

For people bereaved due to life limiting illness

Marie Curie Telephone Bereavement Support: Regular bereavement support sessions with a trained volunteer for up to six 45 minute telephone sessions. Call 0800 090 2309 (8am – 6pm Monday to Friday and 11am – 5pm Saturday to Sunday).

Sobell Bereavement Service: Support for relatives and friends of Sobell patients and anyone who has received hospice care. Call 01865 225 878 or visit www.sobellhouse.org/bereavement-support

Katharine House Bereavement Service: Support for relatives and friends of Katharine House patients. Call 01295 811 866 or visit www.khh.org.uk/bereavement-services

Sue Ryder Bereavement Service: Support for relatives and friends of Sue Ryder patients. Call 01491 641 384 or email enquiries.southoxfordshire@sueryder.org

For people affected by the death of a baby

SANDS: Helpline available on 0808 164 3332 (9.30am to 5.30pm Monday to Friday and 9.30am to 9.30pm Tuesday and Thursday) or helpline@sands.org.uk

For parents affected by the death of a child

The Compassionate Friends: Helpline 0345 123 2304 (10am – 4pm & 7pm – 10pm every day) or visit www.tcf.org.uk

For people bereaved by suicide

Survivors of Bereavement by Suicide: Gives callers a chance to talk confidentially with someone who has experienced bereavement by suicide. Helpline: 0300 111 5065 or www.uksoobs.org (9am – 9pm Monday to Friday).

Support after Suicide Partnership: Help is at hand guide online supportaftersuicide.org.uk

Oxfordshire Bereavement Support during the COVID-19 pandemic

The death of someone close is painful at any time, but during the COVID-19 pandemic it may be more difficult to find help and support.

This guide offers information about local and national bereavement services. Some of these are working in different ways but there are still people available to listen and to support you. These services might be useful to you now or later.

Key local support

CRUSE Bereavement Care, Oxfordshire: Bereavement support for all adults from trained volunteers via telephone and video calls. Call 01865 245398 (10am -1pm weekdays) or email oxfordshire@cruse.org.uk

SeeSaw, Grief Support for Children and Young People in Oxfordshire: Support for children and young people (aged 18 and under) by telephone and email. Families can email info@seesaw.org.uk for a call back.

TalkingSpace Plus: Talking therapies for adults experiencing depression or anxiety. 1:1 support by phone or access to online resources following telephone assessment. Self-referral via 01865 901 222 or <https://www.oxfordhealth.nhs.uk/talkingspaceplus/> *

Coping with the Coronavirus: Bereavement: Oxford Health leaflet available online at <https://www.oxfordhealth.nhs.uk/news/coronavirus-and-your-mental-wellbeing/> *

How to Help... A Bereavement Support Guide: Age UK Oxfordshire www.ageuk.org.uk/oxfordshire/our-services/late-spring/

The Oxfordshire Bereavement Guide: Oxfordshire County Council guide and practical advice www.oxfordshire.gov.uk/residents/community-and-living/births-deaths-and-ceremonies/deaths *

Practical advice on what happens after someone dies

UK government guidance: information about what to do when someone has died www.gov.uk/after-a-death

National Association of Funeral Directors: information about funerals during the pandemic nafdcovid19.org.uk/advice-for-the-public/

Faith Groups: All denominations offer support to all those who have been bereaved through their pastoral care systems. To access your local faith group contact the vicar, priest, Imam, Rabbi or other faith leader.

Online resources

NHS: advice on bereavement www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/

CRUSE - Coronavirus bereavement information and resources. www.cruse.org.uk

SeeSaw - resources for children and families who have been bereaved. www.seesaw.org.uk

At a loss - Coronavirus bereavement resources. www.ataloss.org

Mind - information on bereavement www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/

Sue Ryder – information and online counselling service for adults. www.sueryder.org

Helplines

National Bereavement Partnership COVID-19 Hub: 0800 448 0800 (7am – 10pm, every day) or helpline@nationalbereavementpartnership.org

Cruse Bereavement National Helpline: 0808 808 1677 (9.30am – 5pm Monday - Friday, and until 8pm on Tuesday, Wednesday, Thursday) or helpline@cruse.org.uk

Winston's Wish Helpline: 08088 020 021 (9am – 5pm, Monday - Friday) for children, young people and anyone caring for a child or young person who has been bereaved.

Oxfordshire Mental Health Helpline: 01865 904997 for adults, or 01865 904998 for children and young people (both open 24 hours every day).

Samaritans: 116 123 - confidential listening service (open 24 hours every day) or email jo@samaritans.org for a response within 24 hours.