



Sandwell and West  
Birmingham Hospitals  
NHS Trust

# Bereavement Support Directory

*Information and advice for the bereaved*

**Bereavement Services**



## Local community-based bereavement services

### **CRUSE Bereavement Care**

CRUSE Birmingham provides one to one counselling, bereavement support, therapeutic support groups and advice on practical matters. Services are provided at the bereavement centre or at home. The service offers advice, information and training.

### **CRUSE Birmingham**

3rd Floor King Edward Building 205 Corporation Street,  
Birmingham. B4 6SE

**Tel:** 0121 687 8010

**Email:** [birmingham@cruse.org.uk](mailto:birmingham@cruse.org.uk)

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

### **CRUSE Sandwell**

Council House, High Street, Smethwick. B66 3NT

**Tel:** 0121 558 1798

**Email:** [sandwell@cruse.org.uk](mailto:sandwell@cruse.org.uk)

**Website:** [www.cruse.org.uk/sandwell-and-walsall-area](http://www.cruse.org.uk/sandwell-and-walsall-area)

### **Walsall Bereavement Support Service**

The Crossing at St Pauls, Darwell Street, Walsall WS1 1DA

**Tel:** 01922 724 841 (adult) 01922 645 035 (child and family)

**Email:** [admin@wbss.org.uk](mailto:admin@wbss.org.uk)

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

Walsall Bereavement Support service offers bereavement support and counselling both individually and in a group setting to adults and children living in Walsall. Information and guidance regarding other sources of support are also available. The service is also able to provide training in loss and bereavement.

## **Bridges Support Service**

Murray Hall Community Trust, The Bridge, St Marks Road,  
Tipton, DY4 0SL.

**Tel:** 01902 826 513

**Email:** [info@murrayhall.co.uk](mailto:info@murrayhall.co.uk)

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

Bridges supports people living with cancer palliative care needs. Information, guidance and support regarding other sources of bereavement support is available.

## **Birmingham Bereavement advice**

**Tel:** 0800 634 9494

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

## Local community-based bereavement services for young people

### **Beyond The Horizon**

Holy Cross Church Centre, Beauchamp Road, Birmingham, B13 0NS

**Tel:** 0121 444 5454

**Email:** [admin@beyondthehorizon.org.uk](mailto:admin@beyondthehorizon.org.uk)

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

Beyond the Horizon offers:

- One to one support for children experiencing grief after a death
- Activity days for children, young people and families
- Advice and training for professionals supporting children

### **Edward's Trust, Birmingham**

3 Vicarage Road, Edgbaston, Birmingham, B15 3ES

**Tel:** 0121 454 1705

**Email:** [admin@edwardstrust.org.uk](mailto:admin@edwardstrust.org.uk)

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

Edward's Trust offers the following services to children from the West Midlands Staffordshire, Shropshire, Warwickshire and Worcestershire:

- Support and counselling for children of school age who are bereaved of a parent, significant carer, sibling or friend
- Support and counselling for all affected by the death of a child
- Advice and training to health care professional and teachers who have a close association with a bereaved family

## Local community-based counselling services

### **Birmingham Counselling & Psychotherapy Centre**

127 Pottery Road, Oldbury, West Midlands, B68 9HE

**Tel:** 0121 429 1758

**Email:** [bcpc@counselling-direct.co.uk](mailto:bcpc@counselling-direct.co.uk)

**Website:** [www.counselling-direct.co.uk](http://www.counselling-direct.co.uk)

A generic counselling service providing a range of services, including counselling for people following bereavement. Charges apply.

### **Carrs Lane Counselling Centre**

Carrs Lane, Birmingham, B4 7SX

**Tel:** 0121 643 6363 (between 11am - 1pm to book appt.)

**Email:** [counselling@carrslane.co.uk](mailto:counselling@carrslane.co.uk)

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

A generic person-centred counselling service. Low cost charges generally apply.

### **St Martins Counselling Service**

St Martins Centre for Health and Healing, St Martins in the Bullring, Birmingham, B5 5BB.

**Tel:** 0121 600 6025

**Email:** [counselling@smchh.co.uk](mailto:counselling@smchh.co.uk)

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

A generic counselling service. Donations.

### **Bannersgate Counselling Centre**

The Upper Room, St Michael's House, 198 Boldmere Road, Boldmere, Sutton Coldfield, B73 5UE

**Tel:** 0121 354 6544

**Email:** [info@bgcounselling.com](mailto:info@bgcounselling.com)

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

A generic counselling service. £10 registration fee followed by donations for each session.

## **Stopmail**

**Tel:** 0808 168 9607

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

A free of charge service provided by the Bereavement Support Network, to prevent upsetting junk mail being sent to the bereaved.

## **National services / contacts**

### **CRUSE National Helpline**

**Tel:** 0808 808 1677

**Email support:** [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

[hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk) (young persons support)

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

CRUSE national provide information and support through a telephone helpline and website. Interactive website provided for young people and access to email support.

### **Childhood Bereavement Network**

**Tel:** 020 7843 6309

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

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

Provides access to information, guidance and support services for bereaved children and carers.

## **Grief Encounter**

**Tel:** 0808 802 0111

**Email:** [contact@griefencounter.org.uk](mailto:contact@griefencounter.org.uk)

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

The grief encounter project aims to help bereaved children and young people rebuild their lives after a family death. The project aims to improve resources available to bereaved children and their families. It is designed to be used in conjunction with the grief encounters workbook.

**Lullaby Trust** (previously called Foundation for the Study of Infant Deaths - FSID)

**Bereavement Helpline:** 0808 802 6868

**Information:** 0808 802 6869 (10am - 5pm Monday - Friday; 6pm - 10pm Saturday, Sunday, Bank holidays)

**Email:** [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)

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

Provides information and support for parents whose babies have died as a result of Sudden infant death. National helpline and befriending network.

## **CRY – Cardiac Risk in the Young**

Unit 1140B, The Axis Centre, Cleeve Road, Leatherhead, Surrey, KT22 7RD

**Tel:** 01737 363222

**Email:** [cry@c-r-y.org.uk](mailto:cry@c-r-y.org.uk)

**Website:** [www.c-r-y.org.uk](http://www.c-r-y.org.uk)

Help and support to families where there has been a sudden cardiac death of an apparently fit and healthy young person.

## **Miscarriage Association**

**Tel:** 01924 200799 (helpline Monday – Friday 9am – 4pm)

**Email:** [info@miscarriageassociation.org.uk](mailto:info@miscarriageassociation.org.uk)

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

Provides information, help and support for those suffering pregnancy loss.

## **Winston's Wish**

**Tel:** 0808 8020 021

**Email:** [info@winstonswish.org](mailto:info@winstonswish.org)

**Website:** [www.winstonswish.org](http://www.winstonswish.org)

Winston's wish helps support bereaved children and young people. They offer practical support and guidance to families, professionals and anyone helping to support a child affected by death. Excellent source for resources and information, the interactive website for children and young people is also very useful.

## **Child Bereavement UK**

**Tel:** 0800 0288 840

**Email:** [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

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

The Child Bereavement Trust provides:

- Support to grieving families through online interactive self help discussion.
- Provision of support and training for professionals working with people who have been bereaved.
- A signposting service to other organisations both locally and nationally.

## **The Compassionate Friends**

**Tel:** 0345 123 2304

**Email:** [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

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

Local contacts are available throughout the area – please contact the national office to obtain details of your local contact. The Compassionate Friends (TCF) is an organisation of bereaved parents and their families, offering understanding, support and encouragement to others after the death of a child or children of any age. They also offer support, advice and information to other relatives, friends and professionals who are helping the family.

## **WAY Widowed and Young**

Suite 14, College Business Centre, Uttoxeter New Road, Derby DE22 3WZ

**Tel:** 0300 012 4929

**Email:** [enquiries@widowedandyoung.org.uk](mailto:enquiries@widowedandyoung.org.uk)

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

The Way Foundation provides a support network for those widowed up to age 50. It provides information, guidance and support regarding other organisations already in operation. Local contacts are available throughout the area – please contact the national office for details of your local contact.

## **Child Death Helpline**

**Tel:** 0800 282986 or 0800 800 6019

(7pm - 10pm every evening; 10am - 1pm Monday, Tuesday, Thursday, Friday; 10 am - 4pm Wednesday)

**Email:** [contact@childdeathhelpline.org.uk](mailto:contact@childdeathhelpline.org.uk)

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

The Child Death Helpline provides a listening service that offers emotional support to all those affected by the death of a child.

## **Grandparents Plus**

The Foundry, 17 Oval Way, London SE11 5RR

**Tel:** 0300 123 7015

**Email:** [advice@grandparentsplus.org.uk](mailto:advice@grandparentsplus.org.uk)

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

The Grandparents Plus provides practical advice and support to grandparents affected by family deaths and estrangements.

## **British Association for Counselling and Psychotherapy**

**Tel:** 01455 88 33 00

**Email:** [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)

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

Provides information about local counselling organisations and individual counsellors who are accredited members.

## **SAMM (Support After Murder and Manslaughter)**

**Tel:** 0121 472 2912

**Email:** [info@samm.org.uk](mailto:info@samm.org.uk)

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

SAMM provides a confidential telephone helpline where you can talk to someone who has experienced the devastating

effects of murder/manslaughter. They offer understanding, support and a listening ear.

**SANDS (Stillbirth and Neonatal Death Society)**

**Tel:** 0808 164 3332 (9.30am - 5.30pm, Monday – Friday)

**Email:** [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

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

SANDS offer support to bereaved parents whose baby is stillborn or dies during or soon after their birth. Their support and information services are available at any time from before, to long after bereavement.

Local contacts are available throughout the area – please contact the national office for details of your local contact.

**SOBS (Survivors of Bereavement by Suicide)**

**Helpline:** 0300 111 5065 (9am - 9pm, 7 days a week)

**Office Email:** [admin@uksobs.org](mailto:admin@uksobs.org)

**Support Email:** [email.support@uksobs.org](mailto:email.support@uksobs.org)

**Website:** [www.uksobs.org](http://www.uksobs.org)

Local groups are held on a monthly basis:

Solihull and Tamworth – Contact Jenny on 07429 499 541

Walsall – Contact Elaine on 01922 724 841

SOBS aims to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. Services provided include telephone and email support, information, monthly local support groups and support days / events.

## Age UK

Age Concern and Help the Aged have joined forces to become Age UK. They offer information, advice and support to older people.

**Tel:** 0800 678 1602 (free national information line)

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

Age UK also has a number of local networks which offer a variety of services including information, advice and advocacy services, day centres, lunch clubs, support groups, befriending services and home help schemes. Please note some of these networks are still called Age Concern.

### Age UK Birmingham

**Tel:** 0121 437 0033

**Email:** [info@ageukbirmingham.org.uk](mailto:info@ageukbirmingham.org.uk)

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

### Age UK Dudley

**Tel:** 01384 354 508

**Email:** [mail@ageukdudley.org.uk](mailto:mail@ageukdudley.org.uk)

**Website:** [www.ageuk.org.uk/dudley](http://www.ageuk.org.uk/dudley)

### Age UK Sandwell

**Tel:** 0121 437 0033

**Email:** [info@ageuksandwell.org.uk](mailto:info@ageuksandwell.org.uk)

**Website:** [www.ageuk.org.uk/sandwell](http://www.ageuk.org.uk/sandwell)

### Age Concern Stourbridge & Halesowen

**Tel:** 01384 390 065

**Email:** [support@acstourbridge.plus.com](mailto:support@acstourbridge.plus.com)

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

### **Age UK South Staffordshire**

**Tel:** 01785 788 477

**Email:** [info@ageukstaffordshire.org.uk](mailto:info@ageukstaffordshire.org.uk)

**Website:** [www.ageuk.org.uk/staffordshire](http://www.ageuk.org.uk/staffordshire)

### **Accord Care & Support Age Matters**

**Tel:** 01922 638 825

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

### **Roadpeace**

**Tel:** 0845 450 0355 (helpline) 020 7733 1603 (office)

**Email:** [info@roadpeace.org](mailto:info@roadpeace.org)

**Website:** [www.roadpeace.org](http://www.roadpeace.org)

National charity for the families of road traffic victims provides a helpline, advice, information and signposting to local services.

### **The Natural Death Centre**

**Tel:** 01962 712 690

**Email:** [rosie@naturaldeath.org.uk](mailto:rosie@naturaldeath.org.uk)

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

The natural death centre offers advice on arranging inexpensive, family-organised and environmentally friendly funerals.

### **Probate and inheritance tax helpline**

**Tel:** 0300 123 1072 (9am - 5pm Monday – Friday)

**Website:** [www.gov.uk](http://www.gov.uk)

For more information about our hospitals and services please see our website [www.swbh.nhs.uk](http://www.swbh.nhs.uk), follow us on Twitter [@SWBHnhs](https://twitter.com/SWBHnhs) and like us on Facebook [www.facebook.com/SWBHnhs](https://www.facebook.com/SWBHnhs). If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



**A Teaching Trust of The University of Birmingham**  
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