Local community-based bereavement services

CRUSE Birmingham
3rd Floor, King Edward Building, 205 Corporation Street, Birmingham, B4 6SE
Tel: 0121 544 4510
Email: info@crusebirmigham.org
Website: www.crusebirmigham.org
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 Sandwell
The Bereavement Centre, Popes Lane, Oldbury, Warley, B69 4PJ
Tel: 0121 544 4510
Email: cruse.sandwell@cwcom.net
Website: www.cruse.sandwell.org.uk
CRUSE Sandwell 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.

Walsall Bereavement Support Service
Market House, 13 Lower Hall Lane, Walsall, West Midlands, WS1 1RL
Tel: 01922 724841
Email: admin@wbss.fslife.co.uk
Website: www.wbss.org.uk

Roadpeace
P.O.Box 2579, London, NW10 3PW
Tel: 0845 450 0355 (helpline) 0208 838 5102 / 5103 (office)
Email: info@roadpeace.org
Website: 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
6 Blackstock Mews, Blackstock Road, London, N4 2BT
Tel: 0871 288 2098
Email: ndc@alberyfoundation.org
Website: 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: 0845 30 20 900 (9am - 5pm Monday – Friday)
Website: www.hmrc.gov.uk
www.hmcourts-service.gov.uk
Walsall Bereavement Support service offers bereavement support and counselling both individually and in a group setting to adults and children to people living within the Walsall Borough. Information, guidance and support 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, SGS House, Johns Lane, Tividale, Oldbury, West Midlands B69 3HX.
Tel: 0121 612 2939
Email: bridges.support@nhs.net
Bridges supports people living with cancer palliative care needs. Information guidance and support regarding other sources of bereavement support is available.

WINGS – Widows in Group Support
Neptune Health Park, Sedgley Road West Tipton, West Midlands DY4 09S
Tel: 0121 530 2215
The group meets on the first Thursday of every month from 6.30pm to 8.30pm for women bereaved of their partners who want to meet and share with others in similar situations.
Local community-based bereavement services specifically for young people

**Beyond The Horizon**
Holy Cross Community Centre, Beauchamp Road, Billesley, Birmingham
B13 0NS
Tel: 0121 430 7529
Email: jeanette@beyondthehorizon.org.uk
Website: www.beyondthehorizon.org.uk

Beyond the Horizon offers:
- one to one support for children experiencing grief after a death
- workshops, group activities, drop in sessions for children, young people and families
- groups for lone parents after the death of their partner or a child
- advice and training for other professionals

**Edward’s Trust – Sunrise, Birmingham**
43a Calthorpe Road, Edgbaston, Birmingham, B15 1TS
Tel: 0121 454 1705
Email: admin@edwardstrust.org.uk
Website: www.edwardstrust.org.uk

Edward’s Trust offers:
- 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.

Referrals are accepted from West Midlands, Staffordshire, Shropshire, Warwickshire and Worcestershire.

**National Association of Widows**
3rd floor, 48 Queens Road, Coventry, CV1 3EH
Tel: 0845 838 2261
Email: info@nawidows.org.uk
Website: www.nawidows.org.uk

Local branches are available in Knowle and Solihull, Lichfield, Sutton Coldfield, Yardley – please contact the national office to obtain details of your local contact.

The National Association of Widows are widows who offer individual bereavement and social support to other widows.

**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 169 6565 (free national information line)
Website: 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 Concern Birmingham**
Tel: 0121 236 2197
Email: info@ageconcernbirmingham.org.uk
Website: www.ageconcernbirmingham.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)
28 Portland Place, London W1B 1LY
Tel: 020 7436 5881 (930am to 530pm, Monday – Friday)
Email: helpline@uk-sands.org
Website: www.uk-sands.org
Local contacts are available throughout the area – please contact the national office to obtain details of your local contact. 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.

SOBS (Survivors of Bereavement by Suicide)
Flamstead Centre, Albert Street, Ilkeston, Derbyshire, DE7 5GU
Tel: 0115 944 1117
Helpline: 0870 241 3337 (9am to 9pm, Daily)
Email: sobssupport@care4free.net
Email support: sobssupport@hotmail.co.uk
Website: www.sobs.admin.care4free.net
Local groups are held on a monthly basis – contact details:
Solihull and Tamworth – Contact Jean 01827 830679
Walsall – Contact Elaine 01922 724841
SOBS exists 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.

Head 2 Head
Murray Hall, Neptune Health Park, Sedgley Road West, Tipton, West Midlands DY4 09S
Tel: 0121 612 1803
Email: murrayhall@murrayhall.demon.co.uk
Head 2 Head is a counselling service for young people (including for bereavement issues) aged 3-18 years old. Children and their parents are able to self-refer for an appointment.

Local community-based counselling services

Birmingham Counselling Centre
127 Pottery Road, Bearwood, West Midlands, B68 9HE
Tel: 0121 429 1758
Email: bcc@counselling-direct.co.uk
Website: www.counselling-direct.co.uk
A generic counselling service providing a range of services, including counselling for people following bereavement. A sliding scale of charges applies.

Carrs Lane Counselling Centre
Carrs Lane, Birmingham, B4 7SX
Tel: 0121 643 6363 (between 11am – 1pm to book appt.)
Website: www.carrslane.co.uk
A non directional 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 6026
Website: www.stmartinthebullring.com/counsel
A non directional generic counselling service. Donations.
Manna House Counselling Service  
Manna House, Bamford Street, Glascote, Tamworth, Staffs, B77 2AT  
Tel: 01827 302437  
A church based counselling service. Confidential and free. It is open to anyone in need of help and support. Our aim is not to tell people what to do, but to work through their issues to enable them to see a way forward for themselves.

Bannersgate Counselling Service  
The Upper Room, St Michael’s House, 198 Boldmere Road, Boldmere, Sutton Coldfield, B73 5UE  
Tel: 0121 354 6544  
A free one to one counselling service  

National services / contacts

CRUSE National Helpline  
Day by day telephone helpline: 0870 167 1677  
Young person’s helpline: 0808 808 1677  
Email support: helpline@cruse.org.uk  
info@rd4u.org.uk (young persons support)  
Website: 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.

British Association for Counselling and Psychotherapy  
BACP House, 15 St John’s Business Park, Lutterworth, LE17 4HB  
Tel: 0870 44305252  
Email: bcp@bacp.co.uk  
Website: www.bacp.co.uk  
Provides information about local counselling organisations and individual counsellors who are accredited members

Lesbian and Gay Bereavement Project  
Counselling Department, Lighthouse West London, 111 - 117 Lancaster Road, London, W11 1QT  
Tel: 020 7403 5969 (Helpline: Mon, Tues, Thursday 7pm-10.30pm)  
A helpline that offers a listening ear to lesbians and gay men who have been bereaved or are preparing for bereavement, as well as to family and friends, colleagues and carers.

National Bereavement Helpline  
National Bereavement Partnership, Office No.6, 2 Bear Street, Barnstaple, Devon, EX32 7DB  
Tel: 0845 2267227 (Monday – Friday except Bank Holidays)  
Website: www.natpb.org.uk  
The National Bereavement Helpline Partnership provides information, advice and support to both families and professionals, specialising in issues relating to the post mortem examination process.

Samm (Support After Murder and Manslaughter)  
Cranmer House, 39 Brixton Road, London, SW9 6DZ  
Tel: 020 7735 3838  
Email: enquiries@samm.org.uk  
Website: www.samm.org.uk
Way Foundation  
PO Box 6767, Brackley, NN13 6YW  
Tel: 0870 0113450  
Email: info@wayfoundation.org.uk  
Website: www.wayfoundation.org.uk  
Local contacts are available throughout the area – please contact the national office to obtain details of your local contact.  
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.

Child Death Helpline  
Tel: 0800 282986 (7.00 – 10.00pm every evening; 10.00am – 1.00pm Monday, Tuesday, Thursday, Friday; 10.00 am – 4.00pm Wednesday)  
Email: contact@childdeathhelpline.org.uk  
Website: 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’ Association  
Moot house, The Stow, Harlow, Essex, CM 20 3AG  
Tel: 01279 428040  
Helpline: 0845 4349586 (Monday - Friday10.30am-3.00pm)  
Email: info@grandparents-association.org.uk  
Website: www.grandparents-association.org.uk  
The Grandparents’ Association provides practical advice and support to grandparents affected by family deaths and estrangements.

Childhood Bereavement Network  
Tel: 020 7843 6000  
Website: www.ncb.org.uk  
Provides access to information, guidance and support services for bereaved children and carers.

Grief Encounter  
Grief Encounter Project, PO Box 49701, London, N20 8XJ  
Email: shelley@griefencounter.com  
Website: www.griefencounter.com  
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.

Foundation for the Study of Infant Deaths (F.S.I.D)  
Artillery House, 11-19 Artillery Row, London, SW1P 1RT  
Tel: 020 7233 2090 (9am–11pm Mon-Fri; 6pm-11pm Sat/Sun)  
020 7222 8001 (general)  
Email: fsid@fsid.org.uk  
Website: www.sids.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 7, Epsom Downs Metro Centre, Waterfield, Tadworth, Surrey, KT20 5LR  
Help and support to families where there has been a sudden cardiac death of an apparently fit and healthy young person.
Miscarriage Association
C/o Clayton Hospital, Northgate, Wakefield, West Yorkshire, WF1 3JS
Tel: 01924 200799 (helpline Monday – Friday 9am – 4pm)
Email: info@miscarriageassociation.org.uk
Website: www.miscarriageassociation.org.uk
Provides information help and support for those suffering pregnancy loss.

National Bereavement Partnership
Office No 3D, 3 Bear Street, Barnstaple, North Devon, EX32 7DB
Tel: 0845 226 7227 (helpline Monday – Friday)
Email: info@natpb.org.uk
Website: www.natpb.org.uk
Helpline providing information, advice and support particularly when a post mortem is required or requested.

Winston’s Wish
The Clara Burgess Centre, Bayshill Road, Cheltenham, Gloucestershire, GL50 3AW
Tel: 08452030405
Email: info@winstonswish.org.uk
Website: www.winstonswish.org.uk
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.

The Child Bereavement Trust
Ashton House, High Street, West Wycombe, Buckinghamshire, HP14 3AG
Tel: 01494 446648
Website: www.childbereavement.org.uk
The Child Bereavement Trust provides:
• Support to grieving families through on line 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: 0845 123 2304
Email: info@tcf.org.uk
Website: 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.