

# Parent Information

## Bereavement Support

Community Children's Nursing Team



We are so sorry that you have experienced the devastating death of your child. Grief can be overwhelming. You don't have to deal with it alone.

This leaflet has been written to share with you some of the support which is available now or in the coming months. These resources have been recommended to us by bereaved parents and siblings. Everyone experiences grief differently. Please feel free to use this now or in the future, depending on what feels right for you.

These resources include helplines, online information, support groups and practical guidance for all members of the family.

### **The Good Grief Trust**

**[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)**

Online support, questions and answers, videos, practical help, signposting.

### **SLOW (Surviving the Loss Of your World)**

**[www.slowgroup.co.uk](http://www.slowgroup.co.uk)**

Bereaved parents' support groups via Zoom.

Call: **07532 423674** or email: **[info@slowgroup.co.uk](mailto:info@slowgroup.co.uk)**

### **Together for Short Lives (Bereavement support)**

**[www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)**

Includes 'The Butterfly Fund' financial support.

**0808 8088 100**

### **Child Bereavement UK**

**[www.childbereavementuk.org](http://www.childbereavementuk.org)**

Includes information about supporting bereaved children.

Support line: **0800 028 8840**

### **Child Bereavement Network**

**[www.childbereavementnetwork.org.uk](http://www.childbereavementnetwork.org.uk)**

Help finding local support for bereaved children.

Email: **[cbn@ncb.org.uk](mailto:cbn@ncb.org.uk)**

## Child Death Helpline

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

The helpline is run by bereaved parents.

Opening times: Evenings 7-10pm. Monday/Thursday/Friday 10am-1pm  
Tuesday/Wednesday 10am-4pm

Freephone **0800 282 986** or **0808 800 6019**.

## Cruse Bereavement Care

[www.cruse.org.uk](http://www.cruse.org.uk)

Helpline open 7 days/week: **0808 808 1677**

Individual online support via **CruseChat** (on website)

## Winston's Wish

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

Support and local groups for children and young people after the death of a parent or sibling.

Free Helpline **08088 020 021** or email or individual online support via **'Ask Us'** (on website)

## Chums

[www.chums.uk.com](http://www.chums.uk.com)

Support for children and young people in Luton and Bedfordshire.  
**01525 863924**

## Stand by Me

[www.stand-by-me.org.uk](http://www.stand-by-me.org.uk)

Support for children and young people in Luton and Hertfordshire.  
**07469 255139**

## Tommy's

[www.tommys.org.uk](http://www.tommys.org.uk)

Support following the death of a baby.

Helpline: **0800 014 7800**

## Sands

[www.sands.org.uk](http://www.sands.org.uk)

Support for anyone affected by the death of a baby

Freephone: **0808 164 3332** or email [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

## Useful contact details

### Community Children's Nursing Team

Tel: **01438 288370**

Email: **ccnteam.enh-tr@nhs.net**

### Children's Complex Care Nurse Specialist

Eleanor Willis - **07827 253347**

Email: **e.willis@nhs.net**

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**[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)**

You can request this information in a different format or another language.