

Bristol Bereavement Support Directory

Date of last update: 06.12.19

Welcome

We would like to welcome you to the Bristol Bereavement Support Directory. Here you will find information about many of the organisations in Bristol that are able to provide support to people who have experienced, or who are preparing to experience, the death of someone important to them.

We know that the death of a loved one can be devastating, overwhelming and confusing. Many people find themselves looking for particular types of support at different points of their journey. Our hope is that this directory will make the process of finding help a little easier.

How to use the directory

The directory is organised into sections according to the type of support provided. To see which organisations offer the types of support which feel right for you please 'control click' on the relevant link on the contents page or turn to the corresponding page of the document.

The Bristol Bereavement Network

The directory has been created by the Bristol Bereavement Network; a collaboration of independent organisations which each offer bereavement related support within the city. Our aim is to work together to ensure that Bristol's bereaved community is well informed about the support available to them. The Bristol Bereavement Network is open to all organisations offering bereavement support in Bristol. If you would like to join the network and feature in the directory, please contact Grace at Winston's Wish: gtrevelyan@winstonswish.org.

Types of Support

Welcome	1
How to use the directory	1
Pre-bereavement support when an adult has a life-limiting illness or condition..	3
Bereavement support for adults when a significant adult in their life has died..	13
Bereavement support for parents and carers when a child has died	17
Bereavement support for children and young people when a sibling has died ..	27
Bereavement support for children and young people when a parent or carer has died	32
Bereavement support for children and young people when a grandparent, extended family.....	36
member or child has died.....	36
Bereavement support when someone has died through a short term or long term illness.....	39
Bereavement support when someone has died in a sudden or unexpected way	49
Bereavement support when someone has died through suicide.....	58
Bereavement support when someone has died through homicide	66
Bereavement support for refugees, asylum seekers and migrants	73
Bereavement support for people from particular faith backgrounds	74
Bereavement support for members of the LGBTQ+ community	75
One to One support	75
Family or paired support	81
Group Support/ Peer Support	87
Training, consultation and advice for	103
Helplines and Telephone based support/Web chat based support.....	103

Pre-bereavement support when an adult has a life-limiting illness or condition

The Harbour

Address: 30 Frogmore St, Bristol, BS1 5NA

Twitter: @HarbourBristol

Facebook: theharbourbristol



Overview:

We support adults (18+) who are dying, or have someone close to them who is dying, and people who have been recently bereaved from a physical life-threatening illness. Our bereavement services are offered to people who have been bereaved for more than 3 months and less than 2 years.

How to access support:

Our service is free and can be accessed by calling 0117 925 9348. Phone messages will be responded to by our referral team within 3 working days. If people fit with our referral criteria then they are offered an assessment with one of our therapists. The therapist will then contact the person to either offer them a service (1:1; couple; group) or signpost them elsewhere. Typical waiting times are 6-8 weeks for an assessment and 2-3 months for regular counselling sessions after the assessment. These times can vary greatly depending on the case load and the availability of the client.

What we do: *How do you support the people you work with?*

We offer psychodynamic counselling services. This includes 1:1 counselling; couple counselling; and group therapy in the form of a group for people with a life-threatening illness, and a group for people who have been bereaved. The group has regular 'step off' and 'step on' points to allow group members to leave and new members to join.

Support for professionals: We offer clinical supervision for clinicians and volunteers who support people who are dying or have been bereaved, and training for organisations and clinicians on working therapeutically with death, dying and illness.

Where we work: Central Bristol (BS1 5NA)

St Peter's Hospice

Charlton Road Brentry BS10 6NL

Twitter: @stpetershospice

Instagram: @stpetershospice

Facebook: @stpetershospice



Overview: We support adults who are dying and their families and carers. We are available to support the bereaved at any time during their bereavement with short term therapy, as long as their issues are related to the person who died under our care.

We work directly with children and young people under 18yrs or with the parents/significant person who is supporting that young person. We will see individuals, couples and groups.

How to access support: The service is free of charge and available Mon – Fri 8 – 5. Anyone who is under the care of the hospice or associated with someone under the care of the hospice can request support through their hospice nurse, by calling the Emotional & Psychological Support Team on 0117 915 9544 or calling the 24hr clinical advice line on 0117 915 9430.

Anyone who has been bereaved through the death of someone under the care of the hospice can contact the team on 0117 915 9454

What we do: Anyone requesting support from the Emotional & Psychological Support Team at St Peter's Hospice will be assessed, and if appropriate, offered support from a psychotherapist, counsellor or trained volunteer. The hospice can deliver art and music therapy.

Ideally clients attend at the hospice in Brentry but it may be possible to see them in the community. Waiting time to assessment is typically 3 – 4 weeks. Waiting time for ongoing support varies according to the caseload and can be up to 3 months.

Telephone support: Our focus is face to face support but can be available for telephone conversations should they be required.

Support for professionals: We will support professionals involved in the care of patients and families known to the hospice.

Where we work: We work out of the hospice in Brentry.

Cruse Bereavement Care

Dom's Coffee House 23-25 St Augustine's Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site:

<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom's Coffee House, 23-25 St Augustine's Parade, Bristol BS1 4UL

Pre-bereavement advice and help from organisations that primarily offer support after a person has died.

Grief Encounter South West

Grief encounter South West (formerly the Rainbow Centre) offers support calls and meetings with parents prior to a bereavement to support the family with conversations at home on death and dying.



For contact information and details of the comprehensive support that the Rainbow Centre can offer after a bereavement has occurred, please see the 'Bereavement support for children and young people when a parent or carer has died' section of this document

Winston's Wish

When the death of a parent or carer is expected, Winston's Wish offers support to children and families through our helpline and the regular drop-in sessions we run throughout Bristol and the South West as well as through consultation and advice to supporting professionals.



For contact information and details on the comprehensive support that Winston's Wish can offer after a bereavement has occurred, please see the 'Bereavement support for children and young people when a parent or carer has died' section of this document

Pre-bereavement support when a child has a life limiting illness or condition

Jessie May

35, Old School House, Kingswood Estate, Bristol BS15 8DB

Website: www.jessiemay.org.uk

Twitter: @JessieMayTrust

Facebook: @JessieMayCharity

Instagram: @JessieMayCharity



Overview:

Jessie May is a charity that provides a hospice at home Palliative Care Service for babies, children and young people who are not expected to live beyond the age of 19. The Jessie May Nursing Team (which includes qualified Children's Nurses and Nursery Nurses) visit the family at home to provide short periods of respite, support, advice, terminal nursing care and bereavement support. Each child's care is planned specifically to meet the needs of the individual child and family, working in partnership with both the family and with other professionals involved in supporting them.

We take referrals for children living in Bristol, South Gloucestershire, North Somerset, Bath & North East Somerset, Swindon and Wiltshire.

Jessie May continues to offer bereavement support to parents for 5 years after their child has died.

How to access support:

Jessie May offers a free hospice at home service to any child who meets our criteria. Referrals can be made by any professional or by the parents themselves by using the referral form on the Jessie May website www.jessiemay.org.uk. or by phoning 0117 9582172 to request a referral form.

In order to meet our criteria, parents need to give their consent to the referral and to be aware that Jessie May is a children's palliative care service. A medical practitioner known to the child i.e. GP or Paediatrician, has to confirm the child is not likely to reach the age of 19 before Jessie May can accept and proceed with any referral.

What we do:

Jessie May recognises that the whole family is under huge emotional and physical strain when a child has a life limiting illness. Through our team of dedicated Jessie May Nurses, we provide specialist care in the comfort of the family's own home from the time the child is accepted onto the Jessie May caseload. A small team of nurses get to know the child and offer short periods of respite and emotional support to the parents. When the child becomes end of life, Jessie May nurses will continue to provide nursing care and support to enable families to stay at home if they wish to do so.

The care Jessie May provides is holistic, individualised and family-centred, working closely with other professionals involved in supporting the family to ensure continuity of care and that all needs are met.

After a child has died, Jessie May offers bereavement support to the parents with regular phone calls, support visits, invitations to the parent support group and remembering children on their anniversaries. The bereavement service is offered to parents for up to five years and is negotiated with parents every step of the way. If parents choose not to use the bereavement service initially, the invitation for support remains open should they wish to take it up at a later date, within the five-year period

Telephone Support: 0117 9582172 Monday to Friday 9am to 5pm. Some evening support can be negotiated by prior arrangement

Where we work: Bristol, South Gloucestershire, North Somerset, Bath & North East Somerset, Swindon, Wiltshire

Children's Hospice South West

To be completed by Children's Hospice South West

Bristol Royal Hospital for Children, Paediatric Palliative Care and Bereavement Support Team

Paul O’Gorman Building
Upper Maudlin Street, Bristol, BS2 8BJ



Overview:

We provide bereavement support to the families of children who have died whilst under the care of the children’s hospital, and also for the families of children who have died suddenly and unexpectedly in the community. We provide pre-bereavement support to families when their child is under the care of the palliative care team or has a life-limiting condition. This includes support for parents/carers siblings and grandparents.

How to access support:

Our service runs Monday- Friday. 9am-5pm. All bereaved families in the children’s hospital are given contact details of our team at the time of their child’s death. There is no charge for our service. We can provide advice and information no matter how long ago the death occurred.

What we do:

We support families in the immediate aftermath of their child’s death, providing emotional support and practical information. We act as a key point of contact and are available to guide them through the statutory processes that have to happen after a child has died. We can provide listening, advice and information in the weeks, months or years to follow, assisting families to find appropriate external support to help them cope with their loss. We arrange an annual afternoon of remembrance which is open to any family whose child has died under the care of the Children’s hospital.

Telephone support:

We can provide telephone support: listening, advice and information. Mon-Fri. 9am-5pm.

Tel: 0117 342 7293

We signpost families to local and national Freephone telephone helplines.

Online support:

Families can access our service via email:

ChildrensBereavementSupportTeam@uhbristol.nhs.uk They can also access

our webpage here: <http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-royal-hospital-for-children/what-we-do/paediatric-palliative-care-and-bereavement-support-team/> We signpost families to local and national online bereavement support.

Support for professionals:

We provide training, advice and consultations for healthcare professionals and others involved in care of seriously ill children and bereaved families. We offer individual and/or group debrief sessions as emotional support for professionals dealing with the death of a child under their care. We liaise with school teachers, funeral directors, the police service, community healthcare services and other teams around the family to assist them in providing the most helpful support.

Where we work:

We are based at Bristol Royal Hospital for Children.

The Harbour

Address: 30 Frogmore St, Bristol, BS1 5NA

Twitter: @HarbourBristol

Facebook: theharbourbristol



Overview:

We support adults (18+) who are dying, or have someone close to them who is dying, and people who have been recently bereaved from a physical life-threatening illness. Our bereavement services are offered to people who have been bereaved for more than 3 months and less than 2 years.

How to access support:

Our service is free and can be accessed by calling 0117 925 9348. Phone messages will be responded to by our referral team within 3 working days. If people fit with our referral criteria then they are offered an assessment with one of our therapists. The therapist will then contact the person to either offer them a service (1:1; couple; group) or signpost them elsewhere.

Typical waiting times are 6-8 weeks for an assessment and 2-3 months for regular counselling sessions after the assessment. These times can vary greatly depending on the case load and the availability of the client.

What we do: *How do you support the people you work with?*

We offer psychodynamic counselling services. This includes 1:1 counselling; couple counselling; and group therapy in the form of a group for people with a life-threatening illness, and a group for people who have been bereaved. The group has regular 'step off' and 'step on' points to allow group members to leave and new members to join.

Support for professionals: We offer clinical supervision for clinicians and volunteers who support people who are dying or have been bereaved, and training for organisations and clinicians on working therapeutically with death, dying and illness.

Where we work: Central Bristol (BS1 5NA)

Cruse Bereavement Care

Dom's Coffee House 23-25 St Augustine's Parade,
Bristol BS1 4UL
Twitter: @Cruse_Bristol
Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.
Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .
Information about the services we offer can be found on our local web site:
<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.
The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and

Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom's Coffee House, 23-25 St Augustine's Parade, Bristol BS1 4UL

Pre-bereavement advice and help from organisations that primarily offer support after a person has died.

Grief Encounter South West

When the death of a child with siblings is expected, Grief encounter South West (formerly the rainbow Centre) offer telephone calls to support the family with conversations at home on death and dying and assurance of our services availability post bereavement.



For contact information and details of the comprehensive support that Grief Encounter can offer after a bereavement has occurred, please see the 'Bereavement support for children and young people when a parent or carer has died' section of this document

Winston's Wish

When the death of a child with siblings is expected, Winston's Wish offers support through our helpline and the regular drop-in sessions we run throughout Bristol and the South West as well as through consultation and advice to supporting professionals.



For contact information and details on the comprehensive support that Winston's Wish can offer after a bereavement has occurred, please see the 'Bereavement support for children and young people when a parent or carer has died' section of this document

Bereavement support for adults when a significant adult in their life has died

The Harbour

Address: 30 Frogmore St, Bristol, BS1 5NA

Twitter: @HarbourBristol

Facebook: theharbourbristol



Overview:

We support adults (18+) who are dying, or have someone close to them who is dying, and people who have been recently bereaved from a physical life-threatening illness. Our bereavement services are offered to people who have been bereaved for more than 3 months and less than 2 years.

How to access support:

Our service is free and can be accessed by calling 0117 925 9348. Phone messages will be responded to by our referral team within 3 working days. If people fit with our referral criteria then they are offered an assessment with one of our therapists. The therapist will then contact the person to either offer them a service (1:1; couple; group) or signpost them elsewhere.

Typical waiting times are 6-8 weeks for an assessment and 2-3 months for regular counselling sessions after the assessment. These times can vary greatly depending on the case load and the availability of the client.

What we do: *How do you support the people you work with?*

We offer psychodynamic counselling services. This includes 1:1 counselling; couple counselling; and group therapy in the form of a group for people with a life-threatening illness, and a group for people who have been bereaved. The group has regular 'step off' and 'step on' points to allow group members to leave and new members to join.

Support for professionals: We offer clinical supervision for clinicians and volunteers who support people who are dying or have been bereaved, and training for organisations and clinicians on working therapeutically with death, dying and illness.

Where we work: Central Bristol (BS1 5NA)

Cruse Bereavement Care

Dom`s Coffee House 23-25 St Augustine`s Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site:

<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom's Coffee House, 23-25 St Augustine's Parade, Bristol BS1 4UL

Let's Talk About Loss

Twitter: @talkaboutloss

Instagram: @talkaboutloss

Facebook: Let's Talk About Loss

www.letstalkaboutloss.org



Overview:

Let's Talk About Loss is the UK's first support organisation for young people who have been bereaved. We support anyone aged 18 to 35 who has been bereaved of anyone, at any time.

How to access support:

Support from Let's Talk About Loss is completely free. We're a national peer support organisation, with advice online and monthly social gatherings called meet ups that run in Bristol, Nottingham and London.

What we do:

Since 2016, Let's Talk About Loss has existed as an online blog with people from all over the world submitting their stories of bereavement. We aim to show the unique and complex nature of grief by sharing individual journeys, as well as advice and tips for anyone struggling with bereavement.

We also run monthly meet ups, currently in the cities of Bristol, Nottingham and London, which are volunteer led peer support gatherings. They are informal and offer a safe place for young people to meet other young people who have been bereaved. They aim to sit alongside formal types of bereavement support, giving young people a chance to make friends who have experienced loss, and have somewhere they can relax and talk about loss in a safe place if they desire. Anyone aged 18 to 35 who has lost someone is welcome at these meet ups.

Where we work: Bristol, Nottingham, London, and expanding to more cities all the time

Survivors of Bereavement by Suicide (SOBs)

National Office, Flamsteed Centre, Albert St, Ilkeston,
Derbyshire, DE75GU (Local meetings in central Bristol)
Facebook: @SOBScharity



Overview:

SOBs is a national charity supporting those bereaved by suicide. It offers a phone helpline, email support, local support groups, publications, retreats, signposting and specific things to engage men and work with under 18s.

Bristol has a monthly local SOBs peer support group, run by a volunteers. It runs at second Wednesday of every month between 7-9pm

How to access support:

Further information and group details and location can be accessed by emailing the Bristol SOBs group leader on bristol@uksobs.org. Anyone can come to SOBs, but you need to contact the group leader for more details and so that she know if she is to expect to welcome a new member into the group. Further information on sobs in general can be accessed through the national SOBs website.

What we do:

The monthly Bristol SOBs group is a very informal meeting, which brings together people who have experienced a suicide. Some arrive to the group freshly bereaved and still in a state of shock, and other come years after their loss as they are still trying to process it.

The strength in the group is that it is a PEER support group, we all have a shared experience. The group tends to be between 12-20 people each week. We introduce ourselves and share our stories and the group is then facilitated to chat, share and offer each other support around emerging themes.

It is a fluid group, as we welcome new people most week, some come to every meeting, some to just a few.

All group members say they feel stronger and better supported having had the experience of meeting and being with others who are living with the trauma of suicide. It's a safe non judgmental space to share.

We also have a members 'Whats App' group through which members share reading, podcasts etc, and relevant information.

Telephone support: 03001 115 065

Online support: email.support@uksobs.org

Where we work: Monthly in central Bristol Location

Bereavement support for parents and carers when a child has died

The Harbour

Address: 30 Frogmore St, Bristol, BS1 5NA

Twitter: @HarbourBristol

Facebook: theharbourbristol



Overview:

We support adults (18+) who are dying, or have someone close to them who is dying, and people who have been recently bereaved from a physical life-threatening illness. Our bereavement services are offered to people who have been bereaved for more than 3 months and less than 2 years.

How to access support:

Our service is free and can be accessed by calling 0117 925 9348. Phone messages will be responded to by our referral team within 3 working days.

If people fit with our referral criteria then they are offered an assessment with one of our therapists. The therapist will then contact the person to either offer them a service (1:1; couple; group) or signpost them elsewhere.

Typical waiting times are 6-8 weeks for an assessment and 2-3 months for regular counselling sessions after the assessment. These times can vary greatly depending on the case load and the availability of the client.

What we do: *How do you support the people you work with?*

We offer psychodynamic counselling services. This includes 1:1 counselling; couple counselling; and group therapy in the form of a group for people with a life-threatening illness, and a group for people who have been bereaved. The group has regular 'step off' and 'step on' points to allow group members to leave and new members to join.

Support for professionals: We offer clinical supervision for clinicians and volunteers who support people who are dying or have been bereaved, and training for organisations and clinicians on working therapeutically with death, dying and illness.

Where we work: Central Bristol (BS1 5NA)

Bristol Royal Hospital for Children, Paediatric Palliative Care and Bereavement Support Team

Paul O’Gorman Building
Upper Maudlin Street, Bristol, BS2 8BJ



Overview:

We provide bereavement support to the families of children who have died whilst under the care of the children’s hospital, and also for the families of children who have died suddenly and unexpectedly in the community. We provide pre-bereavement support to families when their child is under the care of the palliative care team or has a life-limiting condition. This includes support for parents/carers siblings and grandparents.

How to access support:

Our service runs Monday- Friday. 9am-5pm. All bereaved families in the children’s hospital are given contact details of our team at the time of their child’s death. There is no charge for our service. We can provide advice and information no matter how long ago the death occurred.

What we do:

We support families in the immediate aftermath of their child’s death, providing emotional support and practical information. We act as a key point of contact and are available to guide them through the statutory processes that have to happen after a child has died. We can provide listening, advice and information in the weeks, months or years to follow, assisting families to find appropriate external support to help them cope with their loss. We arrange an annual afternoon of remembrance which is open to any family whose child has died under the care of the Children’s hospital.

Telephone support:

We can provide telephone support: listening, advice and information. Mon-Fri. 9am-5pm.

Tel: 0117 342 7293

We signpost families to local and national Freephone telephone helplines.

Online support:

Families can access our service via email:

ChildrensBereavementSupportTeam@uhbristol.nhs.uk They can also access

our webpage here: <http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-royal-hospital-for-children/what-we-do/paediatric-palliative-care-and-bereavement-support-team/> We signpost families to local and national online bereavement support.

Support for professionals:

We provide training, advice and consultations for healthcare professionals and others involved in care of seriously ill children and bereaved families. We offer individual and/or group debrief sessions as emotional support for professionals dealing with the death of a child under their care. We liaise with school teachers, funeral directors, the police service, community healthcare services and other teams around the family to assist them in providing the most helpful support.

Where we work:

We are based at Bristol Royal Hospital for Children.

Cruse Bereavement Care

Dom's Coffee House 23-25 St Augustine's Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

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as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom's Coffee House, 23-25 St Augustine's Parade, Bristol BS1 4UL

Stillbirth & neonatal death charity (SANDS)

SANDS National Office, Victoria Charity Centre
11 Belgrave Road, SW1V 1RB

Twitter: @SandsUK @bristolsands

Instagram: sandscharity bristolsands_charity

Facebook: @bristolsands Events & Information

Bristol Sands: <https://bristol.sands.org.uk/>



Overview: Sands is the stillbirth and neonatal death charity. It offers bereavement support services at both a local and national level. These include the Sands Freephone helpline, mobile app, online community, family support packs, memory boxes and over 100 regional support groups run by trained befrienders.

Bristol Sands offers support via telephone, and through support meetings and events with other bereaved families. Run by volunteers, who are bereaved parents themselves, they offer face to face support at group meetings and

allow parents an opportunity to openly talk about their baby/babies in a safe and nonjudgmental environment.

How to access support: Support is provided free of charge and without the need for referral. Parents can attend a support meeting without booking in advance. Initial support is handed out in hospital in the form of our support packs, containing lots of information about Sands, and guidance for parents as they deal with situations such as deciding on a Post Mortem and arranging a funeral.

Further information, group details and support meeting location can be accessed by via the website <https://bristol.sands.org.uk/> which also contains details of our support phone number. Any further information can be obtained by completing our online contact form on the website.

What we do: There are monthly Bereavement Support meetings on the first Thursday of each month from 8pm at Bedminster library. These meetings brings together people who have experienced the death of a baby. Some arrive to the group freshly bereaved and still in a state of shock, and other come years after their loss as they are still trying to process it.

Subsequent pregnancy can be a very frightening time so we also offer monthly Pregnant Again Group meetings on the first Tuesday of each month from 8pm at Bedminster library. These meetings are to talk about any concerns or worries you may have, and alternate meetings are attended by a midwife.

Bristol Sands also has a closed group page on Facebook. This can be found by searching for 'Bristol Sands - Closed Group'. This page is for bereaved parents only and, whilst not a support page, is a safe place for parents to visit and as a point of contact with Bristol Sands or others who have suffered a bereavement. Other family members, friends, supporters and professionals can keep up to date with information on our public Facebook page – Bristol Sands Events and Information.

Telephone support: Bristol Sands has a dedicated mobile support number that is available to call for support outside of the support meetings. The number is 07970 930513 and it is manned by one of Bristol Sands trained befrienders

Where we work: Monthly in central Bristol location

Project MAMA

Unit 61 Easton Business Centre, Felix Road,
Bristol BS50HE

Twitter: @ProjectMAMAuk

Instagram: projectmamauk

Facebook: ProjectMAMA

Website: Projectmama.org



Overview: Project MAMA supports women who are refugees, seeking asylum or have irregular immigration status throughout the maternity process. We link women with specialist birth companions and a peer network for support throughout pregnancy, childbirth and in early parenting

Our service is available, free to any pregnant woman who is a migrant to the UK in the Bristol postcode area. We ask that a mama is one of the following;

- Lacking a birth partner
- Is a survivor of modern slavery / human trafficking
- Has a history of mental health concerns
- Is a survivor of trauma or abuse
- Is Destitute
- Is new to the UK and needs additional advocacy support

How to access support: We welcome self referrals and those from supporting professionals and friends supporting women who would like Project MAMA alongside them.

Referrals can be made at any stage during pregnancy, either through our online referral form or by post.

Or you can come along to our drop in, Bumps and Babes without Borders, from 12-3pm on a Friday at the Salvation Army Citadel, 6 Ashley Rd, Bristol BS6 5NL. There is no referral needed for this.

What we do: Project MAMA provides one to one support from Mother Companions (MC's) to pregnant women who otherwise lack a birth partner. Women are assigned two volunteer Mother Companions (MC's) with a doula or midwifery background, experienced in working with women from migrant populations. MC's provide emotional and practical support to women antenatally, through childbirth and postnatally to ensure both mother and baby are thriving. However we recognise that not all pregnancies result in a healthy

baby and we will continue to support our clients if they lose their baby at any stage of pregnancy or after stillbirth or neonatal death.

We also provide a weekly drop in at Bumps & Babes without Borders where expectant and new mamas can meet for support throughout pregnancy until baby is a year old.

Telephone support: Once you have been assigned mother companions you will be given their phone numbers to access support when you need it.

Support for professionals: Via website

Where we work: Client's homes
In the Community
Maternity Units
Salvation Army Citadel

Jessie May

35, Old School House, Kingswood Estate, Bristol BS15 8DB

Website: www.jessiemay.org.uk

Twitter: @JessieMayTrust

Facebook: @JessieMayCharity

Instagram: @JessieMayCharity



Overview:

Jessie May is a charity that provides a hospice at home Palliative Care Service for babies, children and young people who are not expected to live beyond the age of 19. The Jessie May Nursing Team (which includes qualified Children's Nurses and Nursery Nurses) visit the family at home to provide short periods of respite, support, advice, terminal nursing care and bereavement support. Each child's care is planned specifically to meet the needs of the individual child and family, working in partnership with both the family and with other professionals involved in supporting them.

We take referrals for children living in Bristol, South Gloucestershire, North Somerset, Bath & North East Somerset, Swindon and Wiltshire.

Jessie May continues to offer bereavement support to parents for 5 years after their child has died.

How to access support:

Jessie May offers a free hospice at home service to any child who meets our criteria. Referrals can be made by any professional or by the parents themselves by using the referral form on the Jessie May website www.jessiemay.org.uk. or by phoning 0117 9582172 to request a referral form.

In order to meet our criteria, parents need to give their consent to the referral and to be aware that Jessie May is a children's palliative care service. A medical practitioner known to the child i.e. GP or Paediatrician, has to confirm the child is not likely to reach the age of 19 before Jessie May can accept and proceed with any referral.

What we do:

Jessie May recognises that the whole family is under huge emotional and physical strain when a child has a life limiting illness. Through our team of dedicated Jessie May Nurses, we provide specialist care in the comfort of the family's own home from the time the child is accepted onto the Jessie May caseload. A small team of nurses get to know the child and offer short periods of respite and emotional support to the parents. When the child becomes end of life, Jessie May nurses will continue to provide nursing care and support to enable families to stay at home if they wish to do so.

The care Jessie May provides is holistic, individualised and family-centred, working closely with other professionals involved in supporting the family to ensure continuity of care and that all needs are met.

After a child has died, Jessie May offers bereavement support to the parents with regular phone calls, support visits, invitations to the parent support group and remembering children on their anniversaries. The bereavement service is offered to parents for up to five years and is negotiated with parents every step of the way. If parents choose not to use the bereavement service initially, the invitation for support remains open should they wish to take it up at a later date, within the five-year period

Telephone Support: 0117 9582172 Monday to Friday 9am to 5pm. Some evening support can be negotiated by prior arrangement

Where we work: Bristol, South Gloucestershire, North Somerset, Bath & North East, Somerset, Swindon, Wiltshire

Survivors of Bereavement by Suicide (SOBs)

National Office, Flamsteed Centre, Albert St, Ilkeston,
Derbyshire, DE75GU (Local meetings in central Bristol)
Facebook: @SOBScharity



Overview:

SOBs is a national charity supporting those bereaved by suicide. It offers a phone helpline, email support, local support groups, publications, retreats, signposting and specific things to engage men and work with under 18s.

Bristol has a monthly local SOBs peer support group, run by a volunteers. It runs at second Wednesday of every month between 7-9pm

How to access support:

Further information and group details and location can be accessed by emailing the Bristol SOBs group leader on bristol@uksobs.org. Anyone can come to SOBs, but you need to contact the group leader for more details and so that she know if she is to expect to welcome a new member into the group. Further information on sobs in general can be accessed through the national SOBs website.

What we do:

The monthly Bristol SOBs group is a very informal meeting, which brings together people who have experienced a suicide. Some arrive to the group freshly bereaved and still in a state of shock, and other come years after their loss as they are still trying to process it.

The strength in the group is that it is a PEER support group, we all have a shared experience. The group tends to be between 12-20 people each week. We introduce ourselves and share our stories and the group is then facilitated to chat, share and offer each other support around emerging themes.

It is a fluid group, as we welcome new people most week, some come to every meeting, some to just a few.

All group members say they feel stronger and better supported having had the experience of meeting and being with others who are living with the trauma of suicide. It's a safe non judgmental space to share.

We also have a members 'Whats App' group through which members share reading, podcasts etc, and relevant information.

Telephone support: 03001 115 065

Online support: email.support@uksobs.org

Where we work: Monthly in central Bristol Location

Bereavement support for children and young people when a sibling has died

Grief Encounter South West

(formerly The Rainbow Centre for Children)

27 Lilymead Avenue, Knowle, BS4 2BY

Twitter: @gesouthwest

Instagram: griefcountersouthwest

Facebook: griefcountersouthwest

Website: www.griefencounter.org.uk



Overview: We provide free and professional support for families in Bristol and the surrounding areas living with children under 18 years old affected by close bereavement. The Rainbow Centre for Children was founded over 30 years ago and in 2019 became part of the national bereavement charity Grief Encounter.

How to access support: Families self-refer or are referred by others (schools, GP, Social Services, community support services etc). Call/email us to discuss and for those suitable for our services an initial Referral Form can be sent out.

Support will be offered by telephone or email initially and those suitable to be progressed will meet with the Centre Director for the Assessment and Family

Support stage of our service. We then discuss which of the therapeutic services we offer may be most suitable for clients, alongside timescales.

What we do: A range of specialised services are available to suit the needs of each individual child and their family and include:

- one-to-one counselling
 - creative therapies
 - family support work
 - facilitated family workshops
 - facilitated youth peer support workshops
 - family fun days
 - advisory services
 - signposting
-

Telephone support:

0117 985 3343 Grief Encounter South West for local referrals and support.

0808 802 0111 Grief Encounter Free Helpline gam - 9pm

Online support:

Online Chat grieftalk - <https://www.griefencounter.org.uk/griefftalk/> and click on griefftalk logo.

Support for Professionals:

We offer support and training to schools, organisations & agencies; costings available on request.

Where we work: Our therapeutic services are mainly provided in-house at our lovely Grief Encounter South West Centre, 27 Lilymead Avenue, Knowle, BS4 2BY. The Centre is served by local buses from the city centre and is walking distance from Temple Meads. On-street parking is available.

Winston's Wish

17 Royal Crescent, Cheltenham (Head Office)

We have a dedicated Bristol Team who meet with families in community venues across the city

Twitter: @winstonswish

Instagram: @winstonswish

Facebook: Winston's Wish



Giving hope to grieving children

Overview:

We provide free support to bereaved children & young people aged 0-19 as well as their parents, carers and siblings.

We provide support following any type of death including accident, illness, suicide, homicide and death involving those who were in the military. We can offer support no matter how long ago the death occurred.

How to access support:

Referrals for tailored support can be made through the helpline. Families can refer themselves, or professional can make a referral on a family's behalf with their consent.

If you would like to learn more about us before making a referral, come along to one of our drop-ins where you can meet a member of our team and have an informal chat about your situation.

What we do:

Family support: Regular family meetings can be arranged with our therapeutic team after a referral has been made and an initial assessment has been completed with one of our lead practitioners.

Support Groups: Every year we run a number of groups to support young people and families. Each group is designed to reduce the sense of isolation, meet others, share experiences and learn about coping with grief.

Bristol Drop-ins :

- 2-4 pm 2nd Wed of each month: For parents, carers, young people and professionals.
- 5-7pm 1st Thurs of each month: 13-19 year olds only drop-in
- New drop-ins due to open in 2020.
- Please click [here](#) to view our website for up to date information on drop-in locations.

Telephone support: 08088 020 021 Freephone between 9am-5pm Mon-Fri

Online support: Winstonswish.org
Help2makesense.org
Online chat -

Ask@winstonswish.org

Support for professionals: Free consultations for teachers, social workers and any other professionals supporting bereaved children in Bristol.

Where we work: Community venues
Children's Centres
Family homes if and when required
Within schools

The Harvey Hex Trust

Cruse Bereavement Care

Dom's Coffee House 23-25 St Augustine's Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site:

<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process

as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom`s Coffee House, 23-25 St Augustine`s Parade, Bristol BS1 4UL

Bereavement support for children and young people when a parent or carer has died

Winston's Wish

17 Royal Crescent, Cheltenham (Head Office)
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Where we work: Community venues
Children's Centres
Family homes if and when required
Within schools

Grief Encounter South West

(formerly The Rainbow Centre for Children)

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Twitter: @gesouthwest

Instagram: griefcountersouthwest

Facebook: griefcountersouthwest

Website: www.griefencounter.org.uk



**gr'ef
encounter
SouthWest**
supporting bereaved children & young people

Overview: We provide free and professional support for families in Bristol and the surrounding areas living with children under 18 years old affected by close bereavement. The Rainbow Centre for Children was founded over 30 years ago and in 2019 became part of the national bereavement charity Grief Encounter.

How to access support: Families self-refer or are referred by others (schools, GP, Social Services, community support services etc). Call/email us to discuss and for those suitable for our services an initial Referral Form can be sent out.

Support will be offered by telephone or email initially and those suitable to be progressed will meet with the Centre Director for the Assessment and Family Support stage of our service. We then discuss which of the therapeutic services we offer may be most suitable for clients, alongside timescales.

What we do: A range of specialised services are available to suit the needs of each individual child and their family and include:

- one-to-one counselling
- creative therapies
- family support work
- facilitated family workshops
- facilitated youth peer support workshops
- family fun days
- advisory services
- signposting

Telephone support:

0117 985 3343 Grief Encounter South West for local referrals and support.

0808 802 0111 Grief Encounter Free Helpline gam - 9pm

Online support:

Online Chat grieftalk - <https://www.griefencounter.org.uk/griefftalk/> and click on griefftalk logo

Support for Professionals:

We offer support and training to schools, organisations & agencies; costings available on request.

Where we work: Our therapeutic services are mainly provided in-house at our lovely Grief Encounter South West Centre, 27 Lilymead Avenue, Knowle, BS4 2BY. The Centre is served by local buses from the city centre and is walking distance from Temple Meads. On-street parking is available.

St Peter's Hospice

Charlton Road Brentry BS10 6NL

Twitter: @stpetershospice

Instagram: @stpetershospice

Facebook: @stpetershospice



Overview: We support adults who are dying and their families and carers. We are available to support the bereaved at any time during their bereavement with short term therapy, as long as their issues are related to the person who died under our care.

We work directly with children and young people under 18yrs or with the parents/significant person who is supporting that young person. We will see individuals, couples and groups.

How to access support: The service is free of charge and available Mon – Fri 8 – 5. Anyone who is under the care of the hospice or associated with someone under the care of the hospice can request support through their hospice nurse, by calling the Emotional & Psychological Support Team on 0117 915 9544 or calling the 24hr clinical advice line on 0117 915 9430.

Anyone who has been bereaved through the death of someone under the care of the hospice can contact the team on 0117 915 9454

What we do: Anyone requesting support from the Emotional & Psychological Support Team at St Peter's Hospice will be assessed, and if appropriate, offered support from a psychotherapist, counsellor or trained volunteer. The hospice can deliver art and music therapy.

Ideally clients attend at the hospice in Brentry but it may be possible to see them in the community. Waiting time to assessment is typically 3 – 4 weeks. Waiting time for ongoing support varies according to the caseload and can be up to 3 months.

Telephone support: Our focus is face to face support but can be available for telephone conversations should they be required.

Support for professionals: We will support professionals involved in the care of patients and families known to the hospice.

Where we work: We work out of the hospice in Brentry.

Bereavement support for children and young people when a grandparent, extended family member or child has died

Cruse Bereavement Care

Dom`s Coffee House 23-25 St Augustine`s Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site:

<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom's Coffee House, 23-25 St Augustine's Parade, Bristol BS1 4UL

St Peter's Hospice

Charlton Road Brentry BS10 6NL

Twitter: @stpetershospice

Instagram: @stpetershospice

Facebook: @stpetershospice



Overview: We support adults who are dying and their families and carers. We are available to support the bereaved at any time during their bereavement with short term therapy, as long as their issues are related to the person who died under our care.

We work directly with children and young people under 18yrs or with the parents/significant person who is supporting that young person. We will see individuals, couples and groups.

How to access support: The service is free of charge and available Mon – Fri 8 – 5. Anyone who is under the care of the hospice or associated with someone under the care of the hospice can request support through their hospice nurse, by calling the Emotional & Psychological Support Team on 0117 915 9544 or calling the 24hr clinical advice line on 0117 915 9430.

Anyone who has been bereaved through the death of someone under the care of the hospice can contact the team on 0117 915 9454

What we do: Anyone requesting support from the Emotional & Psychological Support Team at St Peter's Hospice will be assessed, and if appropriate, offered support from a psychotherapist, counsellor or trained volunteer. The hospice can deliver art and music therapy.

Ideally clients attend at the hospice in Brentry but it may be possible to see them in the community. Waiting time to assessment is typically 3 – 4 weeks. Waiting time for ongoing support varies according to the caseload and can be up to 3 months.

Telephone support: Our focus is face to face support but can be available for telephone conversations should they be required.

Support for professionals: We will support professionals involved in the care of patients and families known to the hospice.

Where we work: We work out of the hospice in Brentry.

Pre-bereavement advice and help from organisations that primarily offer support when a parent or sibling has died

The Rainbow Centre for Children

The Rainbow Centre can provide support to children after the death of a grandparent, extended family member, or friend through support phone calls and The Grief Encounter Helpline.



For contact information and details of the comprehensive support that the Rainbow Centre can offer after a bereavement has occurred, please see the 'Bereavement support for children and young people when a parent or carer has died' section of this document

Winston's Wish

Winston's Wish can provide support to children after the death of a grandparent, extended family member or friend through the monthly drop-ins, the help line and consultation and advice to supporting professionals.



Winston's Wish can also offer tailored support in some cases where the grandparent or extended family member who died was a primary carer for the child. Please contact our helpline to discuss individual cases.

For contact information and details on the comprehensive support that Winston's Wish can offer after a bereavement has occurred, please see the 'Bereavement support for children and young people when a parent or carer has died' section of this document

Bereavement support when someone has died through a short term or long term illness

The Harbour

Address: 30 Frogmore St, Bristol, BS1 5NA

Twitter: @HarbourBristol

Facebook: theharbourbristol



Overview:

We support adults (18+) who are dying, or have someone close to them who is dying, and people who have been recently bereaved from a physical life-threatening illness. Our bereavement services are offered to people who have been bereaved for more than 3 months and less than 2 years.

How to access support:

Our service is free and can be accessed by calling 0117 925 9348. Phone messages will be responded to by our referral team within 3 working days. If people fit with our referral criteria then they are offered an assessment with one of our therapists. The therapist will then contact the person to either offer them a service (1:1; couple; group) or signpost them elsewhere.

Typical waiting times are 6-8 weeks for an assessment and 2-3 months for regular counselling sessions after the assessment. These times can vary greatly depending on the case load and the availability of the client.

What we do: *How do you support the people you work with?*

We offer psychodynamic counselling services. This includes 1:1 counselling; couple counselling; and group therapy in the form of a group for people with a life-threatening illness, and a group for people who have been bereaved. The group has regular 'step off' and 'step on' points to allow group members to leave and new members to join.

Support for professionals: We offer clinical supervision for clinicians and volunteers who support people who are dying or have been bereaved, and training for organisations and clinicians on working therapeutically with death, dying and illness.

Where we work: Central Bristol (BS1 5NA)

St Peter's Hospice

Charlton Road Brentry BS10 6NL

Twitter: @stpetershospice

Instagram: @stpetershospice

Facebook: @stpetershospice



Overview: We support adults who are dying and their families and carers. We are available to support the bereaved at any time during their bereavement with short term therapy, as long as their issues are related to the person who died under our care.

We work directly with children and young people under 18yrs or with the parents/significant person who is supporting that young person. We will see individuals, couples and groups.

How to access support: The service is free of charge and available Mon – Fri 8 – 5. Anyone who is under the care of the hospice or associated with someone under the care of the hospice can request support through their hospice nurse, by calling the Emotional & Psychological Support Team on 0117 915 9544 or calling the 24hr clinical advice line on 0117 915 9430.

Anyone who has been bereaved through the death of someone under the care of the hospice can contact the team on 0117 915 9454

What we do: Anyone requesting support from the Emotional & Psychological Support Team at St Peter's Hospice will be assessed, and if appropriate, offered support from a psychotherapist, counsellor or trained volunteer. The hospice can deliver art and music therapy.

Ideally clients attend at the hospice in Brentry but it may be possible to see them in the community. Waiting time to assessment is typically 3 – 4 weeks. Waiting time for ongoing support varies according to the caseload and can be up to 3 months.

Telephone support: Our focus is face to face support but can be available for telephone conversations should they be required.

Support for professionals: We will support professionals involved in the care of patients and families known to the hospice.

Where we work: We work out of the hospice in Brentry.

Cruse Bereavement Care

Dom`s Coffee House 23-25 St Augustine`s Parade,
Bristol BS1 4UL
Twitter: @Cruse_Bristol
Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site:

<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom's Coffee House, 23-25 St Augustine's Parade, Bristol BS1 4UL

Grief Encounter South West

(formerly The Rainbow Centre for Children)

27 Lilymead Avenue, Knowle, BS4 2BY

Twitter: @gesouthwest

Instagram: griefencountersouthwest

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Website: www.griefencounter.org.uk



Overview: We provide free and professional support for families in Bristol and the surrounding areas living with children under 18 years old affected by close bereavement. The Rainbow Centre for Children was founded over 30 years ago and in 2019 became part of the national bereavement charity Grief Encounter.

How to access support: Families self-refer or are referred by others (schools, GP, Social Services, community support services etc). Call/email us to discuss and for those suitable for our services an initial Referral Form can be sent out.

Support will be offered by telephone or email initially and those suitable to be progressed will meet with the Centre Director for the Assessment and Family Support stage of our service. We then discuss which of the therapeutic services we offer may be most suitable for clients, alongside timescales.

What we do: A range of specialised services are available to suit the needs of each individual child and their family and include:

- one-to-one counselling
- creative therapies
- family support work
- facilitated family workshops
- facilitated youth peer support workshops
- family fun days
- advisory services
- signposting

Telephone support:

0117 985 3343 Grief Encounter South West for local referrals and support.

0808 802 0111 Grief Encounter Free Helpline gam - 9pm

Online support:

Online Chat grieftalk - <https://www.griefencounter.org.uk/griefftalk/> and click on griefftalk logo

Support for Professionals:

We offer support and training to schools, organisations & agencies; costings available on request.

Where we work: Our therapeutic services are mainly provided in-house at our lovely Grief Encounter South West Centre, 27 Lilymead Avenue, Knowle, BS4 2BY. The Centre is served by local buses from the city centre and is walking distance from Temple Meads. On-street parking is available.

Winston's Wish

17 Royal Crescent, Cheltenham (Head Office)

We have a dedicated Bristol Team who meet with families in community venues across the city

Twitter: @winstonswish

Instagram: @winstonswish

Facebook: Winston's Wish



Giving hope to grieving children

Overview:

We support bereaved children & young people aged 0-19 as well as their parents, carers and siblings.

We provide support following any type of death including accident, illness, suicide, homicide and death involving those who were in the military. We can offer support no matter how long ago the death occurred.

How to access support:

Referrals for tailored support can be made through the helpline. Families can refer themselves, or professional can make a referral on a family's behalf with their consent.

If you would like to learn more about us before making a referral, come along to one of our drop-ins where you can meet a member of our team and have an informal chat about your situation.

What we do:

Family support: Regular family meetings can be arranged with our therapeutic team after a referral has been made and an initial assessment has been completed with one of our lead practitioners.

Support Groups: Every year we run a number of groups to support young people and families. Each group is designed to reduce the sense of isolation, meet others, share experiences and learn about coping with grief.

Bristol Drop-ins :

- 2-4 pm 2nd Wed of each month: For parents, carers, young people and professionals.
- 5-7pm 1st Thurs of each month: 13-19 year olds only drop-in
- New drop-ins due to open in 2020.
- Please click [here](#) to view our website for up to date information on drop-in locations.

Telephone support: 08088 020 021 Freephone between 9am-5pm Mon-Fri

Online support: Winstonswish.org
Help2makesense.org
Online chat -
Ask@winstonswish.org

Support for professionals: Free consultations for teachers, social workers and any other professionals supporting bereaved children in Bristol.

Where we work: Community venues
Children's Centres
Family homes if and when required
Within schools

Let's Talk About Loss

Twitter: @talkaboutloss

Instagram: @talkaboutloss

Facebook: Let's Talk About Loss

www.letstalkaboutloss.org



Overview:

Let's Talk About Loss is the UK's first support organisation for young people who have been bereaved. We support anyone aged 18 to 35 who has been bereaved of anyone, at any time.

How to access support:

Support from Let's Talk About Loss is completely free. We're a national peer support organisation, with advice online and monthly social gatherings called meet ups that run in Bristol, Nottingham and London.

What we do:

Since 2016, Let's Talk About Loss has existed as an online blog with people from all over the world submitting their stories of bereavement. We aim to show the unique and complex nature of grief by sharing individual journeys, as well as advice and tips for anyone struggling with bereavement.

We also run monthly meet ups, currently in the cities of Bristol, Nottingham and London, which are volunteer led peer support gatherings. They are informal and offer a safe place for young people to meet other young people who have been bereaved. They aim to sit alongside formal types of bereavement support, giving young people a chance to make friends who have experienced loss, and have somewhere they can relax and talk about loss in a safe place if they desire. Anyone aged 18 to 35 who has lost someone is welcome at these meet ups.

Where we work:

Bristol, Nottingham, London, and expanding to more cities all the time

Bristol Royal Hospital for Children, Paediatric Palliative Care and Bereavement Support Team

Paul O’Gorman Building
Upper Maudlin Street, Bristol, BS2 8BJ



Overview:

We provide bereavement support to the families of children who have died whilst under the care of the children’s hospital, and also for the families of children who have died suddenly and unexpectedly in the community. We provide pre-bereavement support to families when their child is under the care of the palliative care team or has a life-limiting condition. This includes support for parents/carers siblings and grandparents.

How to access support:

Our service runs Monday- Friday. 9am-5pm. All bereaved families in the children’s hospital are given contact details of our team at the time of their child’s death. There is no charge for our service. We can provide advice and information no matter how long ago the death occurred.

What we do:

We support families in the immediate aftermath of their child’s death, providing emotional support and practical information. We act as a key point of contact and are available to guide them through the statutory processes that have to happen after a child has died. We can provide listening, advice and information in the weeks, months or years to follow, assisting families to find appropriate external support to help them cope with their loss. We arrange an annual afternoon of remembrance which is open to any family whose child has died under the care of the Children’s hospital.

Telephone support:

We can provide telephone support: listening, advice and information. Mon-Fri. 9am-5pm.

Tel: 0117 342 7293

We signpost families to local and national Freephone telephone helplines.

Online support:

Families can access our service via email:

ChildrensBereavementSupportTeam@uhbristol.nhs.uk They can also access

our webpage here: <http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-royal-hospital-for-children/what-we-do/paediatric-palliative-care-and-bereavement-support-team/> We signpost families to local and national online bereavement support.

Support for professionals:

We provide training, advice and consultations for healthcare professionals and others involved in care of seriously ill children and bereaved families. We offer individual and/or group debrief sessions as emotional support for professionals dealing with the death of a child under their care. We liaise with school teachers, funeral directors, the police service, community healthcare services and other teams around the family to assist them in providing the most helpful support.

Where we work:

We are based at Bristol Royal Hospital for Children.

Jessie May

35, Old School House, Kingswood Estate, Bristol BS15 8DB

Website: www.jessiemay.org.uk

Twitter: @JessieMayTrust

Facebook: @JessieMayCharity

Instagram: @JessieMayCharity



Overview:

Jessie May is a charity that provides a hospice at home Palliative Care Service for babies, children and young people who are not expected to live beyond the age of 19. The Jessie May Nursing Team (which includes qualified Children's Nurses and Nursery Nurses) visit the family at home to provide short periods of respite, support, advice, terminal nursing care and bereavement support. Each child's care is planned specifically to meet the needs of the individual child and family, working in partnership with both the family and with other professionals involved in supporting them.

We take referrals for children living in Bristol, South Gloucestershire, North Somerset, Bath & North East Somerset, Swindon and Wiltshire.

Jessie May continues to offer bereavement support to parents for 5 years after their child has died.

How to access support:

Jessie May offers a free hospice at home service to any child who meets our criteria. Referrals can be made by any professional or by the parents themselves by using the referral form on the Jessie May website www.jessiemay.org.uk. or by phoning 0117 9582172 to request a referral form.

In order to meet our criteria, parents need to give their consent to the referral and to be aware that Jessie May is a children's palliative care service. A medical practitioner known to the child i.e. GP or Paediatrician, has to confirm the child is not likely to reach the age of 19 before Jessie May can accept and proceed with any referral.

What we do:

Jessie May recognises that the whole family is under huge emotional and physical strain when a child has a life limiting illness. Through our team of dedicated Jessie May Nurses, we provide specialist care in the comfort of the family's own home from the time the child is accepted onto the Jessie May caseload. A small team of nurses get to know the child and offer short periods of respite and emotional support to the parents. When the child becomes end of life, Jessie May nurses will continue to provide nursing care and support to enable families to stay at home if they wish to do so.

The care Jessie May provides is holistic, individualised and family-centred, working closely with other professionals involved in supporting the family to ensure continuity of care and that all needs are met.

After a child has died, Jessie May offers bereavement support to the parents with regular phone calls, support visits, invitations to the parent support group and remembering children on their anniversaries. The bereavement service is offered to parents for up to five years and is negotiated with parents every step of the way. If parents choose not to use the bereavement service initially, the invitation for support remains open should they wish to take it up at a later date, within the five-year period

Telephone Support: 0117 9582172 Monday to Friday 9am to 5pm. Some evening support can be negotiated by prior arrangement

Where we work: Bristol, South Gloucestershire, North Somerset, Bath & North East, Somerset, Swindon, Wiltshire

Bereavement support when someone has died in a sudden or unexpected way

Cruse Bereavement Care

Dom's Coffee House 23-25 St Augustine's Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site:

<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom`s Coffee House, 23-25 St Augustine`s Parade, Bristol BS1 4UL

Grief Encounter South West

(formerly The Rainbow Centre for Children)
27 Lilymead Avenue, Knowle, BS4 2BY
Twitter: @gesouthwest
Instagram: griefencountersouthwest
Facebook: griefencountersouthwest
Website: www.griefencounter.org.uk



Overview: We provide free and professional support for families in Bristol and the surrounding areas living with children under 18 years old affected by close bereavement. The Rainbow Centre for Children was founded over 30 years ago and in 2019 became part of the national bereavement charity Grief Encounter.

How to access support: Families self-refer or are referred by others (schools, GP, Social Services, community support services etc). Call/email us to discuss and for those suitable for our services an initial Referral Form can be sent out.

Support will be offered by telephone or email initially and those suitable to be progressed will meet with the Centre Director for the Assessment and Family Support stage of our service. We then discuss which of the therapeutic services we offer may be most suitable for clients, alongside timescales.

What we do: A range of specialised services are available to suit the needs of each individual child and their family and include:

- one-to-one counselling
- creative therapies
- family support work

- facilitated family workshops
- facilitated youth peer support workshops
- family fun days
- advisory services
- signposting

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0117 985 3343 Grief Encounter South West for local referrals and support.

0808 802 0111 Grief Encounter Free Helpline 9am - 9pm

Online support:

Online Chat grieftalk - <https://www.griefencounter.org.uk/griefftalk/> and click on griefftalk logo

Support for Professionals:

We offer support and training to schools, organisations & agencies; costings available on request.

Where we work: Our therapeutic services are mainly provided in-house at our lovely Grief Encounter South West Centre, 27 Lilymead Avenue, Knowle, BS4 2BY. The Centre is served by local buses from the city centre and is walking distance from Temple Meads. On-street parking is available.

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How to access support:

Referrals for tailored support can be made through the helpline. Families can refer themselves, or professional can make a referral on a family's behalf with their consent.

If you would like to learn more about us before making a referral, come along to one of our drop-ins where you can meet a member of our team and have an informal chat about your situation.

What we do:

Family support: Regular family meetings can be arranged with our therapeutic team after a referral has been made and an initial assessment has been completed with one of our lead practitioners.

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Telephone support: 08088 020 021 Freephone between 9am-5pm Mon-Fri

Online support: Winstonswish.org
Help2makesense.org
Online chat -
Ask@winstonswish.org

Support for professionals: Free consultations for teachers, social workers and any other professionals supporting bereaved children in Bristol.

Where we work: Community venues

Children's Centres
Family homes if and when required
Within schools

Let's Talk About Loss

Twitter: @talkaboutloss

Instagram: @talkaboutloss

Facebook: Let's Talk About Loss

www.letstalkaboutloss.org



Overview:

Let's Talk About Loss is the UK's first support organisation for young people who have been bereaved. We support anyone aged 18 to 35 who has been bereaved of anyone, at any time.

How to access support:

Support from Let's Talk About Loss is completely free. We're a national peer support organisation, with advice online and monthly social gatherings called meet ups that run in Bristol, Nottingham and London.

What we do:

Since 2016, Let's Talk About Loss has existed as an online blog with people from all over the world submitting their stories of bereavement. We aim to show the unique and complex nature of grief by sharing individual journeys, as well as advice and tips for anyone struggling with bereavement.

We also run monthly meet ups, currently in the cities of Bristol, Nottingham and London, which are volunteer led peer support gatherings. They are informal and offer a safe place for young people to meet other young people who have been bereaved. They aim to sit alongside formal types of bereavement support, giving young people a chance to make friends who have experienced loss, and have somewhere they can relax and talk about loss in a safe place if they desire. Anyone aged 18 to 35 who has lost someone is welcome at these meet ups.

Where we work:

Bristol, Nottingham, London, and expanding to more cities all the time

Bristol Royal Hospital for Children, Paediatric Palliative Care and Bereavement Support Team

Paul O’Gorman Building
Upper Maudlin Street, Bristol, BS2 8BJ



Overview:

We provide bereavement support to the families of children who have died whilst under the care of the children’s hospital, and also for the families of children who have died suddenly and unexpectedly in the community. We provide pre-bereavement support to families when their child is under the care of the palliative care team or has a life-limiting condition. This includes support for parents/carers siblings and grandparents.

How to access support:

Our service runs Monday- Friday. 9am-5pm. All bereaved families in the children’s hospital are given contact details of our team at the time of their child’s death. There is no charge for our service. We can provide advice and information no matter how long ago the death occurred.

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We support families in the immediate aftermath of their child’s death, providing emotional support and practical information. We act as a key point of contact and are available to guide them through the statutory processes that have to happen after a child has died. We can provide listening, advice and information in the weeks, months or years to follow, assisting families to find appropriate external support to help them cope with their loss. We arrange an annual afternoon of remembrance which is open to any family whose child has died under the care of the Children’s hospital.

Telephone support:

We can provide telephone support: listening, advice and information. Mon-Fri. 9am-5pm.

Tel: 0117 342 7293

We signpost families to local and national Freephone telephone helplines.

Online support:

Families can access our service via email:

ChildrensBereavementSupportTeam@uhbristol.nhs.uk They can also access

our webpage here: <http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-royal-hospital-for-children/what-we-do/paediatric-palliative-care-and-bereavement-support-team/> We signpost families to local and national online bereavement support.

Support for professionals:

We provide training, advice and consultations for healthcare professionals and others involved in care of seriously ill children and bereaved families. We offer individual and/or group debrief sessions as emotional support for professionals dealing with the death of a child under their care. We liaise with school teachers, funeral directors, the police service, community healthcare services and other teams around the family to assist them in providing the most helpful support.

Where we work:

We are based at Bristol Royal Hospital for Children.

Survivors of Bereavement by Suicide (SOBs)

National Office, Flamsteed Centre, Albert St, Ilkeston, Derbyshire, DE75GU (Local meetings in central Bristol)
Facebook: @SOBScharity



Overview:

SOBs is a national charity supporting those bereaved by suicide. It offers a phone helpline, email support, local support groups, publications, retreats, signposting and specific things to engage men and work with under 18s.

Bristol has a monthly local SOBs peer support group, run by a volunteers. It runs at second Wednesday of every month between 7-9pm

How to access support:

Further information and group details and location can be accessed by emailing the Bristol SOBs group leader on bristol@uksobs.org. Anyone can come to SOBs, but you need to contact the group leader for more details and so that she know if she is to expect to welcome a new member into the group. Further information on sobs in general can be accessed through the national SOBs website.

What we do:

The monthly Bristol SOBs group is a very informal meeting, which brings together people who have experienced a suicide. Some arrive to the group freshly bereaved and still in a state of shock, and other come years after their loss as they are still trying to process it.

The strength in the group is that it is a PEER support group, we all have a shared experience. The group tends to be between 12-20 people each week. We introduce ourselves and share our stories and the group is then facilitated to chat, share and offer each other support around emerging themes.

It is a fluid group, as we welcome new people most week, some come to every meeting, some to just a few.

All group members say they feel stronger and better supported having had the experience of meeting and being with others who are living with the trauma of suicide. It's a safe non judgmental space to share.

We also have a members 'Whats App' group through which members share reading, podcasts etc, and relevant information.

Telephone support: 03001 115 065

Online support: email.support@uksobs.org

Where we work: Monthly in central Bristol Location

Stillbirth & neonatal death charity (SANDS)

SANDS National Office, Victoria Charity Centre

11 Belgrave Road, SW1V 1RB

Twitter: @SandsUK @bristolsands

Instagram: sandscharity bristolsands_charity

Facebook: @bristolsands Events & Information

Bristol Sands: <https://bristol.sands.org.uk/>



Overview: Sands is the stillbirth and neonatal death charity. It offers bereavement support services at both a local and national level. These include

the Sands Freephone helpline, mobile app, online community, family support packs, memory boxes and over 100 regional support groups run by trained befrienders.

Bristol Sands offers support via telephone, and through support meetings and events with other bereaved families. Run by volunteers, who are bereaved parents themselves, they offer face to face support at group meetings and allow parents an opportunity to openly talk about their baby/babies in a safe and nonjudgmental environment.

How to access support: Support is provided free of charge and without the need for referral. Parents can attend a support meeting without booking in advance. Initial support is handed out in hospital in the form of our support packs, containing lots of information about Sands, and guidance for parents as they deal with situations such as deciding on a Post Mortem and arranging a funeral.

Further information, group details and support meeting location can be accessed by via the website <https://bristol.sands.org.uk/> which also contains details of our support phone number. Any further information can be obtained by completing our online contact form on the website.

What we do: *How do you support the people you work with*

There are monthly Bereavement Support meetings on the first Thursday of each month from 8pm at Bedminster library. These meetings brings together people who have experienced the death of a baby. Some arrive to the group freshly bereaved and still in a state of shock, and other come years after their loss as they are still trying to process it.

Subsequent pregnancy can be a very frightening time so we also offer monthly Pregnant Again Group meetings on the first Tuesday of each month from 8pm at Bedminster library. These meetings are to talk about any concerns or worries you may have, and alternate meetings are attended by a midwife.

Bristol Sands also has a closed group page on Facebook. This can be found by searching for 'Bristol Sands - Closed Group'. This page is for bereaved parents only and, whilst not a support page, is a safe place for parents to visit and as a point of contact with Bristol Sands or others who have suffered a bereavement. Other family members, friends, supporters and professionals can keep up to date with information on our public Facebook page – Bristol Sands Events and Information.

Telephone support: Bristol Sands has a dedicated mobile support number that is available to call for support outside of the support meetings. The number is 07970 930513 and it is manned by one of Bristol Sands trained befrienders

Where we work: Monthly in central Bristol location

Where we work: Monthly in central Bristol location

Bereavement support when someone has died through suicide

Survivors of Bereavement by Suicide (SOBs)

National Office, Flamsteed Centre, Albert St, Ilkeston, Derbyshire, DE75GU (Local meetings in central Bristol)
Facebook: @SOBScharity



Overview:

SOBs is a national charity supporting those bereaved by suicide. It offers a phone helpline, email support, local support groups, publications, retreats, signposting and specific things to engage men and work with under 18s.

Bristol has a monthly local SOBs peer support group, run by a volunteers. It runs at second Wednesday of every month between 7-9pm

How to access support:

Further information and group details and location can be accessed by emailing the Bristol SOBs group leader on bristol@uksobs.org. Anyone can come to SOBs, but you need to contact the group leader for more details and so that she know if she is to expect to welcome a new member into the group. Further information on sobs in general can be accessed through the national SOBs website.

What we do:

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The strength in the group is that it is a PEER support group, we all have a shared experience. The group tends to be between 12-20 people each week. We introduce ourselves and share our stories and the group is then facilitated to chat, share and offer each other support around emerging themes.

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We also have a members 'Whats App' group through which members share reading, podcasts etc, and relevant information.

Telephone support: 03001 115 065

Online support: email.support@uksobs.org

Where we work: Monthly in central Bristol Location

Cruse Bereavement Care

Dom`s Coffee House 23-25 St Augustine`s Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site: <http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom's Coffee House, 23-25 St Augustine's Parade, Bristol BS1 4UL

Grief Encounter South West

(formerly The Rainbow Centre for Children)

27 Lilymead Avenue, Knowle, BS4 2BY

Twitter: @gesouthwest

Instagram: griefcountersouthwest

Facebook: griefcountersouthwest



Website: www.griefencounter.org.uk

Overview: We provide free and professional support for families in Bristol and the surrounding areas living with children under 18 years old affected by close bereavement. The Rainbow Centre for Children was founded over 30 years ago and in 2019 became part of the national bereavement charity Grief Encounter.

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Support for Professionals:

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Where we work: Our therapeutic services are mainly provided in-house at our lovely Grief Encounter South West Centre, 27 Lilymead Avenue, Knowle, BS4

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Let's Talk About Loss is the UK's first support organisation for young people who have been bereaved. We support anyone aged 18 to 35 who has been bereaved of anyone, at any time.

How to access support:

Support from Let's Talk About Loss is completely free. We're a national peer support organisation, with advice online and monthly social gatherings called meet ups that run in Bristol, Nottingham and London.

What we do:

Since 2016, Let's Talk About Loss has existed as an online blog with people from all over the world submitting their stories of bereavement. We aim to show the unique and complex nature of grief by sharing individual journeys, as well as advice and tips for anyone struggling with bereavement.

We also run monthly meet ups, currently in the cities of Bristol, Nottingham and London, which are volunteer led peer support gatherings. They are informal and offer a safe place for young people to meet other young people who have been bereaved. They aim to sit alongside formal types of bereavement support, giving young people a chance to make friends who have experienced loss, and have somewhere they can relax and talk about loss in a safe place if they desire. Anyone aged 18 to 35 who has lost someone is welcome at these meet ups.

Where we work: Bristol, Nottingham, London, and expanding to more cities all the time

Bristol Royal Hospital for Children, Paediatric Palliative Care and Bereavement Support Team

Paul O'Gorman Building
Upper Maudlin Street, Bristol, BS2 8BJ



Overview:

We provide bereavement support to the families of children who have died whilst under the care of the children's hospital, and also for the families of children who have died suddenly and unexpectedly in the community.

We provide pre-bereavement support to families when their child is under the care of the palliative care team or has a life-limiting condition. This includes support for parents/carers siblings and grandparents.

How to access support:

Our service runs Monday- Friday. 9am-5pm. All bereaved families in the children's hospital are given contact details of our team at the time of their child's death. There is no charge for our service. We can provide advice and information no matter how long ago the death occurred.

What we do:

We support families in the immediate aftermath of their child's death, providing emotional support and practical information. We act as a key point of contact and are available to guide them through the statutory processes that have to happen after a child has died. We can provide listening, advice and information in the weeks, months or years to follow, assisting families to find appropriate external support to help them cope with their loss. We arrange an annual afternoon of remembrance which is open to any family whose child has died under the care of the Children's hospital.

Telephone support:

We can provide telephone support: listening, advice and information. Mon-Fri. 9am-5pm.

Tel: 0117 342 7293

We signpost families to local and national Freephone telephone helplines.

Online support:

Families can access our service via email:

ChildrensBereavementSupportTeam@uhbristol.nhs.uk They can also access our webpage here: <http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-royal-hospital-for-children/what-we-do/paediatric-palliative-care-and-bereavement-support-team/> We signpost families to local and national online bereavement support.

Support for professionals:

We provide training, advice and consultations for healthcare professionals and others involved in care of seriously ill children and bereaved families. We offer individual and/or group debrief sessions as emotional support for professionals dealing with the death of a child under their care. We liaise with school teachers, funeral directors, the police service, community healthcare services and other teams around the family to assist them in providing the most helpful support.

Where we work:

We are based at Bristol Royal Hospital for Children.

Bereavement support when someone has died through homicide

Cruse Bereavement Care

Dom`s Coffee House 23-25 St Augustine`s Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site:

<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom's Coffee House, 23-25 St Augustine's Parade, Bristol BS1 4UL

Grief Encounter South West

(formerly The Rainbow Centre for Children)

27 Lilymead Avenue, Knowle, BS4 2BY

Twitter: @gesouthwest

Instagram: griefencountersouthwest

Facebook: griefencountersouthwest

Website: www.griefencounter.org.uk



Overview: We provide free and professional support for families in Bristol and the surrounding areas living with children under 18 years old affected by close bereavement. The Rainbow Centre for Children was founded over 30 years ago and in 2019 became part of the national bereavement charity Grief Encounter.

How to access support: Families self-refer or are referred by others (schools, GP, Social Services, community support services etc). Call/email us to discuss and for those suitable for our services an initial Referral Form can be sent out.

Support will be offered by telephone or email initially and those suitable to be progressed will meet with the Centre Director for the Assessment and Family Support stage of our service. We then discuss which of the therapeutic services we offer may be most suitable for clients, alongside timescales.

What we do: A range of specialised services are available to suit the needs of each individual child and their family and include:

- one-to-one counselling

- creative therapies
- family support work
- facilitated family workshops
- facilitated youth peer support workshops
- family fun days
- advisory services
- signposting

Telephone support:

0117 985 3343 Grief Encounter South West for local referrals and support.

0808 802 0111 Grief Encounter Free Helpline 9am - 9pm

Online support:

Online Chat grieftalk - <https://www.griefencounter.org.uk/griefftalk/> and click on griefftalk logo

Support for Professionals:

We offer support and training to schools, organisations & agencies; costings available on request.

Where we work: Our therapeutic services are mainly provided in-house at our lovely Grief Encounter South West Centre, 27 Lilymead Avenue, Knowle, BS4 2BY. The Centre is served by local buses from the city centre and is walking distance from Temple Meads. On-street parking is available.

Winston's Wish

17 Royal Crescent, Cheltenham (Head Office)

We have a dedicated Bristol Team who meet with families in community venues across the city

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Giving hope to grieving children

Overview:

We support bereaved children & young people aged 0-19 as well as their parents, carers and siblings.

We provide support following any type of death including accident, illness, suicide, homicide and death involving those who were in the military. We can offer support no matter how long ago the death occurred.

How to access support:

Referrals for tailored support can be made through the helpline. Families can refer themselves, or professional can make a referral on a family's behalf with their consent.

If you would like to learn more about us before making a referral, come along to one of our drop-ins where you can meet a member of our team and have an informal chat about your situation.

What we do:

Family support: Regular family meetings can be arranged with our therapeutic team after a referral has been made and an initial assessment has been completed with one of our lead practitioners.

Support Groups: Every year we run a number of groups to support young people and families. Each group is designed to reduce the sense of isolation, meet others, share experiences and learn about coping with grief.

Bristol Drop-ins :

- 2-4 pm 2nd Wed of each month: For parents, carers, young people and professionals.
 - 5-7pm 1st Thurs of each month: 13-19 year olds only drop-in
 - New drop-ins due to open in 2020.
 - Please click [here](#) to view our website for up to date information on drop-in locations.
-

Telephone support: 08088 020 021 Freephone between 9am-5pm Mon-Fri

Online support: Winstonswish.org
Help2makesense.org
Online chat -
Ask@winstonswish.org

Support for professionals: Free consultations for teachers, social workers and any other professionals supporting bereaved children in Bristol.

Where we work: Community venues
Children's Centres
Family homes if and when required
Within schools

Let's Talk About Loss

Twitter: @talkaboutloss

Instagram: @talkaboutloss

Facebook: Let's Talk About Loss

www.letstalkaboutloss.org



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How to access support:

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What we do:

We support families in the immediate aftermath of their child’s death, providing emotional support and practical information. We act as a key point of contact and are available to guide them through the statutory processes that have to happen after a child has died. We can provide listening, advice and information in the weeks, months or years to follow, assisting families to find appropriate external support to help them cope with their loss. We arrange an annual afternoon of remembrance which is open to any family whose child has died under the care of the Children’s hospital.

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Where we work:

We are based at Bristol Royal Hospital for Children.

Bereavement support for refugees, asylum seekers and migrants

All members of the Bristol Bereavement Forum are committed to making their services accessible to all members of the community, including refugees, asylum seekers and migrants.

The organisations listed below deliver a service that is specifically designed for refugees, asylum seekers or new migrants in Bristol.

Project MAMA

Unit 61 Easton Business Centre, Felix Road,
Bristol BS50HE

Twitter: @ProjectMAMAuk

Instagram: projectmamauk

Facebook: ProjectMAMA

Website: Projectmama.org



Overview: Project MAMA supports women who are refugees, seeking asylum or have irregular immigration status throughout the maternity process. We link women with specialist birth companions and a peer network for support throughout pregnancy, childbirth and in early parenting

Our service is available, free to any pregnant woman who is a migrant to the UK in the Bristol postcode area. We ask that a mama is one of the following;

- Lacking a birth partner
- Is a survivor of modern slavery / human trafficking
- Has a history of mental health concerns
- Is a survivor of trauma or abuse
- Is Destitute
- Is new to the UK and needs additional advocacy support

How to access support: We welcome self referrals and those from supporting professionals and friends supporting women who would like Project MAMA alongside them.

Referrals can be made at any stage during pregnancy, either through our online referral form or by post.

Or you can come along to our drop in, Bumps and Babes without Borders, from 12-3pm on a Friday at the Salvation Army Citadel, 6 Ashley Rd, Bristol BS6 5NL. There is no referral needed for this.

What we do: Project MAMA provides one to one support from Mother Companions (MC's) to pregnant women who otherwise lack a birth partner. Women are assigned two volunteer Mother Companions (MC's) with a doula or midwifery background, experienced in working with women from migrant populations. MC's provide emotional and practical support to women antenatally, through childbirth and postnatally to ensure both mother and baby are thriving. However we recognise that not all pregnancies result in a healthy baby and we will continue to support our clients if they lose their baby at any stage of pregnancy or after stillbirth or neonatal death. We also provide a weekly drop in at Bumps & Babes without Borders where expectant and new mamas can meet for support throughout pregnancy until baby is a year old.

Telephone support: Once you have been assigned mother companions you will be given their phone numbers to access support when you need it.

Support for professionals: Via website

Where we work:

- Client's homes
- In the Community
- Maternity Units
- Salvation Army Citadel

If you know of an organisation that delivers a service for bereaved refugees, asylum seekers and migrants that is specifically designed for people who identify as belonging to a particular faith community please contact Grace at winston's wish (gtrevelyan@winstonswish.org.uk) so that it can be included in this section of the directory.

Bereavement support for people from
particular faith backgrounds

All members of the Bristol Bereavement Forum are committed to making their services accessible to all members of the community, including all faith groups.

If you know of an organisation that delivers a service for bereaved people that is specifically designed for people who identify as belonging to a particular faith community please contact Grace at [winston's wish \(gtrevelyan@winstonswish.org.uk\)](mailto:gtrevelyan@winstonswish.org.uk) so that it can be included in this section of the directory.

Sign posting to faith specific bereavement support may be available through Bristol Multi Faith Forum: <http://bristolmultifaithforum.org.uk/>

Bereavement support for members of the LGBTQ+ community

All members of the Bristol Bereavement Forum are committed to making their services accessible to all members of the community, including people from the LGBTQ+ community.

If you know of an organisation that delivers a service for bereaved people that is specifically designed for people from the LGBTQ+ please contact Grace at [winston's wish \(gtrevelyan@winstonswish.org.uk\)](mailto:gtrevelyan@winstonswish.org.uk) so that it can be included in this section of the directory.

One to One support

The Harbour

Address: 30 Frogmore St, Bristol, BS1 5NA

Twitter: @HarbourBristol

Facebook: theharbourbristol



Overview:

We support adults (18+) who are dying, or have someone close to them who is dying, and people who have been recently bereaved from a physical life-threatening illness. Our bereavement services are offered to people who have been bereaved for more than 3 months and less than 2 years.

How to access support:

Our service is free and can be accessed by calling 0117 925 9348. Phone messages will be responded to by our referral team within 3 working days. If people fit with our referral criteria then they are offered an assessment with one of our therapists. The therapist will then contact the person to either offer them a service (1:1; couple; group) or signpost them elsewhere. Typical waiting times are 6-8 weeks for an assessment and 2-3 months for regular counselling sessions after the assessment. These times can vary greatly depending on the case load and the availability of the client.

What we do: *How do you support the people you work with?*

We offer psychodynamic counselling services. This includes 1:1 counselling; couple counselling; and group therapy in the form of a group for people with a life-threatening illness, and a group for people who have been bereaved. The group has regular 'step off' and 'step on' points to allow group members to leave and new members to join.

Support for professionals: We offer clinical supervision for clinicians and volunteers who support people who are dying or have been bereaved, and training for organisations and clinicians on working therapeutically with death, dying and illness.

Where we work: Central Bristol (BS1 5NA)

Cruse Bereavement Care

Dom's Coffee House 23-25 St Augustine's Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people

and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site:

<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom`s Coffee House, 23-25 St Augustine`s Parade, Bristol BS1 4UL

Grief Encounter South West

(formerly The Rainbow Centre for Children)

27 Lilymead Avenue, Knowle, BS4 2BY

Twitter: @gesouthwest

Instagram: griefcountersouthwest

Facebook: griefcountersouthwest

Website: www.griefencounter.org.uk



supporting bereaved children & young people

Overview: We provide free and professional support for families in Bristol and the surrounding areas living with children under 18 years old affected by close bereavement. The Rainbow Centre for Children was founded over 30 years ago and in 2019 became part of the national bereavement charity Grief Encounter.

How to access support: Families self-refer or are referred by others (schools, GP, Social Services, community support services etc). Call/email us to discuss and for those suitable for our services an initial Referral Form can be sent out.

Support will be offered by telephone or email initially and those suitable to be progressed will meet with the Centre Director for the Assessment and Family Support stage of our service. We then discuss which of the therapeutic services we offer may be most suitable for clients, alongside timescales.

What we do: A range of specialised services are available to suit the needs of each individual child and their family and include:

- one-to-one counselling
- creative therapies
- family support work
- facilitated family workshops
- facilitated youth peer support workshops
- family fun days
- advisory services
- signposting

Telephone support:

0117 985 3343 Grief Encounter South West for local referrals and support.

0808 802 0111 Grief Encounter Free Helpline 9am - 9pm

Online support:

Online Chat grieftalk - <https://www.griefencounter.org.uk/griefftalk/> and click on griefftalk logo

Support for Professionals:

We offer support and training to schools, organisations & agencies; costings available on request.

Where we work: Our therapeutic services are mainly provided in-house at our lovely Grief Encounter South West Centre, 27 Lilymead Avenue, Knowle, BS4 2BY. The Centre is served by local buses from the city centre and is walking distance from Temple Meads. On-street parking is available.

Winston's Wish

17 Royal Crescent, Cheltenham (Head Office)

We have a dedicated Bristol Team who meet with families in community venues across the city

Twitter: @winstonswish

Instagram: @winstonswish

Facebook: Winston's Wish



Giving hope to grieving children

Overview:

We support bereaved children & young people aged 0-19 as well as their parents, carers and siblings.

We provide support following any type of death including accident, illness, suicide, homicide and death involving those who were in the military. We can offer support no matter how long ago the death occurred.

How to access support:

Referrals for tailored support can be made through the helpline. Families can refer themselves, or professional can make a referral on a family's behalf with their consent.

If you would like to learn more about us before making a referral, come along to one of our drop-ins where you can meet a member of our team and have an informal chat about your situation.

What we do:

Family support: Regular family meetings can be arranged with our therapeutic team after a referral has been made and an initial assessment has been completed with one of our lead practitioners.

Support Groups: Every year we run a number of groups to support young people and families. Each group is designed to reduce the sense of isolation, meet others, share experiences and learn about coping with grief.

Bristol Drop-ins :

- 2-4 pm 2nd Wed of each month: For parents, carers, young people and professionals.
- 5-7pm 1st Thurs of each month: 13-19 year olds only drop-in
- New drop-ins due to open in 2020.
- Please click [here](#) to view our website for up to date information on drop-in locations.

Telephone support: 08088 020 021 Freephone between 9am-5pm Mon-Fri

Online support: Winstonswish.org
Help2makesense.org
Online chat -
Ask@winstonswish.org

Support for professionals: Free consultations for teachers, social workers and any other professionals supporting bereaved children in Bristol.

Where we work: Community venues
Children's Centres
Family homes if and when required
Within schools

St Peter's Hospice

Charlton Road Brentry BS10 6NL

Twitter: @stpetershospice

Instagram: @stpetershospice

Facebook: @stpetershospice



Overview: We support adults who are dying and their families and carers. We are available to support the bereaved at any time during their bereavement with short term therapy, as long as their issues are related to the person who died under our care.

We work directly with children and young people under 18yrs or with the parents/significant person who is supporting that young person. We will see individuals, couples and groups.

How to access support: The service is free of charge and available Mon – Fri 8 – 5. Anyone who is under the care of the hospice or associated with someone under the care of the hospice can request support through their hospice nurse, by calling the Emotional & Psychological Support Team on 0117 915 9544 or calling the 24hr clinical advice line on 0117 915 9430.

Anyone who has been bereaved through the death of someone under the care of the hospice can contact the team on 0117 915 9454

What we do: Anyone requesting support from the Emotional & Psychological Support Team at St Peter's Hospice will be assessed, and if appropriate, offered support from a psychotherapist, counsellor or trained volunteer. The hospice can deliver art and music therapy.

Ideally clients attend at the hospice in Brentry but it may be possible to see them in the community. Waiting time to assessment is typically 3 – 4 weeks. Waiting time for ongoing support varies according to the caseload and can be up to 3 months.

Telephone support: Our focus is face to face support but can be available for telephone conversations should they be required.

Support for professionals: We will support professionals involved in the care of patients and families known to the hospice.

Where we work: We work out of the hospice in Brentry.

Family or paired support

The Harbour

Address: 30 Frogmore St, Bristol, BS1 5NA

Twitter: @HarbourBristol

Facebook: theharbourbristol



Overview:

We support adults (18+) who are dying, or have someone close to them who is dying, and people who have been recently bereaved from a physical life-threatening illness. Our bereavement services are offered to people who have been bereaved for more than 3 months and less than 2 years.

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What we do: *How do you support the people you work with?*

We offer psychodynamic counselling services. This includes 1:1 counselling; couple counselling; and group therapy in the form of a group for people with a life-threatening illness, and a group for people who have been bereaved. The group has regular 'step off' and 'step on' points to allow group members to leave and new members to join.

Support for professionals: We offer clinical supervision for clinicians and volunteers who support people who are dying or have been bereaved, and training for organisations and clinicians on working therapeutically with death, dying and illness.

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We provide support following any type of death including accident, illness, suicide, homicide and death involving those who were in the military. We can offer support no matter how long ago the death occurred.

How to access support:

Referrals for tailored support can be made through the helpline. Families can refer themselves, or professional can make a referral on a family's behalf with their consent.

If you would like to learn more about us before making a referral, come along to one of our drop-ins where you can meet a member of our team and have an informal chat about your situation.

What we do:

Family support: Regular family meetings can be arranged with our therapeutic team after a referral has been made and an initial assessment has been completed with one of our lead practitioners.

Support Groups: Every year we run a number of groups to support young people and families. Each group is designed to reduce the sense of isolation, meet others, share experiences and learn about coping with grief.

Bristol Drop-ins :

- 2-4 pm 2nd Wed of each month: For parents, carers, young people and professionals.
- 5-7pm 1st Thurs of each month: 13-19 year olds only drop-in
- New drop-ins due to open in 2020.
- Please click [here](#) to view our website for up to date information on drop-in locations.

Telephone support: 08088 020 021 Freephone between 9am-5pm Mon-Fri

Online support: Winstonswish.org
Help2makesense.org
Online chat -
Ask@winstonswish.org

Support for professionals: Free consultations for teachers, social workers and any other professionals supporting bereaved children in Bristol.

Where we work: Community venues
Children's Centres
Family homes if and when required
Within schools

St Peter's Hospice

Charlton Road Brentry BS10 6NL

Twitter: @stpetershospice

Instagram: @stpetershospice

Facebook: @stpetershospice



Overview: We support adults who are dying and their families and carers. We are available to support the bereaved at any time during their bereavement with short term therapy, as long as their issues are related to the person who died under our care.

We work directly with children and young people under 18yrs or with the parents/significant person who is supporting that young person. We will see individuals, couples and groups.

How to access support: The service is free of charge and available Mon – Fri 8 – 5. Anyone who is under the care of the hospice or associated with someone under the care of the hospice can request support through their hospice nurse, by calling the Emotional & Psychological Support Team on 0117 915 9544 or calling the 24hr clinical advice line on 0117 915 9430.

Anyone who has been bereaved through the death of someone under the care of the hospice can contact the team on 0117 915 9454

What we do: Anyone requesting support from the Emotional & Psychological Support Team at St Peter's Hospice will be assessed, and if appropriate, offered support from a psychotherapist, counsellor or trained volunteer. The hospice can deliver art and music therapy.

Ideally clients attend at the hospice in Brentry but it may be possible to see them in the community. Waiting time to assessment is typically 3 – 4 weeks. Waiting time for ongoing support varies according to the caseload and can be up to 3 months.

Telephone support: Our focus is face to face support but can be available for telephone conversations should they be required.

Support for professionals: We will support professionals involved in the care of patients and families known to the hospice.

Where we work: We work out of the hospice in Brentry.

Group Support/ Peer Support

Let's Talk About Loss

Twitter: @talkaboutloss

Instagram: @talkaboutloss

Facebook: Let's Talk About Loss

www.letstalkaboutloss.org



Overview:

Let's Talk About Loss is the UK's first support organisation for young people who have been bereaved. We support anyone aged 18 to 35 who has been bereaved of anyone, at any time.

How to access support:

Support from Let's Talk About Loss is completely free. We're a national peer support organisation, with advice online and monthly social gatherings called meet ups that run in Bristol, Nottingham and London.

What we do:

Since 2016, Let's Talk About Loss has existed as an online blog with people from all over the world submitting their stories of bereavement. We aim to show the unique and complex nature of grief by sharing individual journeys, as well as advice and tips for anyone struggling with bereavement.

We also run monthly meet ups, currently in the cities of Bristol, Nottingham and London, which are volunteer led peer support gatherings. They are informal and offer a safe place for young people to meet other young people who have been bereaved. They aim to sit alongside formal types of bereavement support, giving young people a chance to make friends who have experienced loss, and have somewhere they can relax and talk about loss in a safe place if they desire. Anyone aged 18 to 35 who has lost someone is welcome at these meet ups.

Where we work: Bristol, Nottingham, London, and expanding to more cities all the time

Survivors of Bereavement by Suicide (SOBs)

National Office, Flamsteed Centre, Albert St, Ilkeston, Derbyshire, DE75GU (Local meetings in central Bristol)

Facebook: @SOBScharity



Overview:

SOBs is a national charity supporting those bereaved by suicide. It offers a phone helpline, email support, local support groups, publications, retreats, signposting and specific things to engage men and work with under 18s.

Bristol has a monthly local SOBs peer support group, run by a volunteers. It runs at second Wednesday of every month between 7-9pm

How to access support:

Further information and group details and location can be accessed by emailing the Bristol SOBs group leader on bristol@uksobs.org. Anyone can come to SOBs, but you need to contact the group leader for more details and so that she know if she is to expect to welcome a new member into the group. Further information on sobs in general can be accessed through the national SOBs website.

What we do:

The monthly Bristol SOBs group is a very informal meeting, which brings together people who have experienced a suicide. Some arrive to the group freshly bereaved and still in a state of shock, and other come years after their loss as they are still trying to process it.

The strength in the group is that it is a PEER support group, we all have a shared experience. The group tends to be between 12-20 people each week. We introduce ourselves and share our stories and the group is then facilitated to chat, share and offer each other support around emerging themes.

It is a fluid group, as we welcome new people most week, some come to every meeting, some to just a few.

All group members say they feel stronger and better supported having had the experience of meeting and being with others who are living with the trauma of suicide. It's a safe non judgmental space to share.

We also have a members 'Whats App' group through which members share reading, podcasts etc, and relevant information.

Telephone support: 03001 115 065

Online support: email.support@uksobs.org

Where we work: Monthly in central Bristol Location

Stillbirth & neonatal death charity (SANDS)

SANDS National Office, Victoria Charity Centre
11 Belgrave Road, SW1V 1RB

Twitter: @SandsUK @bristolsands

Instagram: sandscharity bristolsands_charity

Facebook: @bristolsands Events & Information

Bristol Sands: <https://bristol.sands.org.uk/>



Overview: Sands is the stillbirth and neonatal death charity. It offers bereavement support services at both a local and national level. These include the Sands Freephone helpline, mobile app, online community, family support packs, memory boxes and over 100 regional support groups run by trained befrienders.

Bristol Sands offers support via telephone, and through support meetings and events with other bereaved families. Run by volunteers, who are bereaved parents themselves, they offer face to face support at group meetings and allow parents an opportunity to openly talk about their baby/babies in a safe and nonjudgmental environment.

How to access support: Support is provided free of charge and without the need for referral. Parents can attend a support meeting without booking in advance. Initial support is handed out in hospital in the form of our support packs, containing lots of information about Sands, and guidance for parents as they deal with situations such as deciding on a Post Mortem and arranging a funeral.

Further information, group details and support meeting location can be accessed by via the website <https://bristol.sands.org.uk/> which also contains details of our support phone number. Any further information can be obtained by completing our online contact form on the website.

What we do: *How do you support the people you work with*

There are monthly Bereavement Support meetings on the first Thursday of each month from 8pm at Bedminster library. These meetings brings together people who have experienced the death of a baby. Some arrive to the group

freshly bereaved and still in a state of shock, and other come years after their loss as they are still trying to process it.

Subsequent pregnancy can be a very frightening time so we also offer monthly Pregnant Again Group meetings on the first Tuesday of each month from 8pm at Bedminster library. These meetings are to talk about any concerns or worries you may have, and alternate meetings are attended by a midwife.

Bristol Sands also has a closed group page on Facebook. This can be found by searching for 'Bristol Sands - Closed Group'. This page is for bereaved parents only and, whilst not a support page, is a safe place for parents to visit and as a point of contact with Bristol Sands or others who have suffered a bereavement. Other family members, friends, supporters and professionals can keep up to date with information on our public Facebook page – Bristol Sands Events and Information.

Telephone support: Bristol Sands has a dedicated mobile support number that is available to call for support outside of the support meetings. The number is 07970 930513 and it is manned by one of Bristol Sands trained befrienders

Where we work: Monthly in central Bristol location

The Harbour

Address: 30 Frogmore St, Bristol, BS1 5NA

Twitter: @HarbourBristol

Facebook: theharbourbristol



Overview:

We support adults (18+) who are dying, or have someone close to them who is dying, and people who have been recently bereaved from a physical life-threatening illness. Our bereavement services are offered to people who have been bereaved for more than 3 months and less than 2 years.

How to access support:

Our service is free and can be accessed by calling 0117 925 9348. Phone messages will be responded to by our referral team within 3 working days.

If people fit with our referral criteria then they are offered an assessment with one of our therapists. The therapist will then contact the person to either offer them a service (1:1; couple; group) or signpost them elsewhere.

Typical waiting times are 6-8 weeks for an assessment and 2-3 months for regular counselling sessions after the assessment. These times can vary greatly depending on the case load and the availability of the client.

What we do: *How do you support the people you work with?*

We offer psychodynamic counselling services. This includes 1:1 counselling; couple counselling; and group therapy in the form of a group for people with a life-threatening illness, and a group for people who have been bereaved. The group has regular 'step off' and 'step on' points to allow group members to leave and new members to join.

Support for professionals: We offer clinical supervision for clinicians and volunteers who support people who are dying or have been bereaved, and training for organisations and clinicians on working therapeutically with death, dying and illness.

Where we work: Central Bristol (BS1 5NA)

Cruse Bereavement Care

Dom's Coffee House 23-25 St Augustine's Parade,
Bristol BS1 4UL

Twitter: @Cruse_Bristol

Facebook: CruseBristol



Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

How to access support:

All our services are confidential and free to clients.

Referrals can be made by contacting our local Bristol office that covers Bristol, South Gloucestershire, North Somerset on Tel: 0117 9264045 .

Information about the services we offer can be found on our local web site:

<http://crusebristol.org.uk>

What we do:

Adult clients who contact us are invited to a Welcome Session which takes place once or twice a month. This service provides early support and access to information, including information about grief and the normal grieving process as a resource to assist people in managing their bereavement. The sessions also provide information about the services Bristol Cruse is able to offer.

The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

Telephone support: Support is available from the national Helpline on Freephone 0808 808 1677

Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

Where we work: Bristol Area Cruse Office is on the top floor of Dom's Coffee House, 23-25 St Augustine's Parade, Bristol BS1 4UL

Grief Encounter South West

(formerly The Rainbow Centre for Children)

27 Lilymead Avenue, Knowle, BS4 2BY

Twitter: @gesouthwest

Instagram: griefcountersouthwest

Facebook: griefcountersouthwest

Website: www.griefencounter.org.uk



Overview: We provide free and professional support for families in Bristol and the surrounding areas living with children under 18 years old affected by close bereavement. The Rainbow Centre for Children was founded over 30 years ago and in 2019 became part of the national bereavement charity Grief Encounter.

How to access support: Families self-refer or are referred by others (schools, GP, Social Services, community support services etc). Call/email us to discuss and for those suitable for our services an initial Referral Form can be sent out.

Support will be offered by telephone or email initially and those suitable to be progressed will meet with the Centre Director for the Assessment and Family Support stage of our service. We then discuss which of the therapeutic services we offer may be most suitable for clients, alongside timescales.

What we do: A range of specialised services are available to suit the needs of each individual child and their family and include:

- one-to-one counselling
- creative therapies
- family support work
- facilitated family workshops
- facilitated youth peer support workshops
- family fun days
- advisory services
- signposting

Telephone support:

0117 985 3343 Grief Encounter South West for local referrals and support.

0808 802 0111 Grief Encounter Free Helpline 9am - 9pm

Online support:

Online Chat grieftalk - <https://www.griefencounter.org.uk/griefftalk/> and click on griefftalk logo

Support for Professionals:

We offer support and training to schools, organisations & agencies; costings available on request.

Where we work: Our therapeutic services are mainly provided in-house at our lovely Grief Encounter South West Centre, 27 Lilymead Avenue, Knowle, BS4 2BY. The Centre is served by local buses from the city centre and is walking distance from Temple Meads. On-street parking is available.

Winston's Wish

17 Royal Crescent, Cheltenham (Head Office)
We have a dedicated Bristol Team who meet with families in community venues across the city

Twitter: @winstonswish

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Giving hope to grieving children

Overview:

We support bereaved children & young people aged 0-19 as well as their parents, carers and siblings.

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Referrals for tailored support can be made through the helpline. Families can refer themselves, or professional can make a referral on a family's behalf with their consent.

If you would like to learn more about us before making a referral, come along to one of our drop-ins where you can meet a member of our team and have an informal chat about your situation.

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Family support: Regular family meetings can be arranged with our therapeutic team after a referral has been made and an initial assessment has been completed with one of our lead practitioners.

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Telephone support: Our focus is face to face support but can be available for telephone conversations should they be required.

Support for professionals: We will support professionals involved in the care of patients and families known to the hospice.

Where we work: We work out of the hospice in Brentry.

Training, consultation and advice for professionals

The Harbour

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Twitter: @HarbourBristol

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Where we work: Central Bristol (BS1 5NA)

Cruse Bereavement Care

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Overview: We are a national charity that provides advice, information and support to anyone who has been bereaved, including children, young people and adults, whenever or however the death occurred. The service is provided by trained, experienced volunteers and is confidential and free.

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The services we provide include, Bereavement Support Groups, Bereavement Drop-in Sessions, and a Bereaved by Suicide Group; Telephone Support, and Face to Face Support. We offer Face to Face Support for Children and Young People.

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Online support: helpline@cruse.org.uk; Information and support for young people is available via email hopeagain@cruse.org.uk or the website designed for young people www.hopeagain.org.uk

Support for professionals: Cruse offers a range of Loss and Bereavement Awareness training, including illustrated talks. Further details are available on request.

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Support for Professionals:

We offer support and training to schools, organisations & agencies; costings available on request.

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We have a dedicated Bristol Team who meet with families in community venues across the city

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Giving hope to grieving children

Overview:

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Referrals for tailored support can be made through the helpline. Families can refer themselves, or professional can make a referral on a family's behalf with their consent.

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Where we work: Community venues
Children's Centres
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Within schools

Helplines and Telephone based support/Web chat based support

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Website: www.griefencounter.org.uk



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0808 802 0111 Grief Encounter Free Helpline 9am - 9pm

Online support:

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Stillbirth & neonatal death charity (SANDS)

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11 Belgrave Road, SW1V 1RB

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Instagram: sandscharity bristolsands_charity

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Where we work: Monthly in central Bristol location