



**HORSHAM CENTRAL**  
PRIMARY CARE NETWORK

Park, Holbrook, Orchard & Riverside

# BEREAVEMENT SUPPORT FOR CHILDREN AND FAMILIES



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## Table of Contents

Care for the Family.....	3
Child Bereavement UK.....	4
Child Death Helpline: Run by bereaved parents.....	5
Child Bereavement Network.....	6
Grief Encounter: For children and young people.....	7
Hope Again: Created by young people for 12-25 year olds.....	8
Jigsaw South East.....	9
riprap.....	10
Sands Baby Loss.....	11
Winston's Wish.....	12
<b>HELPLINES</b>	
Verbal.....	13-14
Non-verbal.....	15-16

# Care for the Family

Care for the Family provides bereavement support (alongside family and couple support) targeted at widows, parents, and siblings amongst other individuals impacted by loss.

Care for the Family run CareLine, a confidential telephone and email service accessible for all adult in the UK.

Helpline: 029 2081 0800

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

Both available 9am-4.30pm from Monday-Friday. Say that you would like to speak to a CareLine Advisor. Expect contact within 48 hours.

Website: <https://www.careforthefamily.org.uk>



@Care4theFamily



@care4thefamily



/careforthefamily



/company/care-for-the-family



@careforthefamilyuk



# Child Bereavement UK

Child Bereavement UK support cases where: a child grieves; a child dies; when someone important to a child has died or is not expected to live; parents and family when a child or baby is dying or has died.

They offer free support for individuals, couples, children, young people, and families over the phone, video, or instant messenger as well as face-to-face support in various locations.

Helpline: 0800 02 888 40

Available 9am-5pm from Monday-Friday

Email: [helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org)

Website: <https://www.childbereavementuk.org/>



@cbukhelp



@childbereavementuk



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/company/child-bereavement-uk



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# Child Death Helpline

Child Death Helpline is run by volunteers who are all bereaved parents so as to support you with the most understanding of the situation they can.

This service is for bereaved parents though they can also support grandparents, siblings, extended family, as well as professionals impacted by the death of a child.

Helpline: 0800 282 986

Open 10am-1pm Monday, Thursday and Friday, 10am-6pm Tuesday and Wednesday, and 7pm-10pm Monday to Sunday

Website: <https://www.childdeathhelpline.org.uk/>



@ChildDeathHelp

# Childhood Bereavement Network

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

Though a lot of their work is focused on campaigns and growing awareness for bereaved children as opposed to providing direct support, their website signposts and provides further resources and information on supporting bereaved children.

Website:

<https://childhoodbereavementnetwork.org.uk/>



@CBNtweets



/childhoodbereavementnetwork



/company/national-children%27s-bureau



@WatchNCB



# Grief Encounter

Aimed at children and young people Grief Encounter services include counselling, workshops, art therapy, residential and family days, webinars, a Grief Relief Kit, Workbook, and Journal. In addition they run a separate

Trauma Team for support following a sudden or traumatic bereavement alongside a confidential and free helpline over the phone, webchat (accessible via website), and email.

Helpline: 0808 802 0111

Open 9am-9pm, Monday to Friday

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

Website: <https://www.griefencounter.org.uk/>



@griefencounter



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/company/grief-encounter-project



@griefencounter





# Hope Again

The youth website of Cruse Bereavement Support (see page 7), Hope Again was created by young people - for young people to provide support, advice, and signposted.

Though aimed at children and young people aged 12-25 years, Hope Again also provides advice for parents supporting a bereaved child. Talk to a trained volunteer for free via the below details.

Helpline: 0808 808 1677  
9.30am-5pm from Monday to Friday

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

Website: <https://www.hopeagain.org.uk/>

For parents supporting a bereaved child:  
<https://www.cruse.org.uk/get-help/for-parents>



[/Hope-Again-Young-People-living-life-after-loss-2082799525334849](https://www.facebook.com/Hope-Again-Young-People-living-life-after-loss-2082799525334849)



[@hopeagain-youngpeoplelivin8837](https://www.youtube.com/channel/UC...)





# Jigsaw South East

Jigsaw support children through and in preparation of the loss of a loved one. Additionally they can support children struggling with the time-limiting condition of a family member.

You are able to self refer for their Grief Support following a bereavement and their Preparing for a loss Support separately via their website - this can be found underneath the 'Make a referral' tab.

Phone: 01342 313895

Available 9.30am-12.30pm from Monday-Friday

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

Website: <https://www.jigsawsoutheast.org.uk/>



@JigsawSouthEast



@jigsawsoutheast



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@jigsawSouthEast



# riprap

riprap was designed for teenagers that have a parent with cancer. It allows them to learn more about cancer and treatment through real stories as well as find support and support others in similar situations.

Since 2017 riprap has been run on a voluntary basis by the specialist cancer nurse who managed the website from it's 2003 launch.

riprap are currently only contactable via their email form on their website.

Email: <http://www.riprap.org.uk/contact.asp>

Remember to include your email address in the message for a response from riprap. They aim to reply within 48 hours on weekdays.

Website: <http://www.riprap.org.uk/>



# Sands Baby Loss

A UK pregnancy and baby loss charity that offers helplines, support groups both online and in person, and online resources.

Sands supports parents, grandparents, siblings and other family members, friends, and professionals.

Helpline: 0808 164 3332

Available from 10am-3pm from Monday-Friday as well as evening slots from 6pm to 9pm on Tuesdays, Wednesdays, and Thursdays. Support for 1 hour at a time maximum.

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

Website: <https://www.sands.org.uk/>



@SandsUK



@sandscharity



/sandscharity



/company/sandscharity



@sands6011



# Winston's Wish

Supporting bereaved people up to age 25, their families, and professionals, Winston's Wish provides both practical and emotional support as well as telephone and email helpline services. They also run an online kit, *Help 2 Make Sense* that helps young people make sense of their loss.

Helpline: 08088 020 021

Available 8am-8pm from Monday-Friday

Crisis Text Messenger - Text WW to 85258

Available 24/7

Email: [ask@winstonswish.org](mailto:ask@winstonswish.org)

Website: <https://www.winstonswish.org/>



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@WinstonsWishCharity



# Helplines: Telephone

## **Care for the Family 029 2081 0800**

Open 9am-4.30pm Monday-Friday

Request to speak to a CareLine Advisor who will contact you within 48 hours.

## **Child Bereavement UK 0800 02 888 40**

Open 9am-5pm Monday-Friday except bank holidays

## **Child Death Helpline 0800 282 986**

Open 10am-1pm Monday, Thursday, Friday

Open 10am-6pm Tuesday and Wednesday

Open 7pm-10pm Monday to Sunday

## **Grief Encounter 0808 802 0111**

Open 9am-9pm Monday-Friday



# Helplines: Telephone (cont.)

**Hope Again 0808 808 1677**

Open 9.30am-5pm Monday-Friday

**Jigsaw South East 01342 313895**

Open 9.30am-12.30pm Monday-Friday

**Sands Baby Loss 0808 164 3332**

Open 10am-3pm Monday-Friday

Open 6pm-9pm Tuesday-Thursday

Support available for 1 hour at a time maximum

**Winton's Wish 08088 020 021**

Open 8am-8pm Monday-Friday



# Helplines: Non-verbal

## **Care for the Family**

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

Open 9am-4.30pm Monday-Friday

Request to speak to a CareLine Advisor who will contact you within 48 hours.

## **Child Bereavement UK**

Email: [helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org)

## **Grief Encounter**

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

Online webchat:

<https://www.griefencounter.org.uk/get-support/support-services/helpline/>





# Helplines: Non-verbal (cont.)

## **Hope Again**

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

## **Jigsaw South East**

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

## **Sands Baby Loss**

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

## **Winston's Wish**

Email: [ask@winstonswish.org/](mailto:ask@winstonswish.org/)

Textline: Text WW to 85258 (open 24/7)

