

Introduction

Bereavement

Bereavement is a normal life experience for many people and not everyone needs additional support. How bereavement affects people may depend in what support networks are available or how significant or even traumatic the death was. Working through the pain of grief and coming to terms with loss are vital tasks which affect future mental and physical health. Awareness of this has led to a growing number of bereavement services, from general bereavement befriending to specialist professional counselling.

Who the directory is for

This directory is for all those, both from the statutory and voluntary sector, and in Acute Hospitals and Primary Care Trusts, who are working with bereaved people and who may need ongoing support.

How to use the directory

The directory contains contact details of support agencies listed alphabetically. The directory includes Regional and national support agencies. The listings include contact telephone numbers and details of what a particular organisation offers.

About the entries

The directory contains a list of support groups that are known to be available and no judgements have been made about the quality of the services offered. Although comprehensive, this directory does not claim to be exhaustive, and any bereavement services not included are encouraged to make themselves known so they can be included in future issues.

There are many National agencies that have local contacts in local regions but due to data protection the local contacts numbers are not included. Please do contact the National Agency who can put you in touch with someone.

There are also many Churches from all denominations and other religious groups offering bereavement services. These organisations may be able to offer appropriate and very good support. It has not however been possible to list all of these organisations here, so please check locally to see what is available in your area.

About the directory

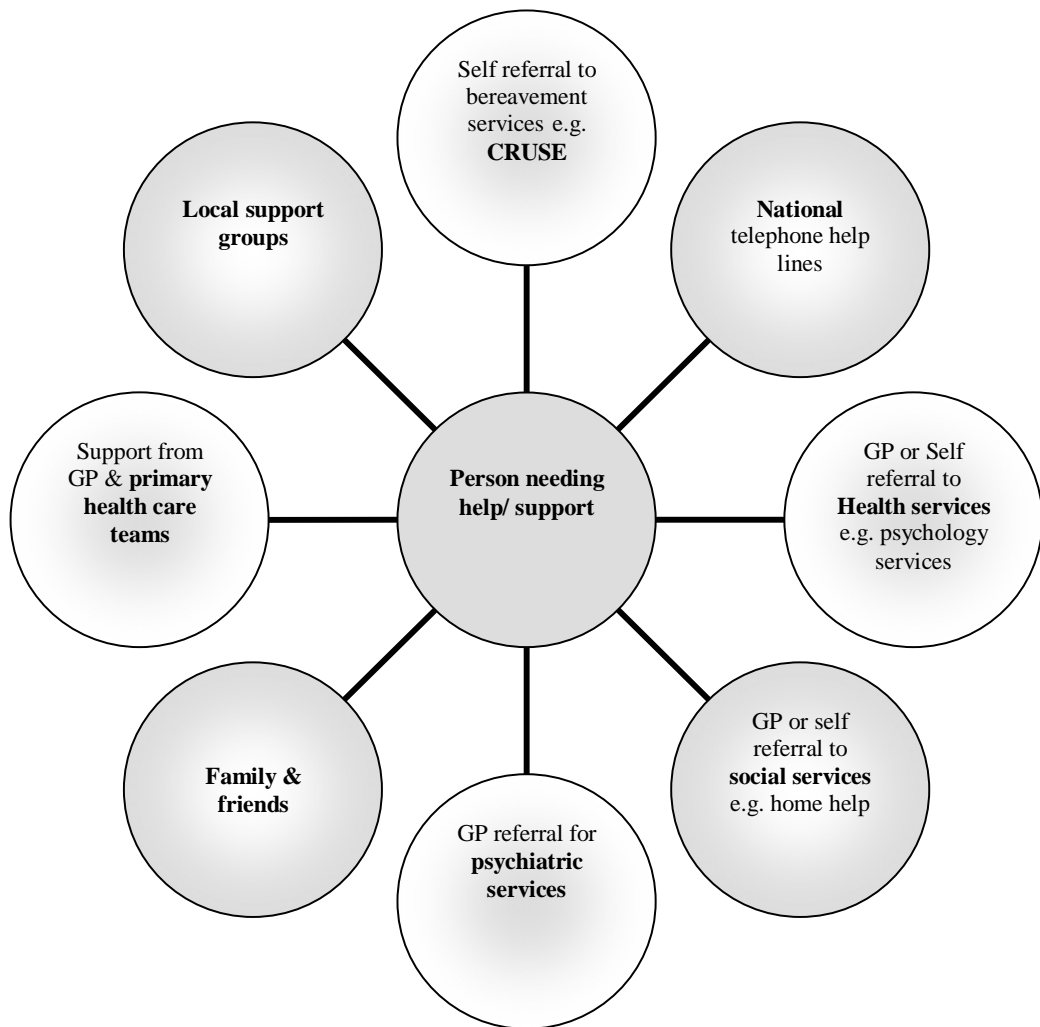
This directory has been compiled by Addenbrooke's Bereavement Care Services and the Strategic health Authority to develop and improve the bereavement services available across Cambridgeshire, Norfolk and Suffolk. It is based on a directory of bereavement services devised by the Leeds bereavement forum.

To Update Entries please fill in the form at the back of this booklet.

SUPPORT & HELP AVAILABLE

DURING

BEREAVEMENT & LOSS



4 C's counselling Centre

70 Catton Grove Road, Norwich, Norfolk NR 3 3NT;

Telephone: 01603 766321

E-Mail: counselling@cccc-norwich.freeseve.co.uk

Services offered:

- A general counselling service for adults, also provides counsellor training.

ACT (Association for Children with Life-Threatening Terminal Conditions and Their Families)

Brunswick Court, Brunswick Square, Bristol, BS2 8PE;

Telephone: 0117 9166 4222

Fax: 0117 916 6430

E-Mail: info@act.org.uk

Website: <http://www.act.org.uk>

Services offered:

- A National Organisation offering advice and support to families.

Adult & Child Bereavement Support Service

Priscilla Bacon Centre, Colman Hospital, Unthank Road, Norwich,
Norfolk NR2 2PJ;

Telephone: 01603 255 704

E-mail bereavement@norwich-pct.nhs.uk

Services offered:

The service provides bereavement support to palliative care patients' relatives through a volunteer scheme. The service also provides training on grief and loss for health professionals.

This is also a bereavement support service for children. The service also provides specialist assessment, support, advice and supervision on all aspects of child bereavement support to all professionals across the health, education, social services and the voluntary agencies.

AEST

Abused, Empowered, Survive, Thrive

E-Mail: admin@aest.org.uk

Website: <http://www.aest.org.uk>

Services offered:

Interactive website supporting adult survivors of sexual abuse

Age Concern, England

Astral House, 1268 London Road, London SW16 4ER;
Information Line: 0800 00 99 66;
Office Telephone: 020 8765 7200;
E-mail: ace@ace.org.uk
Website: www.ageconcern.org.uk

Services offered:

- Age Concern is a registered charity that provides support and advice to people aged over 50 and their carers. Age Concern runs a free national information line for older people, their families or carers. It is open 365 days a year from 7am to 7pm. The organisation publishes information leaflets, policy papers and a range of books.

Age Concern – Bury St Edmunds

77c St Johns Street, Bury St Edmunds, Suffolk IP33 1LS;
Telephone: 01284 723 273
Day Care Office: 01284 700355
Home Help Service: 01284 756100

Age Concern - Cambridgeshire

2 Victoria Street, Chatteris, Cambridgeshire, PE16 6AP;
Telephone: 01354 696 677; Office Hours: Mon, Tue, Thur 0900-1630
E-mail: office@accambs.org

Age Concern - ELY

1 High Street Passage, Ely, Cambs, CB7 4HF;
Telephone: 01353 645152. Office open Mon, Wed, Fri.

Age Concern – Fenland

Regents Buildings, 6-8 Dartford Road, March, Cambs, PE15 8AQ;
Telephone: 01354 658 092
Tuesday club: 01354 652 029

Age Concern - Halesworth

34a Throughfare, Halesworth, Suffolk, IP19 8AP;
Telephone: 01986 875949.

Age Concern – Norfolk

300 St Faiths Road, Old Catton, Norfolk NR6 7BJ;
Telephone: 01603 787 111; Office Hours: Mon-Fri 0900-1630

Age Concern – St Neots

Oak House, 28 New Street St Neots, Cambs, PE19 1AJ;
Telephone: 01480 218643; Office Hours: Mon 0900-1500
E-mail: megan.benevento@accambs.org

Age Concern - Suffolk County

41a Upper Brook Street, Ipswich, Suffolk IP4 1DU;
Telephone: 01473 257 039; Office Hours: Mon 0900-1700
Befriending: 01473 284254
Volunteer Opportunities: 01473 284258
A.C.C.E.S.S: (dementia support team): 01473 230413

Age Concern Voluntary Visiting Scheme Cambridge

The Cherry Trees Club (voluntary Visiting scheme)
Matthew Street, Cambridge, CB1 2LT;
Telephone: 01223 361766

- The Scheme provides volunteers who visit older people in their homes on a regular basis. The service covers Cambridge City and South Cambridgeshire.
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Alzheimer's Disease Society

241 Garratt Lane, Wandsworth, London SW18 4DU;
Telephone: 020 8877 0033
E-Mail: enquiries@alzheimers.org.uk
Website: <http://www.alzheimers.org.uk/>

Services offered:

- Local Support Agencies can be found on the national website or by telephoning the Society.
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Animal Samaritans

PO Box 154, Bexleyheath, Kent, DA16 2WS
Telephone: 020 8303 1859
E-Mail: info@animalsamaritans.org.uk
Website: <http://www.animalsamaritans.org.uk>

Services Offered:

- AS offers a Pet Bereavement Scheme. This is a telephone service where bereaved pet owners can find help, support and a sympathetic ear.

Anxiety UK

Zion CRC, 339 Stretford Road, Hulme,
Manchester, M15 4ZY
Telephone: 0161 227 9898
E-Mail: info@anxietyuk.org.uk
Website: <http://www.anxietyuk.org.uk/>

Services Offered:

- Can provide support and help if you've been diagnosed with, or suspect you may have an anxiety condition. We can also help you deal with specific phobias and any fear that's stopped you from getting on with your life.

ARC - Antenatal Results and Choices

73 Charlotte Street, London, W1T 4PN;
Telephone Helpline: 0207 631 0285;
(Office Hours Mon –Fri: 1000-1300 and 1400-1730)
E-Mail: info@arc-uk.org
Website: <http://www.arc-uk.org>

Services offered:

- A national helpline for parents who have had a termination for abnormality. No local group.

Asian Family Counselling Service

Suite 51, The Lodge, Windmill Place, 2-4 Windmill Lane, Southall,
UB2 4NJ,
Telephone: 020 8571 3933
E-Mail: afcs99@hotmail.com
Website: <http://www.2-in-2-1.co.uk/services/asianfam/>

ASSIST (Assistance Support & Self-help in Surviving Trauma)

11 Albert Street, Rugby, Warwick CV21 2RX;
Telephone Helpline: 01788 560 800
(Office Hours: Mon-Fri 1000-1600)
E-Mail: help@assist-trauma-care.co.uk
Website: <http://www.traumatic-stress.freeseerve.co.uk/webstart.htm>

Services offered:

- Provides a confidential service giving counselling, support, understanding and friendship for anyone affected by post-traumatic stress disorder. No local group.

BACP (British Association for Counselling and Psychotherapy)

35-37 Albert Street, Rugby, CV21 2SG
Telephone: 0870 443 5252

Babyloss

PO Box 1168, Southampton, SO15 8XZ
E-Mail: support@babyloss.com

Services offered:

- Babyloss is a UK-based resource of information and support for bereaved parents and their families who have lost a baby at any stage of pregnancy, at birth, or due to neonatal death. The organisation was established in 2000, and is run by a small team of volunteer administrators and forum moderators.

Barnardo's

Tanners Lane, Barkingside, Ilford, Essex, IG6 1QG

Telephone: 020 8550 8822

E-Mail: dorothy.howes@barnardos.org.uk

Website: <http://www.barnardos.org.uk/>

Services offered:

- Barnardo's helps all kinds of families to cope with a wide range of issues including poverty, abuse, and homelessness. We work with them to create a setting where children are nurtured and valued, where they can experience a sense of belonging.

Befriending Network

Claremont, 24-27 White Lion Street, London, N1 9PD;

Telephone: 020 7689 2443

E-Mail: info@befriending.net

Website: <http://www.befriending.net/>

Services offered:

- Befriending network of trained volunteers active in North and West London, but can provide referrals to other agencies in other areas. Support for terminal and life-threatening illnesses.

Bereavement Register

Telephone to register: 0870 600 7222

Website: The.bereavement-register.org.uk

Services Offered:

- Aims to supply names of the recently deceased to mail order companies to ensure that names and addresses are removed from their databases so that mailings are not sent out, causing distress to the bereaved and embarrassment to the companies.

Bethel Child & Family Centre

Mary Chapman House, Hotblack Road, Norwich, NR2 2HN;

Telephone: 01603 421950

Website: <http://www.nmhct.nhs.uk/CAMHS/Bethel/>

Services Offered:

- Individual Counselling, family work & play therapy.

B.O.D.Y (British Organ Donation Society)

Balsham, Cambridge CB1 6DL;

Telephone: 01223 893 636; (Office Hours: Help-line 24 hours)

E-Mail: body@argonet.co.uk

Website: www.argonet.co.uk/body

Services offered:

- BODY is a help and support group for organ donor and recipient families.

British Deaf Association

1-3 Worship Street, London, EC2A 2BA

Telephone: 020 7588 3520

E-Mail: helpline@signcommunity.org.uk

Website: <http://www.signcommunity.org.uk/welcome.php>

Services offered:

- Bereavement Counselling and support to the deaf.

Buddhist Hospice Trust

1 Laurel House, Trafalgar Road, Newport, Isle of Wight, PO30 1QN

Telephone: 01268 741419

Website: <http://www.buddhisthospice.org.uk/>

CADD (Campaign Against Drinking & Driving)

PO Box 62, Brighouse, West Yorkshire; HD6 3YY

Telephone: 0845 1235541

E-Mail : cadd@scard.org.uk

Website: <http://www.cadd.org.uk/>

Services offered:

- Provides support and campaigns for the families of victims killed and injured by drunk and irresponsible drivers.

Cambridge Ethnic Community Forum

62-64 Victoria Road Cambridge CB4 3DU;

Telephone: 01223 315 877; (Office Hours: Mon-Fri 0900-1700)

E-Mail: info@cecf.co.uk

Website: www.cecf.co.uk

Services offered:

- An umbrella group that co-ordinates all ethnic support groups in Cambridgeshire. They do not provide direct bereavement support but provide practical support for bereaved families from ethnic minorities if there are language difficulties.

Cambridgeshire Children's Bereavement Support Services

E.A.C.H, Church Lane, Milton, Cambridge, CB4 6AB;

Telephone: 01223 815124

Services offered:

- This service is available to any child who will be or has been bereaved by the death of a child as a result of a life limiting/ life threatening condition.

Cambridgeshire Consultancy in Counselling

35 Laburnum Close, Red Lodge, Bury St Edmunds, IP28 8LR;

Telephone: 01223 233047

E-Mail: cambridgeshire.counselling@gmail.com

Website: <http://www.cambridgeshirecounselling.org.uk/>

Services offered:

- Offers counselling to both individuals and organisations for many life difficulties including bereavement. There is a fee for the counselling sessions, which is on a sliding scale, based on income.

Other Offices:

Peterborough: 01733 553166

St. Ives: 01480 405859

Cambridge Society for Psychotherapy

PO Box 620, Cambridge CB1 0GX

Telephone: 01223 510229

E-mail: info@cambridge-psychotherapy.org.uk

Website: <http://www.cambridge-psychotherapy.org.uk/>

Services offered:

Psychotherapists can help with a wide range of emotional problems and distress.

Cardia Risk in the Young (CRY)

Sovereign Place, Upper Northam Close, Hedge End, Southampton, SO30 4BB;

Telephone: 01489 788300

E-mail: ukoffice@cry.org.uk

Website: <http://www.c-r-y.org.uk/>

Services offered:

- Offers counselling CRY is a charity founded in May 1995 to raise awareness of Cardiac Risk in the Young - Sudden Cardiac Death, Sudden Death Syndrome (SADS)
- Regional contacts are listed on the website.

Centre 33

33 Clarendon Street, Cambridge, CB1 1JX;
Telephone: 01223 314 763;
E-Mail: help@centre33.org.uk
Website: <http://www.centre33.org.uk>

Services offered:

- A charitable organisation that offers a free counselling service to young people aged between 13 to 26 years. There is a helpline and a drop-in centre every Saturday morning.

Chaplaincy Department- Addenbrooke's Hospital

Hills Road, Cambridge CB2 2QQ;
Telephone: 01223 217 769
E-Mail bereavement@addenbrookes.nhs.uk
Website:
<http://www.addenbrookes.org.uk/serv/nonclin/chaplaincy1.html>

Services offered:

- The Chaplaincy team can be contacted at anytime via switchboard to provide bereavement care and pastoral support to anyone who has a relative die in the hospital. Whether you are relatives or not, they will respond to you as an individual and provide appropriate support.

Chaplaincy Department - Hinchingsbrooke Hospital

Hinchingsbrooke Park, Huntingdon, Cambs PE29 6NT;
Telephone: 01480 416 416

Child Bereavement Network

8 Wakley Street, London, EC1V 7QE;
Telephone: 020 7843 6309
Website: www.ncb.org.uk/cbn

Services offered:

- The Directory aims to put you directly in touch - wherever possible - with a local children's bereavement support service (such as those listed in the local sections of this directory).

Child Bereavement Trust

Aston House, West Wycombe, High Wycombe, Bucks HP14 3AG;
Telephone: 01494 4466 48
E-Mail enquiries@childbereavement.org.uk
Website: <http://www.childbereavement.org.uk/>

Services offered:

- The Trust provides training and support for professional carers and resources and information for bereaved families and professionals.

Child Death Helpline

C/O Great Ormond Street Hospital, Great Ormond Street, London, WC4N 3JH

Free phone Helpline: 0800 282 986 (Office Mon-Fri 1000-1600)

Website: <http://www.childdeathhelpline.org.uk/>

Services offered:

- A listening service that offers emotional support to all those affected by the death of a child.

Children's Community Nursing Team Cambridge

Ida Darwin Hospital, Cambridge CB1 5EE;

Telephone: 01223 884 335

(Office: Mon-Fri 0900-1700 Sat-Sun 0900-1630)

Website: <http://www.addenbrookes.org.uk/orgs/ccnt1.html>

Services offered:

- There is a family support worker who provides counselling and support pre and post bereavement to parents and siblings.

Cinnamon Trust

10 Market Square, Hayle, Cornwall, TR27 4HE

Telephone: 01736 757900

Website: <http://www.cinnamon.org.uk/>

E-Mail: admin@cinnamon.org.uk

Services Offered:

- Cinnamon Trust is the specialist national charity for elderly or terminally ill people and their companion animals. It is now widely acknowledged that pets can positively benefit the well-being of elderly owners. For many elderly people living on their own, their pets are their reason for living. They are constant companions - on hand 24 hours a day, every day, comforting, loving and protecting their owners - not only from outside threats, but also offering the more subtle form of protection from loneliness and despair.

CINTRA

Cambridgeshire Interpreting and Translation Service

351-353 Newmarket Road, Cambridge, CB5 8JG

Telephone: 01223 346870

E-Mail booking@cintra.org.uk

Website: <http://www.cintra.org.uk>

Services Offered:

- Cintra specialises in face-to-face interpreting for public services and the voluntary sector, where the interpreter attends the appointment. Face-to-face interpreting is a method of providing interpreting for appointments which are diagnostic, sensitive or complex.

CLIC

Abbey Wood Business Park, Filton, Bristol, BS34 7JU

Telephone: 0117 311 2600

E-Mail: info@clic.org.uk

Website: <http://www.clic.org.uk/>

Services Offered:

- CLIC recognises the extreme pressures placed on families when a child is diagnosed with cancer or leukaemia and works towards meeting the financial, practical, emotional and clinical needs of children and families.
- CLIC offers practical hands-on care. Not just clinical services but financial and emotional support.

CLUB THEO

Common Lands Room, Christopher Centre, Gainsborough Street, Sudbury, C10 6EU;

Telephone: 01787 377495

E-Mail: linda@clubtheo.org.uk

Website: www.clubtheo.org.uk

Services offered:

- Provides mutual friendship and support for people who have lost a life partner and been made single through bereavement

Cogwheel Trust

41 High Street Chesterton, Cambridge CB4 1NQ;

Telephone: 01223 464 385

E-Mail: cwt@btclick.com

Website: <http://www.2-in-2-1.co.uk/services/cogwheel/>

Services offered:

- A confidential counselling service, which is open during office hours and has an answer phone at other times. Charges for services are based on individual personal circumstances.

Compassionate Friends

53 North Street, Bristol BS3 1EN;

Telephone Helpline: 0845 123 2304

E-Mail: info@tcf.org.uk

Website: <http://www.tcf.org.uk/>

Services offered:

- A self-help support organisation that offers friendship and understanding to bereaved parents, grandparents and siblings. They provide a listening service and will provide details of local contacts who will continue support.

CONI (Care of the Next Infant)

Room C1, Academic Unit of Child Health, Stephenson Wing,
Sheffield Children's Hospital, Western Bank, Sheffield, S10 2TH;
Telephone (FSID Helpline): 020 7233 2090
Telephone (Office): 0114 276 6452
Website: <http://www.fsid.org.uk>

Norfolk and Norwich University Hospital,

Colney Lane, Norwich, Norfolk NR4 7UY;
Telephone: 01603 287544

Services offered:

- CONI is run by the Foundation for the Study of Infant Deaths (FSID) and the NHS. The CONI programme is a scheme designed to support parents in caring for a subsequent child following a cot death.
- CONI is currently available in 194 centres in England, Wales, Northern Ireland and Germany (for British Forces' families only) and CONI PLUS is available in 86 centres.

Critical Care Unit – Queen Elizabeth Hospital

Gayton Road, King's Lynn, Norfolk PE30 4ET;
Telephone: 01553 613 570
Website: <http://www.qehkl.nhs.uk/>

Services offered:

- A bereavement follow-up service is offered to all families and carers following a bereavement on the critical care unit. The service seeks to offer initial bereavement support and advice.

CROSSROADS ASSOCIATION – Caring for Carers

10 Regents Place, Rugby, Warwickshire, CV21 2PN
Telephone: 0845 450 0350
E-Mail: communications@crossroads.org.uk
Website: <http://www.crossroads.org.uk/index.html>

Services offered:

- Crossroads provides 'in the home care' for Carers and considers that Carers should be entitled to practical support to reduce the stress of caring, giving Carers time to be themselves. They have many local contact numbers, either telephone or see the website for further information.

CROSSROADS - Cambridge City

Telephone: 01223 415600
Email: cambridgecity@crossroads.org.uk

CROSSROADS - Cambridgeshire, South & East

Telephone: 01954 252149
cambridgeshiresouth.east@crossroads.org.uk

Email:

CROSSROADS - Downham Market & District

Telephone: 01366 385312

Email: downhammarket.district@crossroads.org.uk**CROSSROADS - Fakenham & West Norfolk**

Telephone: 01328 851858

Email: fakenham.westnorfolk@crossroads.org.uk**CROSSROADS - Fenland**

Telephone: 01945 463952

Email: fenland@crossroads.org.uk**CROSSROADS Great Yarmouth & District**

Telephone: 01493 441222

Email: greatyarmouth.district@crossroads.org.uk**CROSSROADS - Huntingdonshire**

Telephone: 01480 415154

Email: huntingdonshire@crossroads.org.uk**CROSSROADS - Ipswich & District**

Telephone: 01473 730455

Email: ipswich.district@crossroads.org.uk**CROSSROADS - King's Lynn & District**

Telephone: 01553 672753

Email: kingslynn.district@crossroads.org.uk**CROSSROADS Norfolk, North East**

Telephone: 01692 500006

Email: norfolknortheast@crossroads.org.uk**CROSSROADS Norfolk, South**

Telephone: 0845 241 0968

Email: norfolksouth@crossroads.org.uk**CROSSROADS Norwich and Broadlands**

Telephone: 01603 898900

Email: norwich.broadland@crossroads.org.uk**CROSSROADS Peterborough**

Telephone: 0845 241 0954

Email: westanglia@crossroads.org.uk**CROSSROADS Suffolk West**

Telephone: 01284 748811

Email: westsuffolk@crossroads.org.uk

CROSSROADS Thetford & Wayland

Telephone: 01842 763477

Email: thetford.wayland@crossroads.org.uk**CROSSROADS Waveney**

Telephone: 01502 574526

Email: waveney@crossroads.org.uk**CRUSE Bereavement Care**

Cruse House, 120 Sheen Road, Richmond, Surrey TW9 1UR;

Telephone: 020 8940 4818

E-Mail: info@crusebereavementcare.org.ukWebsite: <http://www.crusebereavementcare.org.uk/index.htm>**Services offered:**

- CRUSE Bereavement Care offers help to all bereaved people by providing counselling, advice and information on practical problems and opportunities for social contact. There is a national Bereavement and nearly 200 local branches throughout Britain. CRUSE has a wide range of books and helpful leaflets.

CRUSE Bereavement Care – Bury St Edmunds

The Risbygate Centre, 90 Risbygate Street, Bury St Edmunds, Suffolk, IP33 3AA

Telephone: 01284 767 674

CRUSE Bereavement Care - Cambridge Branch

St Lukes Church Centre, Victoria Road, Cambridge CB4 3DZ;

Telephone: 01223 302 662

E-Mail: info@cambridge-cruse.fsnet.co.ukWebsite: <http://www.cambridge-cruse.fsnet.co.uk/>**CRUSE Bereavement Care – Felixstowe**

51 Garrison Lane, Felixstowe, IP11 7RR;

Telephone: 01394 670770

CRUSE Bereavement Care - Needham Market

United Reform Church Hall, High Street, Needham Market, IP6 8AP

Telephone: 01449 677 321 (Office 1st & 3rd Tuesdays each month)**CRUSE Bereavement Care - Norwich Branch**

The United Reformed Church Rooms Princes Street, Norwich, Norfolk NR3 1AZ;

Telephone: 01603 219 977

E-Mail : info@norwichcruse.org.uk**CRUSE Bereavement Care – Saffron Walden**

Town Hall, Market Street, Saffron Walden, CB10 1HZ

Telephone: 01799 524391

Daisy's Dream

PO Box 4738, Twyford, Reading, Berkshire, RG10 9GT

Telephone: 0118 934 2604

E-mail: info@daisysdream.org.uk

Website: <http://www.daisysdream.org.uk/default.shtml>

Services offered:

- Daisy's Dream offers a number of services to cater for the individual needs of bereaved families and the education and training of other professionals, such as teachers, working with bereaved children.

East Anglia's Children Hospice - Cambs

Church Lane, Milton, Cambridge CB4 6AB;

Telephone: 01223 205 180.

Website: <http://www.each.org.uk/home/home.htm>

Milton page: <http://www.each.org.uk/milton/milton.htm>

Services offered:

- A charity-run hospice, which exists to maximise the quality of life for terminally ill children, their families and all who are special to them. Support is also offered to bereaved families.

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East Anglia Children's Hospice – Norfolk

Quidenham, Norwich NR16 2PH;

Telephone: 01953 715559

Website: <http://www.each.org.uk/quidenham/quidenham.htm>

East Anglia Children's Hospice – Suffolk

Bungalow 6, Walker Close, Ipswich IP3 8LY;

Telephone: 01473 714 194

Website: <http://www.each.org.uk/ipswich/ipswich.htm>

EASTERN AIDS SUPPORT TRIANGLE

First Floor, Bishops Lynn House, 18 Tuesday Market Place,

King's Lynn, Norfolk, PE30 1JW;

Telephone: 01553 776655

Website: <http://www.aids-east.org.uk/>

Services offered:

- EAST support people who are HIV positive and living with AIDS including families, partners, friends, carers and anyone who has concerns about HIV/AIDS.

Epilepsy Bereaved

PO Box 112, Wantage, Oxon, OX12 8XT

Telephone: 01235 772850

E-Mail: epilepsybereaved@dial.pipex.com

Website: <http://dSPACE.dial.pipex.com/epilepsybereaved/>

Services Offered:

- Champion the issue of sudden death in epilepsy, previously unacknowledged by any organisation.
Produce a regular news magazine and information on SUDEP.
Provide a range of support services to bereaved families.

Family Liaison Sister - Addenbrooke's Hospital

Hills Road, Cambridge CB2 2QQ;

Telephone: 01223 216 815

Services offered:

- A support and counselling service to children and their families pre and post bereavement

Foundation for the Study of Infant deaths (FSIDs)

11 Belgrave Road, London, SW1V 1RB;

Helpline: 0207 233 2090

General Enquiries: 0207 802 3200

(Mon-Fri 0900-2300, 1800-2300 weekends and bank holidays)

Website: <http://www.fsid.org.uk>

Services offered:

- Support, information and advice for bereaved parents. A befriender's service is also offered. There are local contacts in Cambridge, Norfolk and Suffolk. Please phone the national number for contact details.

Friends in Bereavement

17 Churchill Crescent, Fincham, Kings Lynn, PE33 9EU;

Telephone: 01553 767 331

Services offered:

- A listening service for bereaved people. Trained volunteers visit by appointment, befriending, supporting them through their grief and helping them to move forward. Covers west Norfolk and surrounding areas.

Gingerbread

255 Kentish Town, London, NW5 2LX;
Telephone Advice Line: Free phone 0800 018 5026;
Telephone: 020 7428 5400;
Website: www.gingerbread.org.uk

Services offered:

- Gingerbread gives lone parents support, friendship, confidence, self-reliance, help and advice and personal development and this will include to those new lone parents through bereavement.

Healthy Gay Living Centre

40 Borough High Street, London, SE1 1XW
Telephone: 020 7407 3550

Services offered:

- Now encompasses the Lesbian & Gay Bereavement Project offering support and advice for gay men, lesbians and their friends and families.

Help the Aged

207-221 Pentonville Road, London, N1 9UZ;
Telephone: 020 7278 1114
E-Mail: info@helptheaged.org.uk
Website: <http://www.helptheaged.org.uk/default.htm>

Services offered:

- Provides advice and leaflets on welfare rights, housing and benefits following bereavement.

HERON Website

Website: www.heron.nhs.uk

Services offered:

A comprehensible and searchable database containing details and information on self-help support groups, statutory and voluntary agencies covering the whole of Norfolk.

Home Hospice Support

Swaffham & Litcham Home Hospice Support.
Telephone: 01760 722937
E-Mail: homehospice@care4free.net

Inquest

89-93 Fonthill Road, London N4 33H;

Telephone: 0207 263 1111;

Website: www.inquest.org.uk

Services offered:

- INQUEST operates a casework service for those bereaved after a death in custody — police, prison, psychiatric detention and immigration. They will also provide information and advice. It is a national service based in London, no local branches.

Jewish Bereavement Counselling Service

JBCS, 44b Albert Road, London, NW4 2SG,

Telephone: 0208 457 9710

E-mail: jbcsc@jvisit.org.uk

Website: <http://www.jvisit.org.uk/jbcsc/>

Services offered:

- A confidential counselling service for the bereaved offered to any member of the Jewish community.

Kernos Counselling Centre

32-34 Friars Street, Sudbury, Suffolk CO10 2AG;

Telephone: 01787 882 883

Website: www.kernos.org

Services offered:

- A counselling service, which can be accessed by self referral or through an agency.

Lesbian and Gay Bereavement Project

Lighthouse West London 111-117 Lancaster Road, W11 1QT;

Telephone: 0207 403 5969

Website: www.stjohndhospice.org.uk

Services offered:

- The Project offers a telephone support and advice service for lesbians and gay men bereaved by the death of a partner, or otherwise effected by bereavement. A trained volunteer is on call Monday, Tuesday and Thursday evenings from 7:00pm to 10:30 pm. on 020-7403-5969. Notes on making a will and a free will form are obtainable for an SAE sent to the Project at the above address.

LIFE

LIFE House, 1 Mill Street, Leamington Spa, CV31 1ES;
Telephone: 01926 421 587
E-Mail: info@lifeuk.org
Website: <http://www.lifecharity.org.uk>

Services offered:

- The national organisation provides pregnancy counselling and support and post-abortion counselling. There are local support groups in Norfolk and Suffolk.

LIFE – Cambridgeshire

21 Hill Street, Wisbech, PE13 1BA (Shop and Counselling centre)
Telephone: 01945 475144
(10.00 - 1.00pm every day except Wed & Sun)
Peterborough, Cambs, Telephone: 01733-262000
Sunday, Tues, Thurs evenings (refer to Hotline at all other times)

LIFE – Suffolk

31 Norwich Road, Ipswich, IP1 2ET (Shop premises)
Telephone: 01473 286866
Mon 10.00 - 12.00pm or by appointment.
(Shop open Mon - Fri 9.30 - 4.00pm)

88 Alexandra Road, Lowestoft, NR32 1PL
Telephone: 01502 588566 Mon, Wed 10.00 - 1.00pm

St. Johns Ambulance Centre, Baker Street, Gorleston. Great
Yarmouth, NR31 6QT;
Mon and Thurs 10.00am - 2.00pm

Lone Twin Network

PO Box 5653, Birmingham, B29 7JY
Contact by post only

Services offered:

- The LTN offers support to lone twins over the age of 18 who have lost their twin through death at any stage of their life.

Macmillan Cancer Relief

89 Albert Embankment, London, SE1 7UQ;
Telephone: 020 7840 7840 (Mon-Fri 0900-1800)
Website: <http://www.macmillan.org.uk/default.asp>

Services offered:

- Macmillan offers life support by providing the expert care and practical support that makes a real difference to people living with cancer. We offer a range of innovative cancer services and are at the heart of improving cancer care throughout the UK.

Also see *Palliative Care*

MAP -Mancroft Advice Project

The Risebrow Centre, Chantry Road, Norwich NR2 1RF;

Telephone: 01603 766 994

E-Mail: info@map11-25.org

Website: <http://www.map11-25.org/>

Services offered:

- A general counselling service for young people between the ages of 11 and 25 years.

Matthew Project

24 Pottergate, Norwich, Norfolk NR2 1DX;

Telephone: 01603 764 754

E-mail: info@matthewproject.org

Website: <http://www.matthewproject.co.uk/>

Services offered:

- A service for young people aged 12 to 25 years. Offers free confidential advice, information and support.

Mind: National Association for Mental Health

Granta House, 15-19 Broadway, Stratford, London E15 4BQ;

Telephone: 08457 660 163

Website: <http://www.mind.org.uk/>

Services offered:

- The major mental health charity, providing information, mail-order books and leaflets, legal advice. The Information line is open from 0915-1715 Monday to Friday.

Mind – Cambridgeshire (Cam-Mind)

Barrere House, Chesterton Road, Cambridge, CB4 1ER

Telephone: 01223 31 13 20

Mind – East Suffolk

32 Foundation Street, Ipswich, IP4 1BH

Telephone: 01473 652847

Website: www.eastsuffolkmind.org.uk

Mind – Great Yarmouth & Waveney

31 Caister Road, Great Yarmouth, NR30 4DA;

Telephone: 01493 84 21 29

Mind – Hunts Mind

The Limes, 24 New Street, St Neots, PE19 1AJ

Telephone: 01480 47 04 80

E-Mail: huntsmind@btconnect.com

Mind – Norwich

50 Sale Road, Norwich, Norfolk, NR7 9TP;
Telephone: 01603 43 24 57
E-Mail: headoffice@norwichmind.org.uk
Website: www.norwichmind.org.uk

Mind – Peterborough & Fenland

5 York Road, Peterborough, Cambridgeshire, PE1 3BP
Telephone: 01733 758211
E-Mail: dave.musson@pfmind.org.uk

Mind – Uttlesford

46 High Street, Great Dunmow, Essex, CM6 1DE
Telephone: 01371 87 66 41
E-Mail: umind@tiscali.co.uk

Mind – West Suffolk

50 Long Brackland, Bury St Edmunds, Suffolk, IP33 1JH
Telephone: 01284 76 48 08
E-Mail: info@westsuffolkmind.org.uk

Miscarriage Association

c/o Clayton Hospital, Northgate, Wakefield, West Yorks WF1 3JS;
Telephone: 01954 200 799
Website: <http://www.miscarriageassociation.org.uk/>

Services offered:

- A source of advice and support, also a UK-wide network of telephone contacts who have been through pregnancy loss themselves and can offer support, understanding and a listening ear. There are local contacts in Cambridge and Suffolk. Please phone the national number for contact details.

Miscarriage Association Cambridge

Please contact 01954 200799 for local telephone number

Services offered:

- Provides support for women and their families around the issue of miscarriage. Informal group meetings are held every month. Information and literature are available. The Cambridge group meets on the last Thursday evening of each month.

Miscarriage Support Group - Cambridgeshire

Huntingdon Branch Telephone: 01480 384 538

Services offered:

- They provide support for women and their families around the issue of miscarriage. Informal group meetings are held every month. Information and literature are available. The Huntingdon group meets on the third Thursday evening of each month.

Multiple Births Foundation

Hammersmith House Level 4, Queen Charlotte's & Chelsea Hospital,
Du Cane Road, London, W12 0HS

Telephone: 0208 383 3519

E-Mail: info@multiplebirths.org.uk

Website: <http://www.multiplebirths.org.uk/>

Services Offered:

- A vital resource to professionals and families alike, it aims to improve the care and support of multiple birth families through the education of all relevant professionals.

National Association for People Abused in Childhood

42 Curtain Road, London, EC2A 3NH

Telephone: 0800 085 3330

Website: <http://www.napac.org.uk/>

Services Offered:

- NAPAC is a service for adults abused in childhood. It offers support, guidance and information.

National Association of Widows

National Office, 48 Queens Road, Coventry CV1 3EH;

Telephone: 02476 634 848

Website: www.nawidows.org.uk

Services offered:

- A self-help organisation that offers friendly support information and advice to widows. They offer a befriending network — local contact details are given via the national office.

National Association of Widows

Room 36, 19 Tower Street, Ipswich IP1 3BE;

Telephone: 01473 254 818

National Bereavement Partnership Helpline

National Office, Office No 3D, 2 Bear Street, Barnstaple, EX32 7DB

Telephone: 0845 226 7227

Website: <http://www.natbp.org.uk/home.htm>

Services offered:

- The helpline is operated by staff that have experienced bereavement and organ retention. The helpline will answer inquiries about organs that might have been retained from relatives that have died, and provide practical support.

Natural Death Centre

12a Blackstock Mews, London, N4 2BT

Telephone: 0871 288 2098

E-Mail: ndc@albertyfoundation.org

Website: <http://www.naturaldeath.org.uk/>

Services Offered:

- The Natural Death Centre aims to support those dying at home and their carers, and to help people arrange inexpensive, family-organised, and environmentally-friendly funerals. It has a more general aim of helping to improve the quality of dying.

Nelsons Journey

215 Sprowston Road, Norwich, Norfolk NR3 4HX;

Telephone: 01603 414 104

E-Mail: enquiries@nelsonsjourney.org.uk

Website: <http://www.nelsonsjourney.org.uk/>

Services offered:

- Nelson's journey is a registered charity set up to help children living in Norfolk who have experienced the death of their mother, father, brother, sister or other significant person.

Nicky's Way Befriending Support Service

St Nicholas' Hospice, Hardwick Lane, Bury St. Edmunds, IP33 2QY;

Telephone: 01284 766 133

Services offered:

- A grief support programme for children and young adults that offers support and information. They run a group based support service twice a year over a six week period. They also offer one-to-one support.

Nightline

E-Mail: national@nightline.org.uk

Website: <http://www.nightline.org.uk>

Services Offered:

- Nightline is a student welfare, telephone helpline scheme run by students, who care about their peers.
- Student volunteers provide an understanding ear for fellow students with problems and help them to find solutions.
- National Nightline is the association of these help lines. It exists to support, promote and develop Nightlines on both a national and local scale.

Nightline Cambridge – LINKLINE

Telephone: 01223 744444

E-Mail: linkline@cusu.cam.ac.uk

Website: <http://www.cam.ac.uk/cambuniv/linkline/>

Services Offered:

- Link line provides an active listening service, similar in style to The Samaritans. We aren't a counselling service, and we don't aim to give solutions, but by listening, talking, and discussing relevant issues we aim to help you find your own way forward.

Nightline – East Anglia

Website: <http://www.uea.ac.uk/nightline/>

No Panic

Telephone: 0808 808 0545

Website: <http://www.nopanic.org.uk/>

Services Offered:

- No Panic telephone helpline, whose aims are to aid the relief and rehabilitation of those people suffering from Panic Attacks, Phobias, Obsessive Compulsive Disorders, other related Anxiety Disorders, including Tranquilliser Withdrawal, and to provide support to sufferers and their families and or carers.

Norfolk and Norwich Suicide Support Group

Telephone: 01603 858 205

E-Mail: Norman@suicidebereavment.co.uk

Website: www.suicidebereavment.co.uk

Services offered:

- Offers support, information and advice for those bereaved by suicide. Includes phone support, one-to-one meetings and befriending.

Norwich Centre

7 Earlham Road, Norwich NR2 3RA;

Telephone: 01603 617 709

E-Mail: info@norwichcentre.org

Website: <http://www.norwichcentre.org/Index.htm>

Services offered:

- One-to-one counselling, BACP (British Association for Counselling and Psychotherapy) Accredited Service.

Off Centre Counselling Services

Youthwork Development Unit, School Lane, Sprowston, Norwich, NR7 8TR;

Telephone: 0800 917 5917

Services offered:

- Youth counselling, information & advice, care client group: 11-25

Off Centre - Norfolk Region

Telephone: 0800 917 5917

Services offered:

- Provides counselling and support to young adults in the Norfolk region between the ages of 11 to 25 years.

Organ Donation Register

Telephone: 0300 123 23 23 for organ donations

Website: <http://www.uktransplant.org.uk/ukt/default.jsp>**Palliative Care Teams Across the NHS.****Services offered:**

- The teams can offer initial bereavement advice and support for those patients who have been under the care of the palliative care teams.

Palliative Care Team, Addenbrooke's Cambridgeshire

Hills Road, Cambridge CB2 2QQ;

Telephone: Main switchboard 01223 245 151

Website: http://www.addenbrookes.org.uk/serv/clin/oncol/oncol_palliative1.html**Palliative Care Team, Hinchingsbrooke Cambridgeshire**

Hinchingsbrooke Park, Huntingdon, Cambs PE18 6NT;

Telephone: 01480 416 283

Palliative Macmillan Care Service, Papworth Hospital – Cambridgeshire

Papworth Hospital, Papworth Everard, Cambridge CB3 5RE;

Telephone: 01480 830 541

Palliative Care Unit, The Bernard Reiss Centre, - Cambridgeshire

Arthur Rank House, Brookfields Hospital, 351 Mill Road, Cambridge CB1 3DF; Telephone: 01223 723 110

Palliative Macmillan Care Team – Norfolk

Norwich Community Hospital, Bowthorpe Road, Norwich NR2 3TU,

Telephone: 7am–6pm 01603 776 783, 6pm-10pm 07900 223 137

Palliative Care Team – Suffolk

James Paget Hospital, Lowestoft Road, Gorleston,

Great Yarmouth NR31 6LA;

Telephone: 01493 453 439

Palliative Macmillan Care Team – Suffolk

Woolverstone Wing, Ipswich Hospital, Heath Road, Ipswich, IP4 5PD;

Telephone: 01473 704932

Palliative Care Team - West Suffolk

West Suffolk Hospital, Bury St Edmunds, IP33 1QZ;

Telephone: 01284 713 776

PapyrusLodge House, Thompson Park, Ormerod Road, Burnley, Lancashire,
BB11 2RU;

Telephone: 01282 432 555

E-mail: admin@papyrus-uk.orgWebsite: <http://www.papyrus-uk.org/>**Services offered:**

- Papyrus provides resources and support for those dealing with suicide, depression or distress — particularly teenagers and young adults.

Parkinson's Disease Society

215 Vauxhall Bridge Road, London, SW1V 1EJ;

Helpline: 0808 800 0303

E-Mail: enquires@parkinsons.org.ukWebsite: <http://www.parkinsons.org.uk/>**Pet Bereavement Support Service**

C/o The Blue Cross, Shilton Road, Burford, Oxon OX18 4PF;

Telephone: 0800 096 6606

E-Mail: pbssmail@bluecross.org.ukWebsite: <http://www.bluecross.org.uk>**Services offered:**

- The Blue cross offers a telephone befriender scheme - with volunteers trained to deal with bereavement problems following the loss of a pet.

Peterborough HIV Support Services

PO Box 142, Peterborough, PE2 8YN

Telephone: 01733 311555

E-Mail: admin@phss.org.uk**Services Offered:**

- Peterborough HIV Support Services provides a befriending Service for people at risk or otherwise affected by HIV.

Potter's Syndrome Support & Contact Group

C/O Contact a Family, 209-211 City Road, London, EC1V 1JN;

Telephone: 0808 808 3555 Free phone helpline

e-mail: helpline@cafamily.org.ukWebsite: <http://www.cafamily.org.uk/Direct/p32.html>**Services offered:**

- This is a small informal support group offering information about the condition and a listening ear.

Pregnancy Crisis Norfolk

The Fishergate Centre, Fishergate, Norwich NR3 1SE;

Telephone: 01603 616 580

E-Mail info@pregnancy-crisis.org.uk

Website: <http://www.pregnancy-crisis.org.uk/index.php>

Services offered:

- Confidential counselling, post-abortion counselling and caring support.

Pregnancy Crisis Centre - North Walsham Centre

Charis Centre, 1 Market Cross Mews, North Walsham, NR28 9BS;

Telephone: 01692 501050

Pregnancy Crisis Norfolk – Sheringham Centre

c/o YESU, 15 High Street, Sheringham, NR26 8JP;

Telephone: 01263 825226

Rainbow Centre for Children (Seriously ill)

27 Lilymead Avenue, Bristol, BS4 2BY;

Telephone: 0117 985 3343

Office Hours: Mon-Fri 10:00 – 14:00

Website: www.rainbowcentre.org

Services Offered:

- The Rainbow Centre provides free and professional support and help to children with a life threatening illness and their families, as well as bereavement support for children and their families when a sibling or parent dies.

Rainbows

Rainbows GB Office, Saint Charles Street, Sheffield, S9 3WU

Telephone: 01142 566 462

Website: www.rainbowsgb.org

Services Offered:

- Rainbows was founded to help children who have been bereaved through parental death, parental separation or parental divorce, and to work through the grieving process which follows any significant loss.

Refugee Action

The Old Fire Station, 150 Waterloo Road, London, SE1 8SB

Telephone: 020 7654 7700

Website: <http://www.refugee-action.org.uk/>

Services Offered:

- Gives counselling and impartial information to refugees who consider returning to their country of origin, and assistance with travel arrangements if appropriate.

Relate Counselling Service Cambridge

3 Brooklands Avenue, Cambridge, Cambs CB2 2BB;

Telephone: 01223 357 424

Website: <http://www.relate.org.uk/>

Services offered:

- Relate offers a wide range of services for couples, families and individuals. They also provide support to people who are experiencing relationship difficulties through bereavement, Support can be accessed on your own or with others, face-to-face, on the phone or on the internet.

Outreach Centres for this area (call Cambridge number for information):

Eaton Socon, Ely, Huntingdon, Milton, St Ives.

Relate Counselling Service Peterborough, Cambs.

66 Broadway, Peterborough, PE1 1SU;

Telephone: 01733 568551

E-Mail: infor@relatepeterborough.co.uk

Outreach Centres for this area (call Peterborough number for information):

March, Stamford, Wisbech.

Relate Counselling Service Norfolk – Norwich

16 Thorpe Road, Norwich, Norfolk, NR1 1RY;

Telephone: 01603 625333

Email: norwich@relatenorfolksuffolk.co.uk

Website: www.relatenorfolksuffolk.co.uk

Outreach Centres for this area (call Norwich number for information):

Diss

Relate Counselling Service Norfolk – King's Lynn

29c King Street, King's Lynn, Norfolk, PE30 1ET;

Telephone: 01284 767 305

Website: www.relatenorfolksuffolk.co.uk

Outreach Centres for this area (call King's Lynn number for information):

Dereham

Relate Counselling Service Suffolk – Ipswich

6 Neale Street, Ipswich, Suffolk, IP1 3JB;

Telephone: 01473 254118

Website: www.relatenorfolksuffolk.co.uk

Outreach Centres for this area (call Ipswich number for information):

Woodbridge

Relate Counselling Service Suffolk – Bury St Edmund's

9 Short Brackland, Bury St Edmunds, Suffolk, IP33 1EL

Telephone: 01284 767305

Outreach Centres for this area (call Bury St Edmund's number for information):

Haverhill, Sudbury

Relate Counselling Service Suffolk - Lowestoft

88 Alexandra Road, Lowestoft, Suffolk, NR32 1PL;

Telephone: 01502 519839

Outreach Centres for this area (call Bury St Edmund's number for information): Great Yarmouth**Road peace**64b Shakespeare Business Centre,
245a Cold Harbour Lane, Brixton, SW9 8RR;

Telephone: 0845 4500 355

Email: info@roadpeace.org**Services offered:**

- A national charity dedicated to supporting bereaved and injured road crash victims. They will put people in touch with local contacts who can provide both practical and emotional support to the bereaved.

Road peace East Anglian Group

Telephone: 0845 4500 355

Rosie Maternity Bereavement and Counselling Team

Rosie Hospital, Hills Road, Cambridge CB2 2QQ;

Telephone: 01223 217 619

Services offered:

- There is a bereavement co-ordinator and team of counsellors who provide bereavement support.

Samaritans

Telephone: 08457 909090

E-Mail: jo@samaritans.orgWebsite: <http://www.samaritans.org.uk/>**Services offered:**

- The Samaritans offer a 24 hour confidential support line to those in distress of despair.

Samaritans Bury St Edmunds

46 Well Street, Bury St Edmunds, Suffolk IP33 1EQ;

Telephone: 08457 909090

Administration Telephone: 08457 909 090

Samaritans Cambridge

4 Emanuel Road, Cambridge CB1 1JW;
Telephone: 08457 909090
Administration Telephone: 08457 909 090

Samaritans Great Yarmouth

62 North Quay, Great Yarmouth, Norfolk NR1 3SS;
Telephone: 08457 909090
Administration Telephone: 08457 909 090

Samaritans Ipswich

140 St Helen's Street, Ipswich, Suffolk, IP4 2LE;
Telephone: 08457 909090

Samaritans Kings Lynn

26 Queen Street, Kings Lynn PE30 1HT;
Telephone: 08457 909090

Samaritans Lowestoft & Waveney

14 Beach Road, Lowestoft, Suffolk, NR32 1EA
Telephone: 08457 909090

Samaritans Norwich

19 St Stephens Square, Norwich NR1 3SS;
Telephone 08457 09090

Samaritans Peterborough

32-34 St John's Street, Peterborough, Cambridgeshire, PE1 5DD;
Telephone: 08457 09090

SAMM (Support After Murder and Manslaughter)

SAMM National, L&DRC, Tally Ho, Pershore Road, Edgbaston,
Birmingham, B5 7RN;

Telephone: 0845 872 3440

E-Mail: support@samm.org.uk/

Website: <http://www.samm.org.uk/>

Services offered:

- A national self-help support group that will provide emotional support to the bereaved. There are local groups and volunteers - please contact the national helpline to be put in touch with a local representative, although there are currently no groups in Cambridge, Norfolk or Suffolk.

SANDS (Still Birth and Neonatal Death Society)

28 Portland Place, London W1B 1LY;

Telephone: 0207 436 5881;

Website: www.uk-sands.org

Services offered:

- Support is provided for bereaved parents when their baby dies before, during or soon after birth.
- They provide information, leaflets and support.
- There are local groups who will provide home visits — please contact the national helpline for numbers of local contacts.
- The local groups are in Cambridge, Huntingdon, Peterborough, Ely, Kings Lynn, Norwich, Lowestoft and Great Yarmouth. Support is also given for the next pregnancy.

SCARD (Support and Care after Road Death and Injury)

PO Box 62, Brighouse, West Yorkshire;

Telephone: 0845 1235542

E-Mail: info@scard.org.uk

Website: <http://www.scard.org.uk/>

Services offered:

- Emotional and practical support by helpline.
- One to One Visits, accompanying to court, liaising with police, supporting at inquests and helping to provide access to counselling services.
- Takes educational services into schools and various youth groups.

Silverwood Child & Adolescent Consultation Service

Meridian House, 62 Alexandra Road, Lowestoft, NR32 1NR;

Telephone: 01502 533500

Website:

http://www.nmhct.nhs.uk/CAMHS/Silverwood/Find_us.htm

Services Offered:

- Individual Counselling, family work & play therapy.

Single Parents in Norfolk

The Poppies, 17 Clover Road, Sprowston, Norwich, Norfolk NR7 8TE;

Telephone: 01603 411 114

Services offered:

- Provides emotional and practical support to any lone parent or guardian raising a child alone due to relationship breakdown or bereavement

SOBS (Survivors of Bereavement by Suicide)

The Flamsteed Centre, Albert Street, Ickeston, Derbyshire,
DE7 5GU;

National Helpline: 0844 561 6855

Administration Telephone: 01482 610728

E-Mail : sobs.admin@care4free.net

Website: <http://www.uk-sobs.org.uk/about.htm>

Services offered:

- Self-help, voluntary organisation that offers emotional and practical support to those bereaved through suicide through telephone contacts, group meetings.
- There are no local groups currently in Cambridge, Norfolk or Suffolk.

St. Elizabeth's Hospice

565 Foxhall Road, Ipswich, Suffolk IP3 8LX;

Telephone: 01473 727 776

Services offered:

- Primarily bereavement support is provided to people who have been associated with the hospice but they will accept referrals from others within the community who have suffered with palliative illness.

St. Nicholas Hospice - See Nicky's Way

STARS Children's Bereavement Support Services

42 High St, Milton, Cambridge CB24 6DF

Telephone: 01223 863511

Email: info@talktostars.org.uk

Website: www.talktostars.org.uk

Services offered:

Pre- and post-bereavement support for children and young people aged 0-19 years living in the Cambridgeshire PCT area, including:

- Direct work with the child/young person and his/her family.
- Advice, information, resource sharing, guidance and training to carers and/or professionals.
- Signposting to appropriate agencies/services.

Sudden Death Support Association

Yew Tree Farm, Part Lane, Swallowfield, Reading, RG7 1TB;

Telephone: 0118 888 099

Services offered:

- An organisation that helps relatives and close friends of people who die suddenly. It is run by people who have experienced a sudden and tragic loss and they provide a listening ear and practical support.
- This is a listening service only. No local contacts.

Sue Ryder Care

2nd Floor, 114-118 Southampton Row, London, WC1B 5AA;

Telephone: 0845 050 1953

Services offered:

- Sue Ryder Care supports people with a wide range of disabilities and shortening diseases, as well as their families, carers and friends both in this country and abroad.
- Sue Ryder Care works in the community, for the community, with the community. Their services are geared to fill key gaps that exist in the health service, with each Sue Ryder Care Centre specialising in the care most needed by their local community.

Sue Ryder Cambridgeshire

The Old Palace, Palace Green, Ely, Cambridgeshire, CB7 4EW;

Telephone: 01353 667686

Thorpe Hall, Thorpe Road, Longthorpe, Peterborough, PE3 6LW;

Telephone: 01733 330060

Sue Ryder Norfolk

The Old Vicarage, Scarborough Road, Walsingham, NR22 6DF;

Telephone: 01328 824400

Sue Ryder Suffolk

The Chantry, Chantry Park, Hadleigh Road, Suffolk, IP2 0BP;

Telephone: 01473 295200

TAMBA (Twins and Multiple Births Association)

2 The Willows, Gardner Road, Guildford, Surrey, GU1 4PG

Telephone: 0870 770 3305

Tapping House Hospice

Common Road West, Snettisham, Kings Lynn, Norfolk, PE31 7PF;

Telephone: 01485 543 163

E-Mail: enquiries@tappinghousehospice.com

Website: <http://www.tappinghousehospice.com/>

Services offered:

- A bereavement service is offered to bereaved families whose relatives have been either an inpatient or outpatient of the hospice.

Terence Higgins Trust

52-54 Grays Inn Road, London WC1X 8JU;

Telephone: 0845 1221 200

E-Mail: info@tht.org.uk

Website: <http://www.tht.org.uk/>

Services offered:

- The helpline provides information and support to those affected by HIV and AIDS. There are no local groups.

TOMMY's The Baby's Charity

Nicholas House, 3 Laurence Poutney Hill, London, EC4R 0BB

Telephone: 08707 707070

E-Mail: mailbox@tommys.org

Website: <http://www.tommys-campaign.org/website.html>

Services Offered:

- Tommy's is aimed at parents-to-be, those thinking about trying for a baby, and parents who have experienced problems in a pregnancy, plus specific information for health professionals involved in the care of pregnant women.

Victim Support

Cranmer House, 39 Brixton Road, London, SW9 6DZ

Support Line: 0845 30 30 900

Telephone: 020 7735 9166

E-Mail: contact@victimsupport.org.uk

Website: http://www.victimsupport.org.uk/site_home.html

Services Offered:

- A listening ear, emotional support and practical help and advice to those affected by crime. This includes those bereaved through crime and violence.

Victim Support – Cambridge & Ely

Unit 4, Dales Brewery, Gwydir Street, Cambridge, CB1 2LJ

Telephone: 01223 329 000

Victim Support – Huntingdon, Cambridgeshire

The Maple Centre, 6 Oak Drive, Huntingdon, PE29 7HN

Telephone: 01480 417 600

Victim Support – Huntingdon & Fenland, Cambridgeshire

The Primrose centre, Primrose Lane, Huntingdon, Cambs, PE29 1WG

Telephone: 01480 417600

Victim Support – Huntingdon & Fenland, March – Cambs

March Business Centre, Old School Building, Dartford Road,

March, PE15 8AN

Telephone: 01354 658231

Victim Support - Peterborough, Cambridgeshire

4 London Road, Peterborough, PE2 8AR

Telephone: 01733 355160

Victim Support - Great Yarmouth & District – Norfolk

31 Market Row, Great Yarmouth, Norfolk, NR30 1PB;

Telephone: 01493 330 600

Victim Support - Norwich

1A Silver Road, Norwich NR3 4TX;

Telephone: 01603 767 383

Victim Support - South Norfolk

Attleborough Town Hall, Queen's Square, Attleborough,
Norfolk NR17 2AF
Telephone: 01953 457 100

Victim Support - Suffolk Area Office

5 Regent Road, Lowestoft, Suffolk, NR32 1PA
Telephone: 01502 584 105

Victim Support - Ipswich & District, Suffolk

29 Elm Street, Ipswich, Suffolk, IP1 2AB
Telephone: 01473 231 964

West Suffolk Victim Support

90 Risbygate Street, Bury St Edmunds, Suffolk, IP33 3AA
Telephone: 01284 717 188

The WAY Foundation

Suite 35, St Loyes House, 20 St Loyes Street, Bedford, MK40 1ZL;
Telephone: 0870 011 3450

E-Mail: info@wayfoundation.org.uk

Website: <http://www.wayfoundation.org.uk/>

Services Offered:

- The WAY Foundation provides a self-help social and support network for men and women widowed up to the age of 50, and their children. The main aim is to help those widowed young to rebuild their lives by helping one another.

Winston's Wish

Westmoreland House, 80-86 Bath Road, Cheltenham, GL50 3AW;
Helpline: 08452 03 04 05

Telephone: 01242 515 157;

E-Mail: info@winstonswish.org.uk

Website: www.winstonswish.org.uk

Services offered:

- Winston's Wish helps bereaved children and young people rebuild their lives after a family death. They offer practical support and guidance to families, to professionals and to anyone concerned about a grieving child. No local contacts.

Yad b'Yad

C/O Louise Heilbron, 8 Grove Avenue, London, N10 2AR;

Telephone: 020 8444 7134

E-Mail: heilbron@cheerful

Services offered:

- Hebrew for Hand in Hand, Yad b'Yad is a Jewish child bereavement project advising other professionals and agencies about requirements for Jewish Children.

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Contact Bereavement Care Services
Box 105
Addenbrooke's NHS Foundation Trust
Hills Road, Cambridge, CB2 0QQ

Telephone: 01223 217769

E-mail: bereavement@addenbrookes.nhs.org

Bereavement Care Services
Box 105
Addenbrooke's NHS Foundation Trust
Hills Road
Cambridge
CB2 2QQ

Addenda to Bereavement Care Services Directory

Organisation _____

Please alter from: _____

To now be: _____

Date: _____

Sent by: _____

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