

Bereavement Support

National Services

Cruse Bereavement Care Freephone National Helpline - Community Health

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

National free helpline 0808 808 1677

Cruse in Gwent

Local Cruse provide bereavement support to children, young people and adults throughout the Aneurin Bevan area, free of charge.

At the moment all support is telephone based because of the Coronavirus pandemic. There is a waiting list and our support is provided by our highly trained volunteers. The Gwent office can be contacted on the number below (Monday - Thursday, 10am - 3 pm).

Our websites www.cruse.org.uk and www.crusegwent.org.uk also provide support and information.

Tel: 01633 251982

Email: gwent@cruse.org.uk

Bereavement Advice Centre

Bereavement Advice Centre is a free helpline and web based information service giving practical information and advice and signposting on the many issues and procedures that face us after the death of someone close.

<https://www.bereavementadvice.org/>

Telephone: 0800 634 94 94

Bereavement Support Network

Advice when someone dies (free phone service)

Phone: 08080 168 9607

Website: www.bereavementadvice.co.uk

The Good Grief Trust

Offering support and information to all with an informative website

Website: www.thegoodgrieftrust.org

WAY -Widowed and Young

WAY is a UK charity that offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation.

Website: www.widowedandyoung.org.uk

Dying matters

Dying Matters #BeforeTheirTime hashtag to share resources and offer support for anyone who loses a close friend or relative at this time, especially if it's sudden or earlier than expected covid-19 campaign

Website: <http://lbforum.org.uk/news-and-events/covid-19-useful-bereavement-links-and-resources/>

Welsh Widows

A support for widowed men and women of any age

Phone: 0774 9542858

Website: www.welshwidows.co.uk

Bereavement - support after death - Age Cymru

National Helpline 0800 022 3444

Information factsheet

<https://www.ageuk.org.uk/globalassets/age-cymru/documents/information-guides-and-factsheets/ig32.pdf>

Survivors of Bereavement by Suicide (SOBS)

For people bereaved or affected by suicide

Email: email.support@uksobs.org

**Helpline – open 9am to 9pm Monday to Friday, 0300 111 5065
0115 944 11 17**

At present all support groups have been suspended. They are looking to increase their national capacity for telephone support and are also exploring the use of Zoom to enable face to face meetings

Grief Chat

Grief chat is a safe space for grieving or bereaved people to be able to share their story, explore their feelings and be supported by a qualified bereavement counsellor. In addition to this, Grief Chat can help bereaved people to consider if they need additional support and where to get this from.

Using Grief Chat is free of charge and is open Monday-Friday, 9am-9pm (UK time) to grieving or bereaved people. If they are not online, you can still send a message using the chat box and they will reply as soon as back online.

Phone: 01524 782910 Email: info@griefchat.co.uk

Website: www.griefchat.co.uk

Families and Young People

Hope Again

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one.

Telephone: 0808 808 1677

hopeagain@cruse.org.uk

Childhood Bereavement Network (CBN) - Family support services

The Childhood Bereavement Network (CBN) is the hub for those working with bereaved children, young people and their families across the UK.

020 7843 6309

<http://www.childhoodbereavementnetwork.org.uk/>

Lost for words - e-book for bereaved children

LostForWords is a new e-book created by Ben Brooks-Dutton with the Life Matters task force – a coalition of charities calling for better support for bereaved families. The free to download e-book is made up of advice and insights from children bereaved from infancy to teenage years.

Child Bereavement UK

Telephone: 0800 02 888 40

support@childbereavementuk.org

Grief Encounter Project Helping Bereaved Children (Griefftalk)

Grief Encounter is one of the UKs leading childhood bereavement charities, created to help children who have suffered the death of a parent or sibling. Are you a child, teenager or adult who has experienced the death of a loved one? Are you a caregiver who needs advice on how to support young people following the death of a parent or sibling? Do you need to talk? You can call, email or instant chat with trained professionals at griefftalk, 5 days a week, 9am – 9pm.

Telephone: 0808 802 0111

griefftalk@griefencounter.org.uk

The Compassionate Friends (TCF) - supporting bereaved parents - Family support services

The Compassionate Friends is an organisation of bereaved parents offering support, understanding and friendship to others after the loss of a child, of any age, from any cause. National Telephone Helpline, staffed by bereaved parents, is available for support and information 365 days a year.

Telephone: 0345 123 2304

helpline@tcf.org.uk

2 wish upon a star

Unexpected death of a child/young person aged under 25 years. Phone support provided/phone counselling and memory boxes supplied.

Phone: 01443 853125

Website: info@2wishuponastar.org

Winston's Wish

Every day, more than 100 children are bereaved of a parent in the UK. Winston's Wish is the leading childhood bereavement charity in the UK, offering practical support and guidance to bereaved children, their families and professionals.

Telephone: 08088 020 021

ask@winstonswish.org

Local Services

Hospice of the Valleys Blaenau Gwent

At present they are extending their support to include individuals whose lives are impacted by Covid19. They can offer telephone support and are looking to include skype calls and Zoom for group meetings. They are very happy to respond to any need relating to Covid19 to support the people in BG.

Once groups are re-established, individuals bereaved by Covid19 will be able to access their monthly bereavement information sessions and the Good Grief peer support group

Telephone: 01495 717277

<https://www.hospiceofthevalleys.org.uk/for-families-carers/bereavement/>

St David's Hospice Care

Telephone support provided for bereavement support

Phone: 01633 851051

<https://stdavidshospicecare.org/what-we-do/bereavement-care/>

St David's Unicorn service

The unicorn project supports bereaved children

Phone: 01633 851051

<https://www.sueryder.org/how-we-can-help/someone-close-to-me-has-died/bereavement-support-we-offer>

Aberbargoed Bereavement Club

Laura has created a meeting place for those who have lost someone, to come along and meet new friends who understand how you feel. You can come along for support, a cuppa & cake or even to provide support to those who may be struggling.

Telephone: 01443 831192

Please note that at present this group is unable to meet, but Laura intends to re-establish the meetings once the restrictions are lifted.

Caerphilly Bereavement Services

Available for advice

Telephone: 01443 811457