

## **Useful contacts**

### **Care for Bereaved Parents**

*Practical & emotional support for parents at hospital or at home. Offer four services a year where parents and families can share together, as well as a memorial garden within the hospital.*

James Cook University Hospital  
Marton Road, Middlesbrough, TS4 3BL  
Tel: 01642 854875

### **Teesside Hospice Bereavement Care Service (for adults) & Forget Me Not Children's and Young People's Bereavement Service**

*Trained counsellors offer group work or one to one counselling. You can refer yourself or ask your GP to refer you. In Forget me not, young people have the chance to talk, share their loss and fears, and meet others who feel the same. Children have their own trained Counsellors.*

1 Northgate Road, Linthorpe, Middlesbrough, TS5 5NU  
Tel: 01642 296912/3  
Email: [counselling@theteessidehospice.co.uk](mailto:counselling@theteessidehospice.co.uk)  
Website: [www.teessidehospice.org](http://www.teessidehospice.org)

### **Winston's Wish**

*Helps bereaved children and young people after a family death. Offer practical support and guidance to families, professionals and anyone concerned about a grieving child. Information about publications and resources including memory boxes and activity sheets.*

Clara Burgess Centre, Bayshill Road, Cheltenham GL50 3AW  
General enquiries: 01242 515157  
Family Line: 08452 03 04 05  
Email: [info@winstonswish.org.uk](mailto:info@winstonswish.org.uk)  
Website: [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

### **Cruse Bereavement Care**

*Provide the opportunity to talk, in confidence, with a trained volunteer. Offer support groups and practical information.*

Cruse House, 126 Sheen Road, Richmond, Surrey, TW9 1UR  
Tel: 020 89399530  
Helpline: 0870 167 1677  
Website: [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)  
Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

*Young person's website 'The road for you'. The website is specifically designed to support young people after the death of someone close to them:*

Website: [www.rd4U.org.uk](http://www.rd4U.org.uk)  
Young person's Helpline: 0808 808 1677 (free phone)

### **The Child Bereavement Trust**

*Support, information and training to all those affected both when a child dies, and when a child is bereaved of someone important in their lives.*

Aston House, West Wycombe, High Wycombe HP14 3AG  
Tel: 0149 4446648  
Support Service line 0845 357 1000  
Email: [enquires@childbereavement.org.uk](mailto:enquires@childbereavement.org.uk)  
Website: [www.childbereavement.org.uk](http://www.childbereavement.org.uk)

### **The Compassionate Friends**

*Organisation of bereaved parents and their families offering understanding, support and encouragement to others.*

53 North Street, Bristol BS3 1EN

National Office 0845 1232304

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

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

*Support for Siblings:* Email: [info@tcfsiblingsupport.org.uk](mailto:info@tcfsiblingsupport.org.uk)

Helpline: 08451 23 23 04

### **National Bereavement Partnership**

Office No 6, 2 Bear Street, Barnstable

North Devon, EX32 7DB

Helpline 0845 226 7227

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

### **Samaritans**

*Confidential non-judgmental emotional support, 24 hours a day. If you are feeling distress or despair, including those which could lead to suicide. Don't bottle it up. If you're worried, feel upset or confused, or just want to talk to someone. Offer service by telephone, email, letter and face to face.*

147 Borough Road, Middlesbrough, TS1 3AT

Usually open to receive callers: 8am – 10pm every day

Branches in Ashington, Darlington, Durham, Newcastle, Sunderland

Helpline: 08457 90 90 90

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

### **SANDS: Stillbirth and neonatal death society**

*Support for bereaved parents and their families when their baby dies at or soon after birth.*

*Local self-help groups run by and for bereaved parents.*

28 Portland Place, London W1B 1LY

Helpline 020 7436 5881 (weekdays 10-3)

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

### **Bereaved Parents' Network, part of Care for the Family**

*Trained befrienders who have all experienced the death of a child. Also on-line resources.*

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

Befriender's helpline: 029 2081 0800

Email: [bpn@cff.org.uk](mailto:bpn@cff.org.uk)

### **Resources for parents and families**

#### **The Bereaved Parents' Survival Guide, Juliet Rothman 1997**

ISBN 0-8264-1013-8

A wise and compassionate guide. Deals with some of the most painful decisions. Discusses memorials and remembrances, and the roles of religion and spirituality in the life of bereaved parents.

### **Resources for younger children**

**Muddles, Puddles and Sunshine: Your activity book when someone has died,** Diana Crossley 2000 ISBN 1-86989058-2

An activity book offering invaluable practical and sensitive support for younger children. Finds a balance between remembering the person who has died and having fun.

**Help me to say goodbye**, Janis Sliverman 1999 ISBN: 9781577490852

An art therapy book that encourages children to express their feelings in words or pictures.

**Sad isn't bad: a good-grief guidebook for kids dealing with loss**, Mundy 1998 ISBN: 0870293214

Offers children a comforting, realistic look at loss – loaded with positive, life-affirming helps for coping with loss as a child.

**I miss you: a first look at death**, Thomas 2001 ISBN: 0764117645

Feelings and questions are looked at in a simple but realistic way. Helps them to understand their loss and to come to terms with their feelings.

**Badger's parting gifts** Susan Varley 2002 ISBN 978-0-00-664317-3

When old Badger dies, his friends think they will be sad forever. But gradually they are able to remember Badger with joy and to treasure the gifts he left behind for each friend.

### **Resources for older children**

**Out of the Blue. Making memories last when someone has died**, Stokes & Oxley 2006 ISBN 1-903458-71-4

This activity book helps teenagers remember the person who has died and helps them express their thoughts and feelings. Shows that remembering is important and can be fun too.

**What on earth do you do when someone dies?** Romain 1999

ISBN 1575420554

Suitable for children Year 4-8. Answers questions children might wonder about in simple honest words. Describes strong, confusing feelings children may have and ways to feel better. Says it's okay to cry, talk about death, grieve...and go on with life.

**Grief in Children: A handbook for adults** Dyregrov, 2008

ISBN 1843106124

Explains children's understanding of death at different ages and gives a detailed outline of exactly how the adults around them can best help them cope. Deals with a range of common physical and psychological responses and describes the methods approaching grief in children that have been shown to work best.

**Helping Children Cope with Grief- Facing A Death in the Family**, Wells, Rosemary 1988 ISBN 085969559

Nothing can take away the pain and loss for a child who has lost someone close to them, but there is a great deal a caring adult can do to avoid the long-term distress which can be caused by hidden fears and anxieties.

**Straight talk about death for teenagers: How to cope with losing someone you love**, Earl A. Grollman 1993 ISBN 0807025011

**The grieving teen: a guide for teenagers and their friends**, Helen Fitzgerald 2000 ISBN 0684868040