

Bereavement Support for Adults and Children in Warwickshire

Bereavement Support for Adults

Bereavement, grief, and loss can cause many different symptoms and they affect people in different ways. There is no right or wrong way to feel. Experiencing the loss of someone close to us through death is a difficult process emotionally and mentally as well as coping with the practical changes that we may have to manage. Below is a list of organisations that can help you navigate your feelings. This website has the following information on.

<https://www.warwickshire.gov.uk/mental-health-wellbeing/counselling-bereavement-service>

Compassionate Communities (University Hospitals Coventry and Warwickshire)

Support group and 1:1 services for over 18s. Open to all, regardless of when their bereavement occurred, or the circumstances.

- Online:
 - A weekly Zoom support group, Mondays 13.00-14.30.
 - To access this, contact compassionatecw@uhcw.nhs.uk
- Befriending:
 - 1:1 support via telephone or face to face. These are companionship visits, weekly, for as long as the person requires.

Open to all. To access this, contact UHCW Bereavement Services on 02476 965131 or compassionatecw@uhcw.nhs.uk

- Rugby:
 - We hold Bereavement Support meetings in St Andrew's Church, Church St, Rugby CV21 3PT for face-to-face support on Tuesdays at 14.00-15.30. You do not have to book in advance, simply come along.

We also have an online meeting via Zoom on Thursdays at 19.30-21.00, which can be accessed via Eventbrite [here](#)

Give us a call if you'd rather speak to one of our team: [02476 965131](tel:02476965131) Drop us a line via email to: compassionatecw@uhcw.nhs.uk

- To find out more contact UHCW Bereavement Services on 02476 965131 or compassionatecw@uhcw.nhs.uk

Myton Hospice

We offer bereavement support to anyone who's relative or friend was supported at The Myton Hospices, this is an essential part of the services we provide. We offer bereavement support for adults and children. One-to-one bereavement support Grief can affect people in different ways and is very unique. By providing an opportunity to talk to someone who is not directly involved in the situation and by sharing and exploring you can feel less overwhelmed. The support is based on client need and we offer a range of services for adults. Contact may be just once or ongoing. Group bereavement support.

Rugby Myton Support Hub

The Rugby Myton Support Hub is a new service aimed at anyone aged 18 years and over who is living with or caring for someone with a life limiting illness. A community-based service working with local partners, all support provided is free of charge, and no referral is needed.

The Hub is open Monday to Friday, 9.30am to 4pm. You do not need an appointment, just come in. You can find us on the grounds of St Cross Hospital at Barby Road, Rugby, CV22 5PY. To book an appointment to join any of the activities please contact Rugby Myton Support Hub on **01788 550085** between 9.30am and 4pm Monday to Friday (excluding Bank Holidays) to confirm availability.

[Bereavement Help Point 6-week programme every Monday 3.30pm – 5pm](https://www.mytonhospice.org/patients-and-families-2/the-services-we-provide/adult-children-and-young-persons-counselling)

<https://www.mytonhospice.org/patients-and-families-2/the-services-we-provide/adult-children-and-young-persons-counselling>

Cruse Bereavement Care

Coventry and Warwickshire Cruse offer help and support to those who have lost a loved one, whether recently or a long time ago. They support men, women, children, and young people. Their work is led by run mainly by volunteers, all who receive regular ongoing training and are supervised by qualified supervisors. Cruse may be able to offer one-to-one counselling sessions. They also offer group and telephone support plus information evenings.

- [Find out more about Cruse Bereavement Care](https://www.cruse.org.uk/) <https://www.cruse.org.uk/> **Tel:08088081677**

Bereavement Advice Centre

Bereavement Advice Centre is a free helpline and web-based information service provided by Co-op Legal Services. They provide practical information and advice and signposting on the many issues and procedures that face us after the death of someone close.

- [Bereavement Advice Centre | Free Helpline](#)

Bereavement and Grief Self-Help Books

Bereavement and grief self-help books are available from Warwickshire Libraries. [Find the list on the Library catalogue](#)

- **How to borrow the books:** Some of the books are available as [eBooks](#).
- You can also borrow the books from all our libraries in Warwickshire. You will need a Warwickshire library card to borrow the books. Find more information on <https://www.warwickshire.gov.uk/jointhelibrary>

SAMM Support after murder and manslaughter

SAMM Support after murder and manslaughter is a national UK charity supporting families who have been bereaved through murder or manslaughter. The charity also provides advice and training to professionals who support the traumatically bereaved. It is important that you do not feel alone. You will talk to people who will care for you and understand your grief. There is no membership fee and their database is completely confidential and not shared with anyone.

- [Find out more about SAMM Support after murder and manslaughter info@samm.org.uk](mailto:info@samm.org.uk) Telephone 0121 472 2912 or 07342 888570

Assist Trauma Care

Assist Trauma Care provides therapeutic help to adults and children, individuals, and families, affected by a wide range of traumatic occurrences. Based at a central clinic in Rugby, ASSIST therapists use evidence-based models to help sufferers rebuild their lives and move on following a traumatic experience that has impacted them.

- [Find out more about Assist Trauma Care ASSIST Trauma Care | Working together from trauma to recovery](#) Office: 01788 551919

Child Bereavement UK

Child Bereavement UK supports children and young people (up to age 25), parents, and families, to rebuild their lives when a child dies.

- [Find out more about Child Bereavement UK Child Bereavement UK](#) Email: helpline@childbereavementuk.org Telephone: 0800 02 888 40
Live Chat: via our website

Freddie's Wish

Freddie's Wish provides a support service for grieving parents in Coventry and Warwickshire. The support service will be held on the first Thursday and third Tuesday of each month at [Long Lawford and Boughton Leigh Children and Family Centres in Rugby](#).

- [Find out more at Freddie's Wish](#) Email: info@freddieswish.org

Rosie Crane Trust

Rosie Crane Trust supports bereaved parents through their grief after the loss of a child of any age. They offer a 24-hour Listening Ear Helpline which can be accessed on 01460 55120.

- [Find out more about the Rosie Crane Trust https://www.rosiecranetrust.org/](https://www.rosiecranetrust.org/) 24hr Helpline: (01460)55120 Email: contact@rosiecranetrust.co.uk
Postal Address: Rosie Crane Trust PO Box 62 Ilminster Somerset TA19 0WW

Way Up

Way Up is a national online self-help group aimed at providing mutual support to those who have been widowed primarily, but not exclusively, in their 50s and 60s. It is a member's only forum which is free to join and can help people feel much less isolated and alone.

- [Find out more about Way Up https://way-up.co.uk/ https://way-up.co.uk/contact-us/](https://way-up.co.uk/)

Marie Curie telephone bereavement support line

This is a free national listening support service for people who have been bereaved due to terminal illness. Tel: 0800 090 2309.

- [Find out more about the Marie Curie telephone bereavement support line](#) **Telephone: 0800 090 2309** **Email: support@mariecurie.org.uk**

Omega

Omega is an end-of-life charity working hard to raise standards in end-of-life care by supporting caregivers looking after someone with a terminal illness, people who are themselves end of life, and those who have been bereaved. We prioritise those aged over 75 and still caring or bereaved. Normal office hours are 9am to 5pm Monday-Friday.

Telephone: 01743 245 088 **Email: info@omega.uk.net**

[Find out more about Omega](#) [Facebook - Omega](#) [X \(previously Twitter\) - Omega](#) [Instagram - Omega](#)

- **Chatterbox Action Against Loneliness Programme**

Chatterbox is a free, confidential, short-term telephone befriending service. It is designed to support those who are lonely and isolated due to their caring role, bereavement, age, or life-limiting and end of life challenges. The service prioritises people over 75. Clients are carefully matched to a dedicated volunteer Befriender who will call them on a weekly basis to provide emotional support and help to find additional services, information, and social groups etc.

- **A Letter from Louise Penpal Befriending Service**

A Letter from Louise is a pen pal befriending service in which volunteer pen pals and clients exchange friendly letters on a regular (usually monthly) basis. There are no geographical restrictions. The service is fully safeguarded as all correspondence is sent via our London House office first; no addresses are shared. Freepost envelopes are provided, and writing paper is available on request.

- **Delphinium Companionship Service**

Delphinium is a flexible and confidential telephone-based practical support and companionship service brought to you by Omega. A trusted and experienced Delphinium Companion will complete a free complementary consultation to begin getting to know you, and gain a good understanding of your personal situation and how we can help. Devoting at least an hour each week (or longer, if needed), your Delphinium Companion can offer a friendly, listening ear and emotional support.

- **Free bereavement support programme**

A programme of three free bereavement support workshops in small groups led by Omega's award-winning facilitator Jane Hunt.

- share experiences with and learn from others in similar situations.
- discover and develop coping skills and begin to focus on the future. Sessions are three hours each and typically held on weekday afternoons. Contact Omega for more information.

Bereavement Support for Children in Warwickshire

Grief can express itself in many different ways, often with very powerful, frightening and confusing feelings. Each person within a family will grieve in their own particular way and at their own pace. Children and young people who have lost a loved one can be particularly vulnerable and while family and friends will be a major support for many families, some people might want additional support. Below is a list of organisations that can help you and your family to navigate.

- [Child Bereavement UK](http://www.childbereavementuk.org) supports children and young people (up to age 25), parents, and families to rebuild their lives when a child grieves.
www.childbereavementuk.org Email: helpline@childbereavementuk.org Telephone: [0800 02 888 40](tel:08000288840)
- [The Laura Centre](http://www.thelauracentre.org.uk) offers bereavement counselling to anyone affected by the death (or anticipated death) of a child and for any child or young person up to the age of 25 who is affected by the death (or anticipated death) of a parent or carer. You can contact our helpline via **0116 254 4341**.
You can also email us via info@thelauracentre.org.uk [Loss & Bereavement Support Leicester](http://www.thelauracentre.org.uk) | [The Laura Centre](http://www.thelauracentre.org.uk)
- [Guy's Gift](http://www.guysgift.co.uk) provides support for bereaved children and young people aged between 5 and 25 and based in Coventry and Warwickshire. The aim of the service is to help children and young people through the grieving process in a safe, supportive, and educational environment by increasing their knowledge, awareness and understanding of death and the grieving process, promoting open communication in the family and with peers and by providing coping strategies. www.guysgift.co.uk By telephone: **0845 467 3035** Monday-Friday 08:30-16:30.
By email: info@guysgift.co.uk By post: Guy's Gift, Chandos Business Centre, 87 Warwick Street, Leamington Spa CV32 4RJ
- [Freddie's Wish](http://www.freddieswish.org) provides a support service for grieving parents in Coventry and Warwickshire. The support service will be held on the first Thursday and third Tuesday of each month at [Long Lawford and Boughton Leigh Children and Family Centres in Rugby](http://www.freddieswish.org). [Find out more at Freddie's Wish](http://www.freddieswish.org)
Email: info@freddieswish.org
- [Winston's Wish](http://www.winstonswish.org) provides support for children and young people have experienced the death of a loved one to help them come to terms with their loss. Parents and carers can call the national helpline **0808 802 0021** for advice on how to support a grieving child. There is also an email and online chat service for further advice. Email: ask@winstonswish.org www.winstonswish.org
- [Assist Trauma Care](http://www.assisttraumacare.org) provides therapeutic help to adults and children, individuals, and families, affected by a wide range of traumatic occurrences. Based at a central clinic in Rugby, ASSIST therapists use evidence-based models to help sufferers rebuild their lives and move on following a traumatic experience that has impacted them. [ASSIST Trauma Care | Working together from trauma to recovery](http://www.assisttraumacare.org) Office: **01788 551919**

Counselling services

Sometimes, despite our best efforts to look after our mental wellbeing, life events occur that affect our mental health in ways we cannot manage alone. The stresses and strains of everyday life ranging from physical illness, having financial pressures, or life changes like a new baby or a relationship breakdown can mean that we find ourselves not just feeling low but overwhelmed. Below is a list of some organisations that can provide counselling support where you can talk to a trained therapist who will listen to you and help you find ways to deal with these difficult times. Please note that there may be a cost associated with some of these services.

- [Sycamore Counselling Service](#) offers a confidential and professional counselling service for adults, children and young people in Warwickshire but especially covering the Nuneaton and Bedworth areas. They offer counselling around a whole range of difficulties, including bereavement and offer therapeutic play counselling to children and young people. They also work with schools in Warwickshire to provide this service. For further information or to book an appointment please call: **024 7674 4544**.
- [North Warwickshire Counselling Service](#) is a voluntary organisation and a registered charity with committed highly trained voluntary counsellors. It exists to meet the needs of people who feel they would like the chance to sit down with someone who will really listen and try to understand their difficulties. **Telephone: 024 7632 0095** or email nwcs.nwcs@btconnect.com
- [New Hope Counselling](#) offers affordable one-to-one confidential counselling to residents in Warwick, Leamington Spa, Stratford upon Avon, and Kenilworth. Appointments can be made by **telephone: 07799 015650**, or there is an online form you can complete and send.
- [Assist Trauma Care](#) - Therapeutic help to adults and children, individuals, and families, affected by a wide range of traumatic occurrences. Based at a central clinic in Rugby, ASSIST therapists use evidence-based models to help sufferers rebuild their lives and move on following a traumatic experience that has impacted them. ASSIST therapists work with both the symptoms of Post-traumatic Stress Disorder and also with Traumatic Bereavement and Grief. **Office: 01788 551919**
- [Age UK Coventry & Warwickshire](#) is a volunteer organisation and a registered charity. They offer a confidential and professional counselling service for individuals aged 65 and over. The counselling service can support people who may be experiencing mild to severe anxiety and depression, bereavement counselling and for carers who may be finding it difficult whilst undertaking their caring role. The service is currently being delivered by telephone or video calls. There is no charge, however, donations are welcome. **Telephone 01926 458112 (leave a message) or 07436 108115 to make a referral on behalf of someone or self-refer.**

There is also a range of [mental health and wellbeing services](#) and support available across Warwickshire that can help you and improve your wellbeing and support you during difficult times. These include face-to-face support, online and telephone support; with some services being available 24/7.

www.warwickshire.gov.uk/mentalhealth

Suicide Bereavement Support

A sudden death or death by suicide is a difficult experience for those bereaved. It can leave people feeling isolated, confused, and struggling to cope.

For many people, friends and family will be their main support, particularly in the immediate period after someone has died. However, you might want to contact some of the organisations listed below, especially if you would find it helpful to talk with others who have coped with a similar situation.

- [Amparo](#) offers practical and emotional support for anyone of any age bereaved by suicide in Coventry and Warwickshire. It is free to access and completely confidential and support can be provided one-to-one, to family groups, groups of colleagues or peers. [Coventry & Warwickshire - Amparo](#) **Tel:03300889255**
- [Facing the Future groups](#) provides support groups run by Samaritans and Cruse Bereavement Care. A group is currently set up in Coventry.
Email: info@facingthefuturegroups.org
Phone: **0208 939 9560**
- [First Hand](#) is free resource is for anyone who has witnessed a suicide, particularly when they did not know the person who has died. This may be because someone happened to be at a particular location, or because their job involves responding to these incidents." <https://first-hand.org.uk/>
- [Kaleidoscope Plus Group](#) offers one support group per month in Warwickshire to support people bereaved by suicide.
Phone: **0121 565 5605**
- [Papyrus](#) offers signposting to a wide range of organisations that can provide bereavement support or support for people experiencing suicidal thoughts. **West Midlands Office** First Floor, Camomile House, Embassy Drive, Edgbaston, Birmingham, B15 1TP **Telephone: 0121 437 0411** Email: englandnorth@papyrus-uk.org
- [Samaritans](#) offers a free 24/7 telephone helpline for people who are feeling angry, depressed, and suicidal.
Phone: **116 123**
- [Support After Suicide](#) is a website providing a wide range of information about bereavement by suicide and also signposts to a number of organisations that can provide bereavement support or support for people experiencing suicidal thoughts. <https://supportaftersuicide.org.uk/>
- [Support After Suicide – Help is at Hand](#) is a written guide for people bereaved by suicide and is handed out by police when they notify anyone of a suspected death by suicide in Warwickshire.
- [Survivors of Bereavement by Suicide](#) – Peer support groups available in Leamington Spa and Coventry. It should be noted that these are peer-led groups and do not link in with statutory organisations.
Leamington group: Phone: 024 7630 2969 Email: leamington@uksobs.org
Coventry group: Phone: 07902 084 320 Email: sobs.coventry@gmail.com
- [Winston's Wish](#) - Support for children, young people and families who have been bereaved by suicide. Support is available via phone, email, and online chat.
Phone: **0808 802 0021** Email: ask@winstonswish.org

This list is compiled by the Community Development Team of Warwickshire County Council in Rugby Thank you to all who sent information for inclusion. If you are aware of any amendments or additions to the list, please do let us know by emailing cdwrugby@warwickshire.gov.uk or calling 01788 533656.

These leaflets provide useful information about local organisations, groups and agencies that provide activities, advice, and services which may support you. We provide the information for you in good faith and make every effort to keep it accurate and up to date but we cannot guarantee this and so it is your responsibility to check the accuracy of the information before use. Some of the information may be provided by a third party or have links to external sites. We are not responsible for this content and, again, you need to satisfy yourself that the information is correct.

 www.facebook.com/rugbycommunities

 @RB_Communities



The Community Development Team produces other information leaflets and posters which may be of interest...

- **Drop-ins for information, advice, or support in Rugby**
- **Lunch clubs, community cafes & coffee mornings in Rugby**
- **Job clubs and more in Rugby**
- **Parent and Toddlers**
- **Exercise classes for people aged 50+ in Rugby**
- **Social groups for ages 50+ in Rugby**
- **Mental health and wellbeing support in Rugby**
- **Connect with English in Rugby (ESOL classes)**
- **Activities and support for people living with dementia in Rugby.**
- **Warm Places**
- **Cost of Living**

*These leaflets and posters can be downloaded from our **Facebook** page www.facebook.com/RugbyCommunities/photos_albums Please visit here for the most recent updates.*