

GOOD GRIEF WESTON

A FESTIVAL OF LOVE + LOSS

15-18 OCT 2026



CONTACTS AND RESOURCES

We realise that the topics of bereavement, loss and serious illness can bring up painful feelings or memories. Good Grief Weston will provide 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 services and resources on this list are good places to start.

SUPPORT IF YOU ARE FEELING DISTRESSED:

Weston-super-Mare and North Somerset Samaritans

has a local branch at 137 High Street, Weston-super-Mare, BS23 1HN. Freephone: **116 123** (open 24/7). Local number: **0330 094 5717** (local call charges apply).

www.samaritans.org/branches/weston-super-mare

Mind provides advice and support for people with mental health problems. Support line: **0300 102 1234**; Infoline: **0300 123 3393** (local rates; mobile rates vary), both open Monday to Friday 9am–6pm. Email: info@mind.org.uk www.mind.org.uk

CALM (Campaign Against Living Miserably) is a suicide prevention charity offering life-saving services and practical mental health support to anyone who needs it. Its UK-wide helpline is staffed by paid, trained professionals. Tel: **0800 58 58 58** (open every day 5pm–midnight). www.thecalmzone.net

SANEline is a helpline for anyone affected by mental illness, including family and friends. Tel: **0300 304 7000** (open every day 4pm–10pm). Email: support@sane.org.uk www.sane.org.uk

Shout is a free, confidential, anonymous text support service. Text 'SHOUT' to **85258** (open 24/7). www.giveusashout.org

National Suicide Prevention Helpline UK offers a supportive listening service for anyone aged 18 and over with thoughts of suicide. Tel: **0800 587 0800** or **0800 689 0880** (open every day 6pm–midnight). www.spuk.org.uk

NHS 111 offers urgent help with your mental health, 24/7. Call **111** and choose the option for mental health. Your GP practice can also offer personalised support, resources and access to local services.

NHS Talking Therapies (Bristol, North Somerset and South Gloucestershire) offers free NHS talking therapies, including counselling, for people aged 16 and over registered with a local GP. You can refer yourself. www.vitahealthgroup.co.uk/nhs-talking-therapies/bristol-north-somerset-and-south-gloucestershire

Safe Haven Crisis and Recovery Centre (run by Second Step) offers free support for people aged 16 and over in North Somerset who are in emotional distress or crisis. It's available face to face, by phone or by Zoom, and is open every day 6pm–midnight by appointment. For All Healthy Living Centre, 68 Lonsdale Avenue, Weston-super-Mare, BS23 3SJ. Tel: **01934 313480**. Email: refer.safehaven@nhs.net www.second-step.co.uk

LOCAL SUPPORT GROUPS, COURSES AND COUNSELLING FOR ADULTS AND YOUNG PEOPLE WHO ARE BEREAVED:

Bereavement Café at St Paul's Church Hall is a friendly peer support group for anyone in Weston and the surrounding

area who is grieving or supporting someone who is bereaved. People of all faiths and none are welcome. It meets on the first and third Friday of each month, 10am–midday, at Walliscote Road, Weston-super-Mare, BS23 1EF.

www.stpauls-weston.org.uk/diary

Sole Support Coffee Mornings bring together bereaved partners for companionship and support. The group meets on the last Wednesday of each month in the Garden Room, Trinity House, Holy Trinity Church, Nailsea. Contact Barbara on **07526 121719**. www.htnailsea.org.uk/bereavement

Grieve Well Café Clevedon meets at Christchurch Clevedon on the third Wednesday of each month, 10am–midday. Contact the church office on **01275 871483**, or email Heather at bereavementsupport@christchurch-clevedon.org.uk

The Bereavement Journey is a course for anyone who has been bereaved. The next course at Christchurch Clevedon starts on 20 January 2027 at 2pm. To sign up, email bereavementsupport@christchurch-clevedon.org.uk or visit www.christchurch-clevedon.org.uk/news/the-bereavement-journey-2025 For other locations, visit www.thebereavementjourney.org/locations

STAR (Share, Talk and Remember) Bereavement and Loss runs regular peer support groups for people who are bereaved or experiencing another difficult transition. There are several groups running in North Somerset and you can find out more on the STAR website: www.starsconnecting.com

In Charley's Memory offers one-to-one counselling for anyone aged 11 and over in North Somerset and Somerset. No GP referral is needed. Tel: **01278 557490** (Monday to Thursday 9am–6pm; Friday 9am–3pm). Email: hello@incharleysmemory.com www.incharleysmemory.com

Survivors of Bereavement by Suicide (SOBS) runs a Weston-super-Mare support group for adults bereaved by suicide, on the third Monday of each month. Tel: **07399 552147**. Email: westonsupermare@uksobs.org www.uksobs.com

Josephine's Star supports grieving children and families in Somerset. www.josephinesstar.org.uk

This Mortal Life is a North Somerset community exploring what it means to live in the light of our mortality. www.thismortallife.co.uk

Liminal Time is a one-day workshop to help prepare you for when someone you love dies. www.liminal-time.com

Talk Club runs free talking and exercise groups for men aged 18 and over, with groups across North Somerset. No need to register: find your nearest club at www.talkclub.org

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

Cruse Bereavement Support offers support with all kinds of bereavement. Freephone: **0808 808 1677** (Monday, Wednesday, Thursday and Friday 9.30am–5pm, and Tuesday 1pm–8pm). They have a contact form available through their website. www.cruse.org.uk

Bristol and Weston Hospitals Charity offers local support with grief through GriefChat on their website, Monday to Friday 9am–9pm (except bank holidays). Outside these hours, email hello@bwhospitalscharity.org.uk www.bwhospitalscharity.org.uk/donate-in-memory

Survivors of Bereavement by Suicide (SOBS) offers telephone and email support for adults bereaved by suicide. Tel: **0300 111 5065**. Email: email.support@uksobs.org www.uksobs.com

The New Normal Charity runs a range of online support groups, including Queer Good Grief for people from the LGBTQ+ community and Black and Brown Good Grief. Tel: **07865 256889**. Email: info@thenewnormalcharity.com www.thenewnormalcharity.org

The Child Death Helpline supports anyone affected by the death of a child. Freephone: **0800 282 986** (every day 7pm–10pm; also Monday to Friday 10am–1pm). An online contact form is available on their website. www.childdeathhelpline.org.uk

Black Minds Matter UK offers resources, community and support for Black people and their families. www.blackmindsmatteruk.com

Bereaved Parents Together (BPT) is a private Facebook group offering a safe, warm and supportive space for 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 **07742 239043**.

2wish supports people affected by the sudden death of a child or young adult aged 25 and under. Tel: **01443 853125**. Email: info@2wish.org.uk www.2wish.org.uk

Sands is the UK's leading pregnancy and baby loss charity, supporting everyone affected by the death of a baby. Helpline: **0808 164 3332**. Email: helpline@sands.org.uk www.sands.org.uk

NATIONAL OR LOCAL HELPLINES FOR CHILDREN AND YOUNG PEOPLE DEALING WITH BEREAVEMENT (AND THE ADULTS WHO SUPPORT THEM):

Child Bereavement UK supports families when a child dies, and children who have been bereaved. It now incorporates Winston's Wish. Freephone: **0800 02 888 40** (Monday to Friday 9am–5pm, except bank holidays). Live chat and email are available through their website. www.childbereavementuk.org

Hope Again is Cruse Bereavement Support's website for young people: a safe place to learn from other young people how to cope with grief, and to feel less alone. Young people can also call Cruse's freephone helpline: **0808 808 1677**. www.hopeagain.org.uk

Grief Encounter (South West) supports bereaved children and young people. GriefTalk freephone: **0808 802 0111** (Monday to Friday 9am–5pm). Email: southwest@griefencounter.org.uk www.griefencounter.org.uk/south-west

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

The Good Grief Trust is an online directory of UK bereavement services, searchable by type and location. www.thegoodgrieftrust.org

AtaLoss is a signposting website to help you find the right bereavement support. www.ataloss.org

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

Good Grief Festival offers events and resources about death, dying and bereavement. www.goodgrieffest.com

Grief Support Guide signposts to a range of resources and is available in ten languages. www.nationalbereavementalliance.org.uk/support

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

Weston Hospicecare supports people with life-limiting illnesses in Weston-super-Mare and North Somerset. Tel: **01934 423900**. Email: info@westonhospicecare.org.uk www.westonhospicecare.org.uk

St Peter's Hospice provides hospice care in Bristol. Patients, family members and friends can call their 24-hour clinical advice line: **0117 915 9430**. www.stpetershospice.org

Marie Curie supports people living with a terminal illness and those caring for them. Freephone: **0800 090 2309** (Monday to Friday 8am–6pm; Saturday and Sunday 10am–4pm). Online chat, book-a-call and befriending services are available through their website. www.mariecurie.org.uk

Charlton Farm, Wraxall (run by Children's Hospice South West) provides care and support for children with life-limiting illnesses and their families. www.chsw.org.uk/our-care/our-hospices/charlton-farm

Jessie May supports children with life-limiting conditions and their families at home. It covers Bristol, North Somerset, South Gloucestershire, and Bath and North East Somerset. Tel: **0117 961 6840** (Monday to Friday 9am–5pm). Email: info@jessiemay.org.uk www.jessiemay.org.uk

Hospice UK offers information and support at the end of life and in bereavement, including a hospice care finder and the Dying Matters campaign, which encourages open conversation about death and dying. www.hospiceuk.org

What Matters Conversations offers videos and information about having conversations about what is most important to us. www.whatmattersconversations.org

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

MyWishes offers free software for end-of-life planning, including wills, advance care plans and funeral wishes. www.mywishes.co.uk

BOOKS, FILMS AND OTHER MEDIA THAT DEAL WITH TOPICS RELATED TO BEREAVEMENT AND SERIOUS ILLNESS:

Good Grief Festival shares clips and full panel discussions on their YouTube channel, The Grief Channel. www.youtube.com/@griefchannel

Child Bereavement UK lists books and resources for children. www.childbereavementuk.org/pages/faqs/category/for-children-up-to-11