



**Cambridgeshire and
Peterborough**
Clinical Commissioning Group



Bereavement Support

in Cambridgeshire
and Peterborough



This leaflet lists the main services across the Cambridgeshire and Peterborough area and national organisations that offer support for people who have lost a loved one.

If you feel you need support or advice, it may be helpful to first talk to your GP. They may be able to help you see a counsellor if this will be helpful. Your place of work or school may be able to help. Faith communities can also be a source of support for many people.

During the current COVID-19 social distancing measures many of the organisations listed are providing remote and online support, including advice on how to say goodbye when a funeral isn't possible.

Please note that if you or a loved one are requiring an urgent response, or if you feel that you or a loved one are at immediate risk to themselves or others, please contact your GP, A&E department or call NHS 111. If you are experiencing a mental health crisis call 111 option 2. You can also access 111 online via www.111.nhs.uk. You can also contact the Samaritans at 116-123.

Hospital bereavement care services

If a person died in hospital, support for the bereaved is offered by the hospital bereavement care services and the chaplaincy teams.

Addenbrooke's Hospital

Chaplaincy Team

- Email: chaplaincy@addenbrookes.nhs.uk
- Tel: 01223 217769

Bereavement Care Services

- Email: bereavementcareservices@addenbrookes.nhs.uk
- Tel: 01223 217 537 (extension 3537)

Hinchingsbrooke Hospital

Chaplaincy

- Email: nwangliaft.HinchChaplaincy@nhs.net
- Tel: 01480 847 474

Bereavement Care Services

- Tel: 01480 847 433

Peterborough City Hospital

Chaplaincy

- Email: nwangliaft.chaplaincy@nhs.net
- Tel: 01733 673 115

Bereavement Centre

- Tel: 01733 673 526

Hospital bereavement care services

Queen Elizabeth Hospital, Kings Lynn

Chaplaincy Team

- Email: chaplains@gehkl.nhs.uk
- Tel: 01553 613 441

Royal Papworth Hospital

Chaplaincy

- Email: papworth.chaplaincy@nhs.net

Bereavement Care Services

- Email: bereavementcareservices@addenbrookes.nhs.uk
- Tel: 01223 217 537 (extension 3537)

Hospice bereavement support services

Alan Hudson Day Treatment centre

(part of Arthur Rank Hospice Services) Wisbech

Offers bereavement support to the families of patients who have received care from the service.

- Email: nee.alanhudson@nhs.net
- Tel: 01945 488 052

Arthur Rank House Hospice, Cambridge

Offers bereavement support, including a monthly wellbeing and relaxation support group, to the families of patients who have received care from Arthur Rank House Hospice services.

- Tel: 01945 699 620

Hospice bereavement support services

St John's Hospice

Moggerhanger (near Bedford).

Offers bereavement support to families and friends of those patients for whom this Hospice service has cared.

- Email: stjohns@sueryder.org
- Tel: 01767 642 429 or 01767 642 410

Sue Ryder Thorpe Hall Hospice, Peterborough

Family support team

Specially trained staff and volunteers offer family support to patients, and pre- and post-bereavement support to their loved ones on a one-to-one and group basis, including Wayfinders, a bereavement support walking group. Specialist support is also available for children and young people.

- Email: thorpehall@sueryder.org
- Tel: 01733 225 900
- Ask for family support

The Norfolk Hospice

Tapping House

Offers support in bereavement to family members of patients who have received care from the service. This includes counselling, individual support and bereavement support groups.

- Tel: 01485 601 700
- Monday to Friday, 09.00 to 17.00
- Website: www.norfolkhospice.org.uk

■ Support after the loss of a child, including during pregnancy and birth

■ PETALS

Provides specialised counselling for parents suffering trauma or loss during pregnancy or birth

- Email: counselling@petalscharity.org
- Tel: 0300 688 0068
- Website: <http://petalscharity.org/>

■ SANDS: Stillbirth and Neonatal Deaths Charity

Emotional support for anyone affected by the death of a baby before, during or shortly after birth.

- Email: helpline@sands.org.uk
- Tel: 0808 1643 332 freephone
- Website: www.sands.org.uk

■ Saying Goodbye

Provides comprehensive information, advice, support to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or infancy.

- Email: support@sayinggoodbye.org
- Tel: 0845 293 8027
- Website: www.sayinggoodbye.org/

■ The Compassionate Friends

A charitable organisation of bereaved parents, siblings and grandparents who support other bereaved parents, siblings, and grandparents who have suffered the death of a child.

- Email: helpline@tcf.org.uk
- Tel: 0345 123 2304
- Open every day 10.00-16.00 and 19.00-22.00
- Website: www.tcf.org.uk

Bereavement support for children

Centre 33

Provides free counselling to young people aged 13 to 25 years in Cambridgeshire and Peterborough. There is also support for young carers aged 8-18.

- Email: help@centre33.org.uk
- Tel: 0333 414 1809
- Website: www.centre33.org.uk

CHUMS

Mental Health & Emotional Wellbeing Service for Children and Young People provide bereavement support.

- Tel: 01525 863 924
- Website: <http://chums.uk.com/>

Child Bereavement UK

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

- Email: support@childbereavementuk.org
- Tel: 01494 568 900
- Website: www.childbereavementuk.org
- National support & information line: 0800 028 8840

Cogwheel Trust for Children

Provides subsidised counselling in Cambridgeshire to couples, families and individuals of all ages.

- Email: admin@cogwheel.org.uk
- Tel: 01223 464 385
- Website: www.cogwheel.org.uk

CRUSE Bereavement Care

This voluntary organisation has a specialist team providing support to children and young people

- CRUSE National helpline: 0808 808 1677
Mon to Fri 09.30 to 17.00
- CRUSE National website: www.cruse.org.uk

Bereavement support for children

Scotty's Little Soldiers

Provides support to young people, up to and including the age of 18 years who have suffered the loss of a parent serving with the British Armed Forces.

- Email: hello@scottyslittlesoldiers.co.uk
- Tel: 0800 092 8571
- Website: scottyslittlesoldiers.co.uk/

Stars Children's Bereavement Support Service

Provides specialist counselling for bereaved children and young people aged 0-25, living in Cambridgeshire. Also provides support for families and professionals.

- Email: info@talktostars.org.uk
- Tel: 01223 863 511
- Website: www.talktostars.org.uk

Winston's Wish

Supporting bereaved children, their families, and the professionals who support them.

- Email: info@winstonswish.org
- Tel: 01242 515 157
- National helpline: 0808 802 0021 (Freephone)
- Website: www.winstonswish.org/

The Young People's Counselling Service, Peterborough

Provides free and confidential counselling for young people aged 11-16 years old who are dealing with emotional distress - such as bereavement, loss, loneliness and anxiety, low self-esteem, bullying, self-harm, abuse, addiction or depression

- Website: www.ypcs.uk/

Bereavement support and counselling services

Bereavement UK

Provides bereavement support and information, including podcasts, articles and free e-books.

- Email: support@bereavement.co.uk
- Website: www.bereavement.co.uk/

BIGC in Kings Lynn

Offers support for people affected by cancer including bereavement

- Email: kingslynncentre@big-c.co.uk
- Tel: 01553 818 737
- Website: <http://support.big-c.co.uk/our-centres/kings-lynn-centre/>

CRUSE Bereavement Care

CRUSE bereavement care promote the wellbeing of anyone bereaved by death to enable people to understand their grief and cope with their loss.

- CRUSE National helpline: 0808 808 1677
- Mon to Fri 09.30 to 17.00 with hours extended to 20.00 on Tuesday, Wednesday and Thursday.
- CRUSE National website: www.cruse.org.uk

CRUSE Cambridge branch

(Cambridge, East Cambs, Fenland)

- Email: cambridge@cruse.org.uk
- Tel: 01223 633 536
- Website: www.cruse.org.uk/Cambridge

CRUSE Huntingdon branch

- Email: huntingdon@cruse.org.uk
- Tel: 07902 662 492
- Website: www.crusehuntingdon.org.uk

CRUSE Peterborough branch

- Email: peterborough@cruse.org.uk
- Tel: 01733 348 439

■ Bereavement support and counselling services

■ Macmillan Cancer Support

Offers support for people affected by cancer including bereavement.

- Tel: 0808 808 00 00
- Seven days a week, 09.00-17.00
- Website: www.macmillan.org.uk/

■ WAY Widowed and Young

Provides a social and support network for widows and widowers up to age of 50. Members can meet and chat online through a secure website.

- Website: www.widowedandyoung.org.uk

Bereavement by suicide

Cambridgeshire and Peterborough Suicide Bereavement Support Service

A contact point providing support and information on bereavement after a loved one's suicide

- Email: fiona@lifecraft.org.uk
- Tel: 01223 566957
- Website: <http://lifecraft.org.uk>

Compassionate Friends - Cambridge

Cambridge supporty group for paretns bereaved through suicide.

- Email: p.wilson34@ntlworld.com Rosemary Wilson)
19.30-21.30, first Tuesday of each month.

Cruse Bereavement Care, Cambridge branch: (Cambridge, Fenland and Uttlesford) Bereaved by Suicide Group

The branch runs a dedicated group for those bereaved by suicide and meets on the first Wednesday of every month. This group is by referral only.

- Email: cambridge@cruse.org.uk
- Tel: 01223 633536
- Website: www.cruse.org.uk/Cambridge

Keep Your Head

Provides video advice and a further directory for Bereavement support.

- Website: www.keep-your-head.com/adults/CP-MHS/who-else-can-help-me/local-support

Peterborough Suicide Bereavement (Cambridge & Peterborough Foundation Trust, NHS)

Provides a group meeting 18.00 – 19.30 on Mondays every month in Peterborough

- Tel: 01733 776080
- Contact: Jane Pope: 07973 8835110

Bereavement by suicide

Support After Suicide

A network of organisations who support people who are affected by suicide

- Website: <http://supportaftersuicide.org.uk/>

Survivors of Bereavement by suicide (SOBS)

Support for people aged over 18 who have been bereaved as a result of suicide

- Email: sobs.support@hotmail.com
- Tel: 0300 111 5065
- Website: <https://uksobs.org/>

Other information and advice

Age UK

Provides wide-ranging support and information for older people through an advice line, publications and volunteer network.

- Tel: 0800 055 6112
- Website: www.ageuk.org.uk

Cambridgeshire Consultancy in Counselling

Provides an individual counselling service with a range of fees according to ability to pay.

- Tel: 01223 233 047 (Cambridge)
- Tel: 01733 553 166 (Peterborough)
- Website: www.cambridgeshirecounselling.org.uk

Cambridge University Counselling Service

This free service is for enrolled students and staff of the University of Cambridge.

- Students/email: counsellingreception@admin.cam.ac.uk
- Staff/email: staffcouns@admin.cam.ac.uk
- Website: www.counselling.cam.ac.uk

Dying Matters

A coalition of members across England and Wales, which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life

- Website: www.dyingmatters.org/

Healthwatch

Healthwatch offer a signposting service for health and social care services across the area. If you are unsure who to speak to you can contact them for advice.

- Email: enquiries@healthwatchcambspboro.co.uk
- Tel: 0330 355 1285
- Website - Cambridgeshire: www.healthwatchcambridgeshire.co.uk
- Website - Peterborough - www.healthwatchpeterborough.co.uk

Other information and advice

Lifeline telephone support service

Mental Health helpline.

- Tel: 0808 808 2121
24-hour service, 365 days a year.

The Samaritans

Provide confidential emotional support at all times of day and night.

- Email: jo@samaritans.org.uk
- Tel: 01223 364 455 (Cambridge)
- Tel: 01733 312 727 (Peterborough)
- Tel: 116 123 (National)
- Website: www.samaritans.org/

Additional Information - Covid-19

Schools – Children and Young People

Peterborough Educational Psychology Service Helpline

- The EPS will be running a helpline to support you at this time, open from Monday 30th March.
- To access the helpline, request a call back by emailing eps@peterborough.gov.uk leaving your name and contact number, from here a member of the team will call you back between 10am-12pm that day or the following day if capacity allows.
- The helpline will offer support for bereavement, loss or other emotional support to manage the stressful and uncertain nature of the current situation. Messages from call backs can be sent at any time and will be monitored daily.

Cambridgeshire Educational Psychology Service Helpline

- The educational psychologists in Cambridgeshire will be running a helpline to support you at this time.
- To access the helpline, request a call back by emailing supportforlearning@cambridgeshire.gov.uk leaving your name and contact number, from here a member of the team will call you back between 3pm – 5pm that day or the following day.
- The helpline will offer support for bereavement, loss or other emotional support to manage the stressful and uncertain nature of the current situation. Messages from call backs can be sent at any time and will be monitored daily.

Support and Help – Bereavement / Loss

- The School Improvement Service, PSHE Team and Educational Psychologist Teams are working together on resources, information and guidance about what schools will need to do when they re-open. Future information and links will be provided in the Headteachers' Pack in our next update on Wednesday.

**■ This leaflet can be downloaded from the
Cambridgeshire and Peterborough CCG website:**

- search 'Bereavement Leaflet'

■ Additions or amendments should be directed to

- capccg.contact@nhs.net