may also be relevant for children and young people.

<u>ChildLine</u>			
		National Helpline	0800 11 11
Available	24 hours a day. 365 days a year.		
Website	http://www.childline.org.uk		
ChildLine is a UK wide helpline for children and young people. It provides a telephone counselling service for any child with any problem, 24 hours a day, every day. .			

<u>Gloucestershire Cruse Bereavement Care</u>			
		National Helpline	0808 808 1677
		Available	9:30am – 5:00pm Monday to Friday
E-mail	info@rd4u.org.uk		
Website	http://www.rd4u.org.uk		
Specialist national helpline manned by young volunteers and a specialist website – RD4U (the aim of the site is to let you find the “road for you” to dealing with your loss). Individual support, information and counselling locally.			

<u>Grapevine Gloucestershire - Information, Advice and Support</u>	
Local Contact No.	01242 255888
Available	Monday & Wednesday 3.30pm- 6.00pm Tuesday & Thursday 6.30pm – 9.00pm Answer phone available out of hours
Website	http://www.glosgrapevine.co.uk
Email	grapevine@gloucestershire.gov.uk
A young peoples drop-in and support agency available to any person aged fourteen to twenty five. They explore any enquiry a young person may have including bereavement issues.	

<u>Independence Trust</u>	
Local Contact No.	01452 317461
E-mail	young.people@independencetrust.co.uk
Website	www.independencetrust.co.uk/
Counselling is offered on a one to one basis to young people aged between eleven and eighteen, for a range of issues including bereavement. Call to make an appointment.	

School Nurse Bereavement Service (Gloucestershire Primary Care Trust)	
Local Contact No.	01242 516235
Available	Monday to Friday Term time only 9.00am-4.00pm
Nurses offer countywide bereavement support in schools to individuals who have experienced the death of someone special, particularly grandparents.	

<u>Winston's Wish</u>			
Local Helpline	01242 515157	National Helpline	0845 20 30 40 5
Available	9:00am - 5:00pm Monday to Friday.		
E-mail	info@winstonswish.org.uk		
Website	http://www.winstonswish.org.uk		
Helps bereaved children and young people rebuild their lives after a family death. Offers practical support and guidance to families, professionals and anyone concerned about a grieving child.			

4. Support following the death of a pet

<u>Pet Bereavement Support Service</u>	
	National Contact No. 0800 096 6606
Available	8:30am – 8:30pm 7 days a week. Answerphone at all other times.
E-mail	pbssmail@bluecross.org.uk
Website	http://www.bluecross.org.uk
Offers help to adults or children distressed and grieving after the death of a companion animal. Telephone support line and email service.	

5. Self Help Groups providing Bereavement Support

Bereaved Parents Group	
Contact	Mandy Shipway tel: 01453 886856
Available	9:00am – 5.00pm Mon-Fri
E-mail	Kevinshipway@aol.com
This group of parents, all bereaved of a young adult, meets in Minchinhampton for mutual support - once a month, (on the first Monday in the month) at 7pm in the Porch Room at Minchinhampton Church.	

<u>National Association of Widows</u>	
	National Contact No. 0845 838 2261
Available	Monday to Friday 9.00am to 5.00pm. Answerphone at all other times.
E-mail	info@nawidows.org.uk
Website	http://www.nawidows.org.uk
Run by widows for widows. Referrals to local self-help groups for widows to provide comfort, friendship & support.	

<u>The War Widows' Association of Great Britain</u>	
	National Contact No. 0845 2412 189
Available	Answer phone.
E-mail	info@warwidowsassociation.org.uk
Website	http://www.warwidowsassociation.org.uk
The WWA is a pressure group that exists to improve the conditions of War Widows and their dependants in Great Britain, including those bereaved in World War 2 and more recent conflicts.	

<u>The WAY Foundation</u>	
Local Helpline	National Contact No. 0870 011 3450
Available	24 hour Answerphone.
E-mail	info@wayfoundation.org.uk
Website	http://www.wayfoundation.org.uk
The WAY (Widowed and Young) Foundation provides a self-help social and support network for men and women widowed under the age of 50, and their children.	

6. Funerals and Memorials

Gloucestershire Cemeteries & Crematorium – Bereavement Services	
Local Contact No.	01452 532902
Available	8.00am – 5.00pm Monday to Friday.
Provides information and advice on burial or cremation and memorials and answers general queries, particularly for those wishing to prepare a family-organised funeral.	

<u>The British Humanist Association</u>	
Cotswolds Contact	National Contact No. 0207 079 3580
Available	Available 9:00am – 5:00pm Monday to Friday
E-mail	info@humanism.org.uk
Website	http://www.humanism.org.uk
Offers Non-religious, Humanist funerals in the Cotswolds and parts of the surrounding counties.	

Memorials by Artists			
		National Contact No.	01728 688934
Website	http://www.memorialsbyartists.co.uk		
Email	enquiries@memorialsbyartists.co.uk		
A nationwide service which helps people to commission individual memorials for churchyard, cemetery, garden or public space.			

Memorial NET UK			
Website	http://www.memorial-net.co.uk		
Search facility to find local memorial mason.			

National Association of Memorial Masons			
		National Contact No.	01788 542 264
Email	enquiries@namm.org.uk		
Website	http://www.namm.org.uk		
Information on memorials with a search facility to find a local member..			

National Association of Funeral Directors (& Funeral Standards Council)			
		National Contact No.	0845 230 1343
Available	9:00am – 5:00pm Monday to Friday		
E-mail	info@nafd.org.uk		
Website	http://www.nafd.org.uk		
Information on funerals and choosing a funeral director. The website also includes a search facility to find a local member.			

National Society of Allied and Independent Funeral Directors			
		National Contact No.	0845 230 6777
Available	9:00am – 5:00pm Monday to Friday		
Website	http://www.saif.org.uk		
Email	info@saif.org.uk		
The trade association of independent and family-owned funeral directors. Information on funerals. The website includes a search facility to find a local member.			

The Natural Death Centre			
		National Contact No.	0871 288 2098
Available	11:00am - 2:00pm Monday to Friday.		
E-mail	contact@naturaldeath.org.uk		
Website	http://www.naturaldeath.org.uk		
Information, advice & publications on inexpensive, family-organised, DIY & environmentally friendly, "green", funerals, nature reserve & woodland burial grounds, cardboard & wicker coffins etc. Forms for advance directives/living wills. Support for the dying.			

The Stile Company			
		National Contact No.	0845 337 2972
E-mail	info@the-stile.co.uk		
Website	http://www.the-stile.co.uk		
A registered practice of landscape architects with specialist services in environmental art and planning to enable people to do something different as a commemorative feature. Works with clients to create a special feature that will go somewhere that has meaning to them and where it will contribute to the local community and environment in a practical way.			

7. Other Practical Advice and Assistance

Age Concern Gloucestershire			
Local Contact No.	01452 422 660		
Available	9:00am - 4:00pm Monday to Thursday. 9.00am – 3.30pm Friday		
E-mail	Enquiries@ageconcernglos.org.uk		
Website	http://www.ageconcernglos.org.uk		
Aims to improve the quality of life of older people. Provides advice & information, advocacy, welfare, insurance & housing advice including a number of other services.			

<u>The Bereavement Register</u>	
Registration Line	0870 600 7222
Website	http://www.the-bereavement-register.org
Email	help@the-bereavement-register.com
Write to	The Bereavement Register, Freepost SEA8240, Sevenoaks, Kent TN13 1XR
The Bereavement Register lists names, addresses and telephone numbers of people who have died. This information is then removed from the databases of subscribers. Includes TBR Call Guardian which blocks telemarketing calls for 6 months from registration.	

<u>Child Bereavement Charity</u>			
		National Helpline	01494 446648
Available	Monday to Friday 9.00am-5.00pm		
E-mail	enquiries@childbereavement.org.uk		
Website	http://www.childbereavement.org.uk/		
Provides a Telephone Information Line, interactive website and forums for families. Does not provide counselling or emotional support but links to organisations that may meet the needs of individuals.			

<u>Cheltenham, Cirencester and Tewkesbury Citizens Advice Bureau</u>	
Local Contact No.	01242 522 491
Available	Monday to Friday 9.00am – 5.00pm
E-mail	advice@cheltenhamcab.org.uk
Website	http://www.cheltenhamcab.org.uk or http://www.adviceguide.org.uk
Provides information and advice on a wide range of topics, including benefits, legal matters and financial affairs.	

<u>Forest of Dean Citizens Advice Bureau</u>	
Local Contact No.	01594 823937
Available	Drop-in sessions and appointments: Monday 10.00 am-12.00pm and 1.30pm-4.00pm Wednesday 10.00am-12.30pm Thursday 10.00am-12.30pm and Thursday 1.00pm – 4.00pm
E-mail	
Website	http://www.citizensadvice.org.uk
Provides information and advice on a wide range of topics, including benefits, legal matters and financial affairs.	

<u>Citizens Advice Bureau – Gloucester & District</u>	
Local Contact No.	01452 527 202
Available	Telephone advice – Monday 1.00pm- 7.00pm Wednesday 9.30am – 1.00pm Thursday 1.00pm – 4.30pm Drop in sessions – Monday 9.30am – 12.00pm Tuesday 1.00pm – 3.30pm Friday 9.30am – 12.00pm
E-mail	bureau@gloucestershirecab.cabnet.org.uk
Website	http://www.gloucestercab.org.uk or http://www.adviceguide.org.uk
Provides information and advice on a wide range of topics, including benefits, legal matters and financial affairs.	

<u>Stroud and District Citizens Advice Bureau</u>	
Local Contact No.	01453 762084
Available	Drop-in sessions: Mon, Tues, Thurs & Fri 10.00am-1.00pm
E-mail	
Website	http://www.strouddistrictcab.org.uk
Provides information and advice on a wide range of topics, including benefits, legal matters and financial affairs.	

Deceased Preference Service	
Registration Line	0800 068 4433
Website	http://www.deceasedpreferenceservice.co.uk
Email	evelyn.hamilton@millenniumdirect.co.uk
The DPS has been set up to help stop unwelcome post addressed to your deceased loved one. Free of charge and easy to use. Details provided will be used only to stop mail and combat identity theft.	

GUIDE & PALS	
Local Helpline	0845 658 3888 and 08000 151 548 (Freephone)
Website	http://www.guide-information.org.uk
GUIDE is a free, fast and confidential local information service that can identify sources of support available throughout the county. GUIDE can provide information regarding services that can help bereaved individuals. There is an online database of services available.	
Help the Aged	
	National Helpline 0808 800 6565
Available	9:00am – 5:00pm Monday to Friday.
E-mail	info@helptheaged.org.uk
Website	http://www.helptheaged.org.uk
Free national advice and information service for senior citizens, their carers and relatives. Advice on managing money, housing and other aspects of older people's welfare.	

The Royal British Legion	
	National Contact No. 08457 725 725
Available	9.30am to 4.30pm Monday to Friday.
Website	http://www.britishlegion.org.uk
Email	info@britishlegion.org.uk
Provides wide range of financial, social and emotional support to those who have served or are currently serving in the Armed Forces and their dependants. For example, practical assistance for widows and families for remembrance travel to war graves and short-term breaks for those recovering from a period of illness or bereavement.	

The Sand Rose Project	
	National Contact No. 0845 607 6357
Available	Anytime. Answer phone.
E-mail	info@sandrose.org.uk
Website	http://www.sandrose.org.uk
Provides breaks in a quiet, peaceful haven in Cornwall to anyone who has experienced bereavement, particularly young families. The Project works in collaboration with local and national bereavement organisations.	

Telephone Preference Service (TPS)	
Registration Line	0845 070 0707
Website	http://www.tpsonline.org.uk
Write to	TPS, DMA House, 70 Margaret Street, London W1W 8SS
Helps you make sure your telephone number is no longer available to organisations who may telephone with offers and info you do not wish to receive.	

Service Personnel and Veterans Agency	
	National Contact No. 0800 169 2277
Available	Monday- Thursday 8.15am – 5.15pm Friday 8.15am – 4.30pm
E-mail	veterans.help@spva.gsi.gov.uk
Website	http://www.veterans-uk.info
Provides a range of 'through life' support functions direct to both serving and ex-Service personnel. Including: income, War Disablement Pensions, Armed Forces Pension Schemes and the Armed Forces Compensation Scheme Helpline service for Veterans.	

8. Other Useful Sources of Information

Many people find it helpful to read about bereavement. Your local library may be able to provide books relevant to bereavement, for adults and children. You may prefer fiction, autobiography or self-help books. There is also a huge range of information available from the websites of services already mentioned in this directory or from the following additional websites, many of whom publish leaflets that you can download or order.

For queries regarding accessible Information, please contact:

<u>Learning Disabilities Health Facilitation Team</u>	
Tel no	08454 222000
E-mail	simon.shorrick@glos.nhs.uk
Can provide a lot of easy – read, accessible information on death and bereavement, including picture books, photographic information, leaflets and DVDs / videos to people with learning difficulties, carers, support staff and other health professionals.	

Additional Websites

<u>BBC - Relationships - Coping with grief</u>	
Website	http://www.bbc.co.uk/relationships/coping_with_grief/
Information on bereavement and practical considerations together with a recommended reading list and links to other support and information sites. There is a section on terminal illness where specialists offer guidance, support and hope to help those suffering from, or caring for someone with, a terminal illness. Also provides lists of further reading and support.	

<u>British Association for Counselling and Psychotherapy</u>	
Website	http://www.bacp.co.uk
“Find a Therapist” section of the website gives information on finding the right therapist and the theoretical approaches used in counselling. There is also a local search facility to help you find a therapist in your local area.	

<u>Childhood Bereavement Network</u>	
Website	http://www.childhoodbereavementnetwork.org.uk
National multiprofessional federation of organisations that work with bereaved children and young people.	

<u>CLIC Sargent</u>	
Website	http://www.clicsargent.org.uk
The UK’s leading children’s cancer charity offers all round care and support to children diagnosed with cancer. The charity also produces a range of publications on the services they offer.	

<u>DWP Homepage - Department for Work and Pensions</u>	
Website	http://www.dwp.gov.uk
Provides information on what to do after a death in England and Wales. They also provide information on benefits assist with benefit applications.	

<u>If I Should Die</u>	
Website	http://www.ifishoulddie.co.uk
A website dedicated to providing as much practical information and support as possible. It is aimed at everyone, whether they are considering their own death, coping with the death of a loved one, thinking about making a will or just needing some comforting words to help write a letter to a bereaved friend or family member.	

<u>INQUEST - United Campaigns For Justice</u>	
Website	http://www.inquest.org.uk
Provides an independent, legal and advice service to bereaved families and friends on the inquest system, including a comprehensive Information Pack. Also offers specialist advice to lawyers, advice agencies and those working in a supportive role with bereaved people.	

<u>Keywords 4 Teens</u>	
Website	http://www.keywords.org.uk/kids
A website for any disabled teenager in Gloucestershire. Provides useful links to organisations that may be able to help with a range of issues, including bereavement.	
<u>KidsKonnected</u>	
Website	http://www.kidskonnected.org
An American organisation but contains useful advice and information for children who have a parent diagnosed with cancer.	
<u>KidScope</u>	
Website	http://www.kidscope.org
An American organisation that produces materials to help children and families understand the effects of cancer, or chemotherapy on a loved one.	
<u>Marie Curie</u>	
Website	http://www.mariecurie.org.uk
A website for anyone looking for information about the charity's work with cancer patients and their families across the UK.	
<u>RipRap</u>	
Website	http://www.riprap.org.uk
For children and young people. A web site that can help children cope when a parent has cancer, Provides information and tips to help understand and deal with what is going on in a family.	
<u>Royal College of Psychiatrists</u>	
Website	http://www.rcpsych.ac.uk
In-depth information about the emotions you may feel during bereavement. Downloadable factsheets and leaflets.	
<u>Siblinks</u>	
Website	http://www.siblinks.org
This organisation aims to provide a network of support for young people who have or have had a family member affected by cancer.	
<u>Young Minds</u>	
Website	http://www.youngminds.org.uk
A charity which exists to improve the mental health of all babies, children and young people.	