

GOOD GRIEF WESTON

A FESTIVAL OF LOVE + LOSS



CONTACTS & RESOURCES

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

Good Grief Weston will provide you with gentle opportunities to have open conversations about bereavement & serious illness. If you are finding things difficult, many organisations & 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
Freephone helpline: **116 123** (available 24/7)
Email: jo@samaritans.org

Mind for information about mental health issues:
www.mind.org.uk Support line: **0300 102 1234**
Email: info@mind.org.uk

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

LOCAL SUPPORT GROUPS, COURSES & COUNSELLING WHICH SUPPORT EITHER ADULTS OR YOUNG PEOPLE DEALING WITH BEREAVEMENT:

Bereavement Café in Weston-super-Mare, a friendly peer-to-peer support network (1st & 3rd Fri of the month, 10am–12 noon): www.stpauls-weston.org.uk/diary

In Charley's Memory, an organisation offering one-to-one counselling for young people aged 11–25 in North Somerset & Somerset: www.incharleymemory.com You do not need to be referred by your GP & can access services directly. Contact us on **01278 557490** / hello@incharleymemory.com

Survivors of Bereavement by Suicide (SOBS), a national charity supporting adults who have been bereaved by suicide: <https://uksobs.org> The WsM group meet on the 3rd Mon of the month, email westonsupermare@uksobs.org or phone **07399 552147**. They also have an email advice service (see below).

Pete's Dragons, a support service for people in Devon & North Somerset who have been bereaved by suicide: 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

STAR (Share, Talk & Remember) Bereavement & Loss, regular peer support groups for people grieving from bereavement or other difficult transition: www.starsconnecting.com

- **Nailsea** (2nd & 4th Weds of the month, 4–6pm). Contact Pam on **07977 905604** / pamlambert187@gmail.com, or Gill on **07722 298550** / gilly493@hotmail.com
- **Sandford** (3rd Tues of the month, 2–4pm). Contact Jai on **07946 182338** or email jai.villageconnect@gmail.com
- **Congresbury & Yatton** (2nd Thurs of the month, 2–4pm). Email congarscafe20@gmail.com or ring Sonya on **07715876828**
- A Weston group will be launched soon. Keep an eye on www.starsconnecting.com

Grieve Well Café Clevedon (3rd Weds of the month 10am–12 noon). Contact the church office on **01275 871483** or email Heather at bereavementsupport@christchurch-clevedon.org.uk They also run a Bereavement Journey course a few times a year.

Long Ashton Bereavement Support Group runs fortnightly. Contact Donna on **07739 866888**

Sole Survivors Nailsea, a support group for people who have been bereaved of a partner (last Weds of the month, 10.30am–12.30pm). Contact Marjorie on **01275 855926** or Ann on **01275 855569**

NATIONAL OR LOCAL HELPLINES & ONLINE CHATS OR GROUPS FOR ADULTS DEALING WITH BEREAVEMENT:

Cruse Bereavement Support for support with all kinds of bereavement: www.cruse.org.uk Freephone helpline: **0808 808 1677**. They also have a CruseChat service available through the website & can be emailed at helpline@cruse.org.uk

Bristol & Weston Hospitals Charity for local support with grief: www.bwhospitalscharity.org.uk/griefchat They have a GriefChat service available through the website & can also be emailed at hello@bwhospitalscharity.org.uk

Survivors of Bereavement by Suicide (SOBS) for support for adults who have been bereaved by suicide: www.uksoobs.org
Email: 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 & Brown Good Grief'; 'Student Good Grief' & more): www.thenewnormalcharity.com
General enquiries line: 07865 256 889
General enquiries email: info@thenewnormalcharity.com

The Child Death Helpline for support with the death of a child: www.childdeathhelpline.org.uk
Freephone helpline: 0800 282 986
They also have an online contact form on their website.

Black Minds Matter for resources & access to therapy for Black individuals & their families:
www.blackmindsmatteruk.com

The Good Grief Trust runs online & in-person support groups called Good Grief Cafés: 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 & 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' & request to join or contact Melanie Phelps on 07742 239043 for more information.

NATIONAL OR LOCAL HELPLINES FOR CHILDREN & YOUNG PEOPLE DEALING WITH BEREAVEMENT (& 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
Freephone helpline: 0800 02 888 40. They also have live chat available through their website & can be emailed at support@childbereavementuk.org

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 & feel less alone: www.hopeagain.org.uk
Freephone helpline: 0808 808 1677
Email: helpline@cruse.org.uk

Grief Encounter (Southwest) for support for bereaved children & young people: www.griefencounter.org.uk/south-west
Freephone Grieftalk helpline: 0808 8020111
Email: grieftalk@griefencounter.org.uk

Winston's Wish for support for a bereaved child & the people who support them: www.winstonswish.org
Freephone helpline: 08088 020 021
Open Monday to Friday 8am–8pm

WEBSITES THAT PROVIDE BEREAVEMENT-RELATED INFORMATION & LINKS TO OTHER SERVICES:

The Good Grief Trust, an online portal of UK bereavement services, searchable by type & location: www.thegoodgrieftrust.org

At a Loss, a signposting website to help you find the right bereavement support: www.ataloss.org

Childhood Bereavement Network, an online hub for organisations supporting bereaved children: www.childhoodbereavementnetwork.org.uk

Good Grief Festival, events & resources related to death, dying & bereavement: www.goodgrieffest.com

SUPPORT WITH LIVING WITH SERIOUS ILLNESS & END-OF-LIFE CARE:

Weston Hospicecare for support for people with life-limiting illnesses in Weston-super-Mare & North Somerset: www.westonhospicecare.org.uk
Call 01934 423900 or email info@westonhospicecare.org.uk

St Peters Hospice for hospice care in Bristol: 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
Freephone helpline: 0800 090 2309. They also have online chat, book a call & befriending call back services available through their website.

Charlton Farm, Wraxall for care & support for children with life-limiting illnesses from across the South West & their families: www.chsw.org.uk/our-care/our-hospices/charlton-farm

Hospice UK for information & support at the end of life & in bereavement, including a hospice care finder & the influential 'Dying Matters' campaign which aims to encourage open conversation about death & dying: www.hospiceuk.org

What Matters Conversations for videos & information about having conversations about what is most important to us: www.whatmattersconversations.org

Compassion in Dying for information & resources to help us with preparing & planning for the end of life: www.compassionindying.org.uk

My Wishes for software for planning end-of-life care: www.mywishes.co.uk

BOOKS, FILMS & OTHER MEDIA WHICH DEAL WITH TOPICS RELATED TO BEREAVEMENT & SERIOUS ILLNESS:

Good Grief Festival has released many clips & full panel discussions onto their YouTube channel, **The Grief Channel**: www.youtube.com/@griefchannel

Child Bereavement UK has provided lists of books & resources arranged by age & category: www.childbereavementuk.org/pages/category/books-resources