

## Good Grief Weston Contacts and Resources

We realise that the topics of bereavement, loss and serious illness often bring up painful feelings or memories.

Good Grief Weston will provide you with gentle opportunities to have open conversations about bereavement and serious illness. If you are finding things difficult, many organisations and charities are ready to support you. The contact details on this list are good places to start.

### Support if you are feeling distressed:

**Samaritans** for out of hours or emergency support with all kinds of difficulties:

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

Freephone helpline: **116 123** (available 24/7)

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

**Mind** for information about mental health issues: [www.mind.org.uk](http://www.mind.org.uk)

Infoline (charged at local rates, mobile rates vary): **0300 123 3393**

Open 9am–6pm, Monday to Friday

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

You can also **contact your GP practice** for personalised support, resources, and access to local services.

### Local support groups, courses and counselling which support either adults or young people dealing with bereavement:

**Bereavement Café at St Pauls Church Hall, Walliscote Road, Weston-super-Mare, BS23 1EF**, a friendly peer-to-peer support network who come together on the first and third Friday of every month from 10am–midday: [www.stpauls-weston.org.uk/whats-on](http://www.stpauls-weston.org.uk/whats-on)

They are open to anyone in Weston and the surrounding areas, whether you are grieving or supporting someone who is bereaved, either personally or professionally, and to people of all faiths or none.

**The Bereavement Journey, hosted by Locking Castle Church, Locking Castle, Weston-super-Mare, BS24 7JW**, a series of 6–7 small, facilitated discussion groups which guide people who have been bereaved at any time through the most common aspects of grief. They are open to people with any or no faith, as all Christian content is confined to the optional final session.

**For Weston session dates and registration please email:** [carolync54@gmail.com](mailto:carolync54@gmail.com)

See also, The Bereavement Journey website: <https://thebereavementjourney.org>

**In Charley's Memory**, an organisation offering one-to-one counselling for young people aged 11–25 in North Somerset and Somerset: [www.incharleymemory.com](http://www.incharleymemory.com)

You do not need to be referred by your GP and can access services directly.  
Contact us on **01278 557490** / [hello@incharleymemory.com](mailto:hello@incharleymemory.com)  
Reception opening hours: Monday to Thursday 9am–6pm; Friday 9am–3pm

**Survivors of Bereavement by Suicide (SOBS)**, a national charity supporting adults who have been bereaved by suicide, which runs local support groups: <https://uksobs.org>  
If you would like to attend the Weston-super-Mare support group meeting on the 3<sup>rd</sup> Monday of every month, email [westonsupermare@uksobs.org](mailto:westonsupermare@uksobs.org) or phone **07399552147**.  
They also have an email advice service (see below).

**Pete's Dragons**, a support service for people in Devon and North Somerset who have been bereaved by suicide: [www.petesdragons.org.uk](http://www.petesdragons.org.uk)  
For more information about the monthly support group in Weston-super-Mare, please call **01395 277780** or email [support@petesdragons.org.uk](mailto:support@petesdragons.org.uk)

### **National or local helplines and online chats or groups for adults dealing with bereavement:**

**Cruse Bereavement Support** for support with all kinds of bereavement: [www.cruse.org.uk](http://www.cruse.org.uk)  
Freephone helpline: **0808 808 1677**  
Open every day, but for different hours: Tuesday, Wednesday and Thursday 9.30am–8pm;  
Monday and Friday 9.30am–5pm; Saturday and Sunday 10am–2pm.  
They also have a CruseChat service available Monday to Friday 9am–9pm which can be accessed via their website. Their email address is [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

**Bristol & Weston Hospitals Charity** for local support with grief:  
[www.bwhospitalscharity.org.uk/griefchat](http://www.bwhospitalscharity.org.uk/griefchat)  
GriefChat available through the website, Monday to Friday, 9am–9pm (except Bank Holidays). Out of these hours, you can email: [hello@bwhospitalscharity.org.uk](mailto:hello@bwhospitalscharity.org.uk)

**Survivors of Bereavement by Suicide (SOBS)** for support for adults who have been bereaved by suicide: <https://uksobs.org>  
Email: [email.support@uksobs.org](mailto:email.support@uksobs.org)

**The New Normal Charity** runs a range of online support groups (including 'Queer Good Grief' for people from the LGBTQ+ community; 'Black and Brown Good Grief'; 'Student Good Grief' and more): [www.thenewnormalcharity.com](http://www.thenewnormalcharity.com)  
General enquiries line: **07865 256 889**  
General enquiries email: [info@thenewnormalcharity.com](mailto:info@thenewnormalcharity.com)

**The Child Death Helpline** for support with the death of a child:  
[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)  
Freephone helpline: **0800 282 986**  
Open every day, but for different hours: Monday to Sunday 7pm–10pm; Monday, Thursday and Friday 10am–1pm; Tuesday and Wednesday 10am–4pm  
They also have an online contact form available on their website.

**Black Minds Matter** for resources and access to therapy for Black individuals and their families: [www.blackmindsmatteruk.com](http://www.blackmindsmatteruk.com)

**The Good Grief Trust** runs online support groups called Good Grief Cafés (including one specifically for people from the **LGBTQ+ community** and one for people who have been **bereaved through addiction**):

[www.thegoodgrieftrust.org/need-know-info/from-us-to-you/pop-up-good-grief-cafes](http://www.thegoodgrieftrust.org/need-know-info/from-us-to-you/pop-up-good-grief-cafes)

**Bereaved Parents Together (BPT)** is a private Facebook group which offers a safe, warm and supportive space for bereaved parents who have lost a baby, child, adult child or children from any cause or circumstance.

**Search Facebook for 'Bereaved Parents Together'** and request to join or **contact Melanie Phelps** on **07742239043** for more information.

## **National or local helplines for children and young people dealing with bereavement (and the adults who support them)**

**Child Bereavement UK** for support with the death of a child, or for a child who has been bereaved: [www.childbereavementuk.org](http://www.childbereavementuk.org)

Freephone helpline: **0800 02 888 40**

Open Monday to Friday 9am–5pm, except Bank Holidays.

They also have live chat and email available through their website.

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

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Freephone helpline: **0808 808 1677**

Open Monday to Friday 9.30am–5.30pm

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

**Grief Encounter (Southwest)** for support for bereaved children and young people:

[www.griefencounter.org.uk/south-west](http://www.griefencounter.org.uk/south-west)

Freephone GriefTalk helpline: **0808 8020111**

Open Monday to Friday 9am–9pm

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

**Winston's Wish** for support for a bereaved child and the people who support them:

[www.winstonswish.org](http://www.winstonswish.org)

Freephone helpline: **08088 020 021**

Open Monday to Friday 8am–8pm

## **Websites that provide bereavement-related information and links to other services:**

**The Good Grief Trust**, an online portal of UK bereavement services, searchable by type and location: [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

**At a Loss**, a signposting website to help you find the right bereavement support: [www.ataloss.org](http://www.ataloss.org)

**Childhood Bereavement Network**, an online hub for organisations supporting bereaved children: [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

**Good Grief Festival**, events and resources related to death, dying and bereavement: <https://goodgrieffest.com>

### **Support with living with serious illness and end-of-life care:**

**Weston Hospicecare** for support to people with life-limiting illnesses in Weston-super-Mare and North Somerset: [www.westonhospicecare.org.uk](http://www.westonhospicecare.org.uk)  
Call **01934 423900** or email [info@westonhospicecare.org.uk](mailto:info@westonhospicecare.org.uk)

**St Peters Hospice** for hospice care in Bristol: [www.stpetershospice.org](http://www.stpetershospice.org)  
If you are a patient, family member or friend, call their 24-hour clinical advice line: **0117 915 9430**

**Marie Curie** for support for those living with or caring for someone living with terminal illness: [www.mariecurie.org.uk](http://www.mariecurie.org.uk)  
Freephone helpline: **0800 090 2309**  
Open Monday to Friday 8am–6pm and Saturday 11am–5pm.  
They also have online chat, book a call and befriending call back services available through their website.  
You may also be interested in their advice on Advance Care Planning: [www.mariecurie.org.uk/help/support/terminal-illness/planning-ahead/advance-care-planning](http://www.mariecurie.org.uk/help/support/terminal-illness/planning-ahead/advance-care-planning)

**Charlton Farm, Wraxall** for care and support for children with life-limiting illnesses from across the South West and their families: [www.chsw.org.uk/our-care/our-hospices/charlton-farm](http://www.chsw.org.uk/our-care/our-hospices/charlton-farm)

**Hospice UK** for information and support at the end of life and in bereavement, including a hospice care finder and the influential ‘Dying Matters’ campaign which aims to encourage open conversation about death and dying: [www.hospiceuk.org](http://www.hospiceuk.org)

**What Matters Conversations** for videos and information about having conversations about what is most important to us: [www.whatmattersconversations.org](http://www.whatmattersconversations.org)

**Compassion in Dying** for information and resources to help us with preparing and planning for the end of life: [www.compassionindying.org.uk](http://www.compassionindying.org.uk)

**My Wishes** for software for planning end-of-life care: [www.mywishes.co.uk](http://www.mywishes.co.uk)

### **Books, films and other media which deal with topics related to bereavement and serious illness:**

**Good Grief Festival** has released many clips and full panel discussions onto their YouTube channel, **The Grief Channel**: [www.youtube.com/@griefchannel](http://www.youtube.com/@griefchannel)

**Child Bereavement UK** has provided lists of books and resources arranged by age and category: [www.childbereavementuk.org/pages/category/books-resources](http://www.childbereavementuk.org/pages/category/books-resources)

You might also like to look at their short animations exploring different aspects of bereavement: [www.childbereavementuk.org/Listing/Category/short-animated-films](http://www.childbereavementuk.org/Listing/Category/short-animated-films)

The **Creative Grieving** YouTube channel has a short animation about 'Children, Grief and Creativity' and a short film about 'Children, Grief and Art Therapy'. You can watch them both here: [www.youtube.com/@creativegrieving670](http://www.youtube.com/@creativegrieving670)

### **Illustrated zine booklet to accompany *The Guy in the Luggage Rack* (part of the festival finale in Grove Park on 8<sup>th</sup> May)**

If you saw She Said Jump's aerial comedy, *The Guy in the Luggage Rack*, you might like to check out the accompanying zine, *Grief and The Guy in the Luggage Rack*, written by Lesel Dawson and Rachel Hare and illustrated by Anna Millais:

<https://static1.squarespace.com/static/5eedfa1c96665f3b292d761f/t/630ef50992b8fe28603d6d12/1661924667989/Grief+Zine.pdf>