

bereavementsupport
SOUTHWORCESTERSHIRE



Directory of Bereavement Services

**Worcestershire and
Other National Services**



St. Richard's
Hospice
CARING FOR LIFE



South Worcestershire
Clinical Commissioning Group

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Introduction

The death of someone close can be one of the hardest things anyone has to face. The early days following the death can be bewildering and difficult. It can be a very confusing time with mixed feelings, thoughts and emotions. Grief reactions are varied and frightening and remain a very individual experience.

Talking about death may be difficult and make some people feel uncomfortable. They often don't know what to say. Some people may find it easier to avoid the subject but most bereaved people find it helpful to talk, despite it being upsetting. It is not easy to know with whom to talk – with friends, family or professionals. Nor is it easy to know where to get help.

Children, at whatever age, are always affected in some way by a death in the family. They are sensitive to the feelings of people around them. They may feel very isolated in their grief and not know where help is available.

This directory has been compiled so that information on local and national groups offering bereavement services can be accessed easily and to ensure children, young people and adults can gain the bereavement support best suited to their particular needs at any stage in their bereavement. There is also a reference section with lists of reading material available for use by families or those endeavouring to provide support.

The organisations are listed in alphabetical order and include contact details and the type of support offered.

We hope this Directory provides helpful information. All the information contained was correct at the time of printing. If there is any service or group not included in this edition, or alterations to services already included, we would be pleased if you would contact us.

Contact details for any amendments:

Bereavement Support South Worcestershire
PO BOX 880
Wildwood Drive
Worcester
WR4 4ES

Tel: 01905 760934

Fax: 01905 760935

Email: BereTeleAdviser@strichards.org.uk

Which Service Should I Choose?

Firstly, it is important to remember that each individual will react and cope differently with bereavement.

Immediately following a death, advice and support may be available to relatives from a number of sources. This will depend on how and where the death occurs, whether in hospital, at home, in a nursing home or hospice etc. It can also depend on the social and financial circumstances of the bereaved person.

Some people who have been bereaved may require additional help depending on their reaction to their loss. There is a wide variety of help available and it includes:

Befriending is beneficial to most people who have suffered a bereavement as it is the type of support given by friends and requires little or no special training – more of a listening ear. Local organisations may also offer a befriending service with trained volunteer befrienders.

Counselling is given by trained individuals to attempt to help the bereaved person adapt to their loss, to help them adjust to the change in their life and help them express their feelings.

Practical and Financial Help is initially an important part of bereavement support and all Health & Social Service Providers should provide details on the registration procedures necessary before a funeral can be held. In the acute stages of grief, advice and assistance about funeral arrangements are provided by the Funeral Director.

Financial help regarding benefits, funeral expenses, etc. can be obtained from the Benefits Agency or Citizens Advice Bureau. Legal advice should be sought from solicitors or the Citizens Advice Bureau.

Psychological Therapies deal with far more complicated grief reactions and are accessible through the local community mental health teams or psychiatric services. It usually involves dealing with memories of the person who has died and the acknowledgement of their loss.

Publications and Leaflets are obtainable from various relevant organisations.

Self-help and Social Support Groups are generally established by people who have suffered a similar experience and who want to help other bereaved people by sharing their feelings, exchanging information and providing coping strategies to help in the process of their grief. Social support groups enable people to make friends and adjust to their different lifestyle.

Acorns Children's Hospice



Acorns Head Office address:

Acorns Children's Hospice Trust
Drakes Court
Alcester Road
Wythall
B47 6JR

Acorns Worcester Hospice address:

Acorns for the Three Counties
350 Bath Road
Worcester
WR5 3EZ

Tel: 01905 767676
Fax: 01905 767744

Acorns Birmingham Hospice address:

Acorns Children's Hospice Trust
103 Oak Tree Lane
Selly Oak
Birmingham
B29 6HZ

Tel: 0121 248 4850

Website: www.acorns.org.uk

The prime objective of the Trust is to provide help and support to local families with children whose life expectancy is limited due to an incurable illness.

Details of Support Offered:

The Trust can accept referrals for any child living within the West Midlands Region (Stafford, Warwick, Hereford, Worcester, Shropshire, etc) and North Gloucestershire who is under 19 years old and is suffering from a life limiting condition and who is unlikely to survive into adulthood.

Acorns' aim is to help the family cope with the situation as well as possible and enable the child to lead as normal a life as possible by providing the following services:

- * Short breaks for the child at the hospice
- * Emergency and end of life care for the child
- * Psychosocial support for the child, carers and family
- * Bereavement support for the carers and family
- * Education & Research – for the members of the caring profession.

This service is a very sensitive one which starts from the time when the family is referred to Acorns.

They give practical advice about day to day issues as well as ensuring that the family is fully aware of the help available to them from the NHS, DSS, etc.

When it is appropriate, pre-bereavement support is provided to help the family prepare for the death of the child/young person, their funeral and the period of grieving afterwards. The support is continued to help rehabilitate the family in the months ahead after the death and provide them with details of other relevant support groups such as Compassionate Friends.

Acute Hospitals Bereavement Officers

Worcestershire Royal Hospital & Kidderminster Hospital

Address: Worcestershire Royal Hospital
Charles Hastings Way
Newtown Road
Worcester WR5 1DD



Tel: 01905 760762

Contact: Jackie Whittall – Patient Services Officer

Available: Mon-Fri, 8.30am – 4.30pm

Email: Jackie.whittall@worcsacute.nhs.uk

Details of Support Offered:

The Bereavement Officer's role is to provide support to families of any patients who die in the hospital. At the request of the family, she can organise for the doctor to see them and explain the reasons behind the death. She deals with a lot of the paperwork which needs to be dealt with following a death at the hospital, including identifying cremation forms and death certificates, obtaining consents for post mortems as well as consent for the donation of organs for transplants.

She can help to provide information for the family regarding the next steps on 'what to do immediately after a death' and for future reference, details of useful telephone numbers and support groups.

Other Bereavement/Counselling Services at WRH:

Social Workers

A team of Social Workers is situated in the hospital and visits patients and their families on the wards. They provide information, support and are also trained counsellors.

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Macmillan Nurses

Macmillan Nurses will see relatives in the hospital and provide them with bereavement information, support and counselling where appropriate.

Chaplains

Tel: 01905 763333 (hospital switchboard)
With 24/7 on-call service

There are voluntary Chaplains and Chaplaincy volunteers of various faiths and denominations who work alongside the Chaplains, together forming the Chaplaincy Team.

The Chaplaincy Team works together to provide pastoral and spiritual care for staff, patients and families at any of the Trust's hospitals for those of any faith or none. Care of the dying and the bereaved is part of the spiritual care offered.

Asian Family Counselling Service



Address: Suite 51
The Lodge
Windmill Place
2-4 Windmill Lane
Southall
Middx UB2 4NJ

Tel: 020 8571 3933
020 8813 9714

Available: Mon – Fri (9am to 4pm)

Email: afcs@btconnect.com

Details of Support Offered:

The Asian Family Counselling Service offers marital, family, individual as well as bereavement counselling for members of the Asian Community.

The service is designed to serve the Asian community in the UK and the clients can call for an appointment. However, telephone counselling is available for those who are not local and wish to speak to a trained counsellor in various Asian languages such as Hindi, Punjabi, Urdu and Gujarati.

Bereavement Support South Worcestershire

Address: PO BOX 880
Worcester
WR4 4ES

Tel: 01905 760934
Fax: 01905 760935

Available: Mon – Fri 9.00am – 5.00pm

Website: www.bereavementsupportworcestershire.org.uk

Email: bereteleadvise@strichards.org.uk

A support and advice service for anyone living in the South of Worcestershire who has recently suffered a bereavement. The service is also available to professionals needing help, support and advice.

British Association for Counselling & Psychotherapy (BACP)

Address: 15 St John's Business Park
Lutterworth
Leicestershire
LE17 4HB

Tel:
General Calls: 01455 883300

Client Information Helpdesk: 01455 883316

Email: enquires@bacp.co.uk

Objective:

The association has been set up to promote the understanding and awareness of counselling. It operates an accreditation scheme for individual counsellors and recognition of training courses.

Details of Service Offered:

Upon request, the association will provide you with a list of counselling organisations and individual qualified counsellors based in your area or you can access the on-line 'Finding a Therapist' Directory at the BACP website www.bacp.co.uk. Please note that the list of counsellors is mainly in the private sector therefore fees or charges will apply.

British Humanist Association



Address: 1 Gower Street
London
WC1E 6HD

Tel: 020 7079 3580
Fax: 020 7079 3588
Available: Mon – Fri 9.30am – 5pm

Website: www.humanism.org.uk
E-mail: info@humanism.org.uk

Objective:

The association exists to support and represent people without religion or superstitious beliefs. Humanist Ceremonies is the BHA's national network of accredited celebrants who perform non-religious funerals (and other ceremonies). Information and publications about non-religious ceremonies, including funerals, are also available.

Details of Information Provided:

If you would like to arrange a Humanist funeral, ask your Funeral Director to contact a Humanist Ceremonies celebrant in your area and to make the arrangements for you. Alternatively, you can search for a Humanist Ceremonies celebrant in your postcode area by consulting the website www.humanism.org and then contact the celebrant directly.

Local Celebrants in Worcestershire:

Margo Burgers	01922 612763	07966 370467
Elizabeth Duncan	01684 574965	
Edgar Harwood	01905 797251	
John Sutton	01386 442307	

For more general information, please contact the BHA and ask for a leaflet 'To Celebrate a Life'. A practical guide to preparing non-religious funerals, *Funerals Without God* is also available for sale via the website www.humanism.org

The BHA is a registered charity no 285987

Bridge Counselling Service



Address: The Angel Centre
1 Angel Place
Worcester

Tel: 01905 731850

Website: www.bridge-counselling-worcester.org.uk

Details of Support Offered:

The Bridge is a Worcester-based team of trained counsellors who will listen to you in strict confidence.

The Bridge is a registered charity, no charge is made but contributions to help costs are most welcome.

Buddhist Hospice Trust

Address: 37 Oakridge Towers
Basingstoke
Hampshire
RG21 5LW

Tel: 01268 775521
Contact: Benjamin Shapiro (Chairman)

Website: www.buddhishospice.org.uk

Objective:

To offer information and spiritual support to the living, the dying and the bereaved from within a Buddhist perspective.

Details of Support Offered:

The Trust provides spiritual friendship and compassionate care for those who are seriously ill, dying or bereaved. There is a nationwide network of Buddhist volunteers called the Ananda Network. These volunteers visit and offer friendship and support to those who are dying or bereaved. It is not a counselling or a therapeutic service.

Information and resources on Buddhist spirituality, cultural attitudes as well as approaches on death and dying are available through the Trust. There are also publications available which are aimed at healthcare professionals and the general public.

For more information on the Ananda Network:

Contact: Peter Goble
Email: pgoble@buddhishospice.org.uk

Address: 31 Weir Gardens
Rayleigh
Essex
SS6 7TQ

Tel: 07951 869265

Citizens Advice Bureau (CAB)



Headquarters: Middleton House
115-123 Pentonville Road
London
N1 9LZ

Local Offices: Worcester
Address: The Hopmarket, The Foregate, Worcester WR1 1DL
Tel: 01905 611371
Fax: 01905 23354
Email: bureau@worcestercab.cabnet.org.uk
Available: Mon, Tues, Weds, Fri 10am – 4pm
(Thurs for specialist appointments)

Malvern
Address: The Grange, Grange Rd, Malvern WR14 3HA
Tel: 08444 111444
Available: Mon, Tues, Thurs, Fri 10am – 4pm
Specialist Wednesdays
(Specialist appointments – Housing, Employment and Debt Advice)

Extensions at: Upton-upon-Severn
Address: Library, School Lane, Upton-on-Severn WR8 0LE
Tel: 08444 111444
Available: Wed 09.30am – 12.30pm Fri 10.00am – 12.00pm
(Open Door and Appointments)

Extensions at: Tenbury Wells
Address: 34 Teme Street, Tenbury Wells WR15 8AA
Tel: 01584 810860
Available: Tues & Thurs 09.30am – 3.00pm (Open Door Service)

Bromsgrove
Address: 50-52 Birmingham Road, Bromsgrove B61 0DD
Tel: 08444 111303 (Housing 01527 557397)
Available: Mon 9.30am – 3.30pm
Tues, Weds, Thurs 9.30am – 3pm
Closed Fridays

Extensions at: Droitwich
Address: The Library, Victoria Square, Droitwich, Worcs WR9 8DQ
Tel: 08444 111303
Available: Mon & Thurs 10am – 3.30pm
Tues & Fri 09.30am – 3.30pm
Wed 09.30 – 4.00pm Housing Only

Kidderminster
Address: 21-23 New Road, Kidderminster DY10 1AF
Tel: 08444 111303
Available: Mon 9.30am – 4.00pm; Tues 9.30am - 4.00pm;
Wed 9.30am – 4.00pm; Thurs 9.30am – 4.00pm;
Fri 9.30 – 1.00pm

Extensions at: Stourport on Severn
Tel: 08444 111303
Available: Tues 9.30am – 4.00pm; Wed & Fri 09.30am – 12.30pm

Bewdley
Address: St Georges Hall, Load Street, Bewdley
Tel: 08444 111303
Available: Fri 2.00pm – 4.00pm; Wed & Thurs 09.30am – 12.30pm

Redditch
Address: Suite E, Canon Newton House, Kingfisher Shopping Centre
Tel: 08444 111303
Available: Mon – Thurs 9.30am – 5.00pm
Friday 9.30pm – 4.00pm

Evesham
Address: 13 Port Street, Evesham, WR11 3LD
Tel: 08444 111303
Available: Mon/Tues/Thurs/Fri 9.30am – 3.30pm
Wednesdays 5.00pm – 7.00pm

Extensions at: Pershore
Address: 34 High Street, Pershore, WR10 1DS
Tel: 08444 111303
Available: Tues 10.30am – 12.30pm

Objective:

The Citizens Advice Bureau is a charitable organisation with branches all over the UK. It offers free, confidential and impartial advice on all personal and legal matters.

Services Offered To Bereaved People in Worcestershire:

Advice and information on funerals, benefits, estates, probate, housing, taxation as well as any legal matters that may arise after a bereavement. There is also a facility for the CAB to arrange an appointment with a solicitor if it is deemed appropriate.

Child Bereavement Charity



Address: The Saunderton Estate
Wycombe Road
Saunderton
Buckinghamshire
HP14 4BF

Tel: 01494 568900
Fax: 01494 568920

Contact: Support & Information Administrator

Website: www.childbereavement.org.uk
E-mail: enquiries@childbereavement.org.uk

The philosophy of the Child Bereavement Charity (CBC) is to achieve more accessible bereavement support and information for children, young people and families in loss and grief. It also provides training, education and support for professionals and all those working with bereaved families.

Details of Support Offered:

The Child Bereavement Charity provides support to families and professionals when a child dies or when a child is bereaved of someone important in their lives. Services offered include a Support and Information Line, interactive website with a Families and Professionals Forum, resources and Professionals Training Programme.

Child Death Helpline

**CHILD DEATH
HELPLINE**

Address: Great Ormond Street Hospital NHS Trust
Level 2 York House
37 Queen Square
London WC1N 3BH

Tel: 020 7813 8416 (Admin)

Helpline: 0800 282 986 or from a mobile 0808 800 6019

Fax: 020 7813 8516

Opening Hours: Monday to Sunday 19.00 to 22.00
(Helpline) Monday & Friday 10.00 to 13.00
Tuesday and Wednesday 13.00 to 16.00

Details of Support Offered:

This is a national helpline that is a listening service offering emotional support to all those affected by the death of a child. It is an opportunity to talk in confidence to someone who has also experienced the death of a child. It is for anyone affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recently or long ago.

CLIC Sargent



Address: Horatio House
77 – 85 Fulham Place Road
London
W6 8JA

Tel: 0300 330 0803

Office Hours: Monday to Friday 9.00am to 5.00pm

Website: www.clicsargent.org.uk

Helpline email: helpline@clicsargent.org.uk

Helpline hours available: Monday to Friday 9.00am to 5.00pm

Registered Charity Number: 1107328

Details of Support Offered:

CLIC Sargent provides support to children and young people up to 25 years old, with cancer and leukaemia and their families through:

Clinical and Care Professionals:

CLIC Sargent funds specialist doctors, nurses, social workers, family support workers, youth workers and play specialists to provide care, support and advocacy to children and young people with cancer and their families in hospital and at home.

Home from Home:

CLIC Sargent runs homes allowing parents, children and siblings to stay together near the hospital.

Holidays:

CLIC Sargent provides free opportunities for families to take a break from treatment in supported settings.

Care Grants:

CLIC Sargent gives grants to help families cope financially.

Research:

CLIC Sargent funds a number of research projects to identify causes and treatment of childhood cancer and also to look at managing the many side effects that treatment imposes on children that can have a significant impact on their future lives.

Compassionate Friends



Address: 53 North Street
Bristol
BS3 1EN

Tel: 08451 232304 (National Helpline)

Fax: 08451 203786

Available: 10.00am – 4.00pm and 7.00pm-10.00pm seven days a week

Website: www.tcf.org.uk

Email: info@tcf.org.uk

A national organisation which is run by parents whose child (of any age) has died from any cause. They provide a befriending service that offers friendship and support to grieving parents who have lost a child. This loss can be through illness, accident, murder and suicide, and this is why Compassionate Friends works closely with and refers many people on to other relevant organisations such as SAMM, etc.

Details of Support Offered:

Initially, anyone looking for support should contact the national helpline, where the staff will take your details and refer them on to a local volunteer who will contact you and give you information on local support groups available. You may prefer to have some one to one support which is also available through your local volunteer. If you would like literature on bereavement or the loss of a child, there is a postal library available as well as self-help publications which are available through the organisation.

Cruse Bereavement Care



Address: CRUSE Central Office
PO Box 800
Richmond
Surrey
TW9 1RG

Tel: 020 8939 9530
Helpline: 0844 477 9400 (Mon – Fri 9.30am - 5pm)
Fax: 020 8940 7638

Local Offices: Chair of Worcester CRUSE
Weil Hall
31 Bretforton Road
Badsey
Evesham
WR11 7XG

Local Helpline: 01905 22223 (answer machine and liveline)

Objective:

Offering a counselling and information service as well as giving the opportunity for all bereaved people to have social contact.

Details of Support Offered:

CRUSE provides both individual and group counselling which enables any bereaved person to understand their grief and cope with their loss. One to one counselling is normally carried out at the home of the bereaved, for as many sessions as is deemed necessary. To talk to someone or to arrange a one to one you will need to contact CRUSE through the national helpline or through your local number.

Local support groups are also available and details of where the meetings are held etc, can be obtained from the local helpline. All CRUSE volunteers undergo a 60 hours training course before undertaking any support work for the organisation.

CRUSE Training:

CRUSE has written an 'Awareness in Bereavement Care' Foundation course that provides the awareness, skills and knowledge for the initial development of volunteers who are going to work with bereaved people. This course is accredited by OCNW (Open College North West).

DIAL **(Disability Information Advice Line)**



For South Worcestershire Services:

Address: 54 Friary Walk
Crowngate Centre
Worcester
WR1 3LE

Tel: 01905 27790
Minicom: 01905 22191
Fax: 01905 612692
E-mail: mail@dialsworcs.org.uk
Website: www.dialsworcs.org.uk

National Freephone No: 0800 970 7202

For North Worcestershire Services:

Address: Connect (Wyre Forest)
10-12 Blackwell Street
Kidderminster
DY10 2DP

Tel: 01562 60241
Email: admin@nwdial.org.uk
Website: www.nwdial.org.uk

Details of the Service:

DIAL is a free confidential information and advice service where disabled people and carers can obtain information on a wide range of services. Both DIALs also help complete benefit forms. DIAL South has a specialist benefit service giving telephone benefit advice, form filling and representation at benefit tribunals. Our service is for both the client and carer. To access the service you can telephone, email or visit the office.

Edward's Trust **(West Midlands Child Bereavement Centre)**



Address: 43A Calthorpe Road
Edgbaston
Birmingham
B15 1TS

Tel: 0121 454 1705

Fax: 0121 456 1921

Available: Mon – Fri 9am -5pm
(Answer phone at other times)

Objective:

SUNRISE aims to support all those affected by the death of a child, in particular, parents and siblings. Help is offered to families whatever the cause of death, whether it happened recently or in the past and to children bereaved of a parent or primary carer.

Details of Support Offered:

The organisation provides individual counselling and the team consists of professional counsellors.

Support groups are also held, where people may get together and talk about their loved ones. All groups are facilitated by a trained counsellor and meet on a monthly basis. The groups currently being held are:

- Coffee Morning: a general bereavement support group
- Bereaved Parents Group: for bereaved parents

Training days for professionals are available - for more details contact the Edward's Trust office.

FSID
(Foundation for the Study of Infant Deaths)



Address: 11 Belgrave Road
London
SW1V 1RB

Tel: 0207 802 3200 (General Enquiries)

Helpline: 0808 802 6868

Available: Mon – Fri 10am – 6pm Weekends and bank holidays 6pm – 10pm

Email: helpline@fsid.org.uk

West Midlands

Tel: 01295 788061

General Practitioner Service

Many General Practices offer help and support to those recently bereaved. Individual doctors vary greatly in their recognition of bereavement work as a part of their normal general medical services. Most doctors now see themselves as working within a Practice Team and will offer different sorts of help, depending on the membership of their Team. Some GP's have counsellors as part of the overall team and if not they can refer you to an appropriate agency.

Do you know who there is in your GP's practice to offer a sympathetic ear using professional expertise?

It is worth acquiring a copy of the Practice leaflet which should give details on who is available or, alternatively, ask your doctor.

When bereaved, your own experience may naturally draw you to a member of the Practice Team (Doctor, Nurse, Counsellor, Health Visitor, etc). Many people have questions about how someone died and are helped by knowing that there is someone who understands and who is available, so use your doctor in this way if it helps.

To find health services near you, access the NHS website www.nhs.uk and click on 'health services near you'

Guy's Footprint



Address: PO BOX 872
Worcester
WR1 9DS

Help line: 0845 467 6065

Guy's Footprints is a registered charity providing support for bereaved children, young people and their families in Worcestershire following the death of a parent, sibling or other significant person in their life.

We guide and support bereaved children and young people, and help them manage their grief.

Guy's Footprints provides a service totally free of charge to bereaved children and their families in Worcestershire.

Kemp Hospice



Address: Kemp Hospice
41 Mason Road
Kidderminster
DY11 6AG

Bereavement Hub: 01562 756060

Tel: 01562 756000
Fax: 01562 754636

E-mail: info@kemphospice.org.uk

Kemp Hospice offers nursing and respite care to people living with a life threatening illness, as well as providing practical and emotional help for families. The service also includes follow up bereavement care for those families who have suffered the loss of a loved one.

The Bereavement Hub helpline is manned from 9am to 5pm Monday to Friday. The team will answer queries and help where needed. The Children's team will offer assessment to all those seeking bereavement support, 1 to 1 support following an expected death, some 1 to 1 support following sudden/unexpected death, facilitate referral to other or more appropriate services if needed and lead group work. Anyone can refer to the services which is offered free of charge to anyone living in the Wyre Forest area.

The Lyttleton Well Counselling Service



Address: The Lyttleton Well Counselling Service
Littleton Well
Church Street
Malvern
Worcs
WR14 2AY

Tel: 01684 563456 (For Counselling appointment)
01684 573702 (Main office)

Details of Support Offered:

The Well Counselling Service consists of a team of 17 qualified counsellors who provide one to one counselling for adults and children. Counselling is available for a range of issues such as marriage problems, stress, depression, bereavement, etc.

Referrals are made through GPs, CAB, Social Workers and other health professionals, as well as being able to self refer. Once you contact the service, your needs will be assessed then you will be allocated to an appropriate counsellor.

During the first appointment, the number and times of future visits will be discussed. Although the Trust is a charitable organisation, they ask for a small registration fee.

Macmillan Cancer Support

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Address: Macmillan Cancer Support
89 Albert Embankment
London
SE1 7UQ

Tel: 0207 8407840

Fax: 0207 8407841

**Macmillan
Cancerline:** 0808 808 2020 (information & support) 9.00am – 6.00pm

Free Helpline: 0808 800 1234 - Mon – Fri 9am to 8pm

Website: www.macmillan.org.uk

(Cancer Backup merged with Macmillan Cancer Support in April 2008)

Mind (National Association for Mental Health)



For better
mental health

National address: Granta House
15-19 Broadway
Stratford
London
E15 4BQ

Tel: 020 8519 2122
Email: contact@mind.org.uk
Available: Mon – Fri 9.15am – 5.15pm
Website: www.mind.org.uk

Objective:

Mind works for a better quality of life for people diagnosed or treated as mentally ill. This is achieved by campaigning, training, publishing and providing a comprehensive information service. Literature regarding bereavement is available.

Local Mind Groups in Worcestershire:

The type of support provided varies across different individual groups.

Evesham & Pershore

Wallace House Community Centre
Oat Street
Evesham
WR11 4PJ
Tel: 01386 429454
Email: epmind@btconnect.com

Malvern

PO Box 275
Malvern
WR14 9DN
Tel: 01684 561503
Email: malvernmind@yahoo.co.uk

Support Group: The Survivor's Group
St Swithun's Institute
The Trinity
Worcester

Tel: 01905 22863 in first instance

Saturdays 9.30am - 2.30pm

Miscarriage Association



Address: 17 Wentworth Terrace
Wakefield
West Yorkshire
WF1 3QW

Tel: 01924 200795 (Admin)
Helpline: 01924 200799
Helpline Available: Mon – Fri 9am – 4pm (Answerphone at other times)
Fax: 01924 298834

Website: www.miscarriageassociation.org.uk
E-mail: info@miscarriageassociation.org.uk

Objective:

The association provides support and information on the subject of pregnancy loss. They gather information on causes and treatments and promote good practice in the way pregnancy loss is managed in hospitals and in the community.

Details of Support Offered:

If you have suffered a miscarriage and would like to talk to someone, contact the helpline who will put you in touch with a volunteer from your area/region. Volunteers will provide a befriending and listening service and most of them have experienced pregnancy loss.

The helpline can also supply details of your nearest support group which will enable you to meet others who have experienced pregnancy loss. Alternatively, the organisation is always looking for volunteers to set up their own support groups.

Miscarriage association has designed a Special Register to put callers in touch with someone who has had a certain type of pregnancy loss such as ectopic pregnancy, infertility problems, etc. Publications as well as membership (£15 per annum) is available by contacting the association.

National Association of Widows



Charity No.
1004160

Headquarters: 48 Queens Road
Coventry
CV1 3EH

National Tel: 024 7663 4848

Website: www.widows.uk.net

Local Meeting Address: Christchurch Hall
Barnards Green
Malvern

Tel: 01684 565265 (South Worcestershire area)

The National Association of Widows offers information, advice and a befriending service to all widows. The national telephone line provides free advice, support and a network of branches throughout the UK, encouraging a supportive social life for widows.

Details of Support Offered in South Worcestershire:

A local monthly gathering offers a self-help support group to all widows. It enables widows to meet other people who are bereaved and give practical help where needed. Social events are encouraged and many outings are planned for the group such as eating out in a restaurant. There is usually a guest speaker at the monthly meetings and an annual membership of £16.00 is charged (an entrance fee of 50p). For details on the times and dates of these monthly gatherings, contact the local group on number given above.

National Meningitis Trust



Address: Fern House
Bath Road
Stroud
Gloucestershire
GL5 3TJ

Tel: 01453 768000

24 hr Helpline: 0808 8010 388

Fax: 01453 768001

Website: www.meningitis-trust.org
E-mail: info@meningitis-trust.org

This is a nationwide counselling service.

Pet Bereavement Support Service



Headquarters: The Blue Cross
Shilton Road
Burford
Oxon
OX18 4PF

Tel: 0300 777 1897
Fax: 0300 777 1601

Email: pbssmail@bluecross.org.uk
Create a Pet Memorial at www.bluecross.org.uk

Support Line: 0800 096 6606
(available 8.30am-8.30pm Mon-Sun – all calls are free and confidential)

Details of Service:

The Pet Bereavement Support Service (PBSS) offers confidential telephone and email support for anyone who is experiencing, or anticipating, the loss of a pet as a result of death, illness, loss and theft, enforced separation or accident. Emotional support and practical information is provided by trained volunteers. The service is run by The Blue Cross and the Society for Companion Animal Studies. The service also runs courses throughout the UK in pet loss.

Leaflets/Information available:

- Pet Bereavement
- Children and Pet Bereavement
- Wallet sized information cards
- A5 Pet Bereavement Poster
- Booklet Death of an Animal Friend
- Missing My Pet – for children

Member of the British Association for Counselling and Psychotherapy
Member of the Telephone Helplines Association

Primrose Hospice Family Support Service



Address: St Godwalds Road
Finstall
Bromsgrove
Worcs
B60 3BW

Tel: 01527 871051

Contact: Heather Coughlin, Family Support Team Leader

Email: heather.coughlin@worcspct.nhs.uk

Primrose Family Support Service is based in Bromsgrove at the Day Hospice and provides a service to families living within the Redditch and Bromsgrove area. The formation of the Family Support Service brings together services which were previously on offer, but hopefully in a more cohesive manner. The team encompasses:

- Chaplaincy
- CAB advice
- Adult Family Support
- Children's Family Support
- Counselling
- Social Work

Our chaplain, Rick White, provides care both within the Day Hospice and at client's homes and is currently developing his service and the 'Sacred Space' where he is able to offer emotional support to patients, their families and carers. We can also provide services such as prayer – with the Laying on of Hands and Anointing, Holy Communion, renewal of marriage vows as well as advice about baptism or marriage.

Ann Evans, our CAB Advisor, will see clients either at home or at the Day Hospice. Ann assists clients in ensuring they are receiving all appropriate benefits and will access grants if appropriate. She can provide general advice and support on such areas as housing problems, debt, employment issues, wills and probate and many others.

Within Family Support we have six Children's Support Workers and eleven Adult Support Workers. The Children's team is made up of volunteers, all of whom have a background working with children, and the Adults team all receive training in listening and communication skills. The stress of life threatening illness or bereavement may cause major changes within families and we may be able to provide some support. Their services remain in demand and we are beginning to branch out into more couple and family work, both pre and post bereavement.

Our counselling service continues to grow and we are currently able to provide a service throughout the day for five days a week. This is provided by both volunteer qualified and student counsellors. We have 5 qualified counsellors and 1 student counsellor. Jane Myring is employed as a qualified counsellor and she coordinates this service.

The Family Support Team is lead by Heather Coughlin, a qualified Social Worker who is able to offer a social care service to families with more complex needs. We are supported by a team administrator and MA and BA social work students.

In addition to individual direct work, we are increasing our family and groupwork. We are developing this to work in an holistic way with families in order to assist them in preparing and supporting each other through very difficult times.

Other groups we provide are

- Carers Group – support and advice for friends and family in a carer’s role
- Bluebell – support and advice for women following first line treatment for breast cancer
- River Group – relaxation strategies to offer assistance for clients experiencing bereavement
- Bereavement Group – peer support facilitated by the Family Support Team for bereaved partners.

Our Memory Box and Life Story work is expanding and is of great use to many patients in pre-bereavement work to assist in helping them prepare their families. It is also very beneficial to family and friends in post bereavement work, helping them come to terms with and accepting of their situation.

We are all very excited about the expansion of the service and are hopeful 2009 will see us grow and develop in order to meet the needs of the community we serve.

If you would like any further information or would like a selection of our leaflets, please contact us on 01527 871051 or heather.coughlin@worcspct.nhs.uk

Relate

relate
the relationship people

Address: Premier House
Carolina Court
Lakeside
Doncaster
DN5 4RA

Tel: 0300 100 1234

Website: www.relate.org.uk

Local Office: 19 Castle Street
Worcester
WR1 3AD

Tel: 01905 28051

Email: info@worcsrelate.plus.com

Website: www.relate-worcestershire.org

Details of Support Offered:

Relate offers counselling for all types of relationship problems including marriage guidance, sexual therapy, stress and bereavement and loss, etc. It has over 90 centres throughout the UK and Ireland; the nearest branch is based in Castle Street in Worcester. Once you contact them, they will arrange an appointment with you after which, if it is agreed that Relate counselling is appropriate, future sessions will be arranged. The counsellors are carefully selected and trained and receive continual support and supervision. For more information, visit their website or contact your local office.

RoadPeace



Address: RoadPeace
G4b Shakespeare Business Centre
245a Coldharbour Lane
London SW9 8RR

Tel: 0207 733 1603 (Admin)
Helpline: 0845 4500 355 Monday – Friday 9.00am to 5.00pm

Website: www.roadpeace.org
E-mail: info@roadpeace.org

Objective:

To provide emotional and practical support to bereaved and injured road traffic victims and also to raise awareness of the dangers on the road and conduct research in road danger and the impact of road death and injury.

Details of Support Offered:

RoadPeace helps victims through complex and confusing procedures following a road death or injury. The helpline that has been established is run by people who have been affected by a road traffic injury or death and are therefore able to empathise with their callers.

The organisation also provides details of self-help support groups local to the caller. Publications are also available. Membership is by donation (no set charge) and is open to anyone affected by a road death or injury or who is concerned about road safety.

SAMM

(Support after Murder & Manslaughter)



Headquarters: L&DRC Tally Ho
Persnore Road
Edgbaston
Birmingham
B5 7RN

Tel: 0845 872 3440

Available: Mon – Fri 9am – 5pm.
(Answerphone at other times)

E-mail: Info@SAMM.org.uk

Website: www.SAMM.org.uk

Objective:

The organisation offers understanding and support to families and friends who have suffered a bereavement as a result of murder or manslaughter, through the mutual support of others who have suffered a similar tragedy.

Details of Support Offered:

If you have lost someone dear to you through murder or manslaughter you are not alone.

We offer a confidential telephone help line where you can talk to someone who has also experienced the devastating effects of this most distressing crime.

We offer understanding support, a listening ear, and a shoulder to lean on in times of severe emotional crisis.

Informal support groups are also held in a number of regional locations. To find out details of your nearest group, contact SAMM directly.

SANDS
(Stillbirth and Neonatal Death Society)



Headquarters: 28 Portland Place
London
W1B 1LY

National Helpline: 0207 436 5881

Available: Mon – Fri 9.30am – 5.30pm; Tues & Thur 6.00pm- 10.00pm

Email: helpline@uk-sands.org

Email: support@uk-sands.org

Signhealth Counselling



Reg. Office: 5 Baring Road
Beaconsfield
Bucks
HP9 2NB

Head Office: 13 Wilson Patten Street
Warrington
WA1 1PG

Tel: 01494 687606
Fax: 01494 687622
Available: Mon - Fri 9am – 4.30pm

SMS: 07966 976749
Website: www.signhealth.org.uk
E-mail: info@signhealth.org.uk

Details of Support Offered:

Signhealth offers a national counselling service for the deaf and hard of hearing as well as their families and friends. Although the association is based in Warrington, they have counsellors situated all over the UK. For an appointment with a bereavement counsellor, you simply contact them and they will take your details and they will contact a local counsellor in your area. They will contact you and make arrangements for a visit, which are normally held at your local GP's surgery in an allocated private room.

St Richard's Hospice



St. Richard's
Hospice
CARING FOR LIFE

Address: Wildwood Drive
Worcester
WR5 2QT

Tel: 01905 763963
(Answerphone at other times)

Fax: 01905 351911

E-mail: familysupport@strichards.org.uk

Website: www.strichards.org.uk

Details of Support Offered:

St. Richard's Hospice Family Support Team offers bereavement support to every family to whom the Hospice had provided a service prior to death. It is available to people of all ages including children, young people and their families.

Unless the specialist nurse advises that the bereaved has declined further contact from the Family Support Team, a telephone call is made by the Family Support Services Co-ordinator at approximately 6-8 weeks after the death.

Assessment is made at this point by the Family Support Services Co-ordinator and action taken accordingly:

- no bereavement support required at this time
- telephone support
- identification of the level of support needed, i.e. SRH Family Support Worker, SRH counsellor or referral to other agency. An assessment visit may be made to determine which is appropriate.
- group support

Family support is undertaken by Family Support Workers who are trained and supervised in accordance with the guidelines laid down by the British Association of Counselling and Psychotherapy. Visits are on a one to one basis, either at the Hospice or within the person's home and are of approximately one hour duration. The number of sessions and length of period over which they are made is unspecified, this being determined by the bereaved person and the Family Support Worker.

Counselling is provided by a fully qualified SRH counsellor (BACP Accredited) where it has been assessed as appropriate.

Bereavement Groups – The Family Support Service offers the opportunity to join a group and share some of the difficulties, both practical and emotional that are often experienced when one is bereaved. The groups are facilitated by trained SRH Family Support Workers and are therapeutic in aim.

The Child and Family Bereavement Service organises a Memory Day for children, teenagers and their bereaved parent. There is also a bereavement group for families.

Telephone Support is available at anytime during normal working hours. The Family Support Team offers regular telephone support where visiting is not practical, for example, because of the distance involved, and will help identify more local one to one support where necessary.

Terence Higgins Trust (THT)



Contacts: Sir Nick Partridge, Chief Executive
Mr Blake Smith, Information Officer

Address: 314-320 Gray's Inn Road
London
WC1X 8DP

Tel: 0207 812 1600* (Admin)
(*legal advice available from 2-5pm daily)

Helpline: 0808 802 1221

Available: Mon – Fri 10.00am – 10.00pm; Sat – Sun 12pm – 6.00pm

Email: info@tht.org.uk

Website: www.tht.org.uk

Details of the Service:

The Terence Higgins Trust Helpline provides information, advice and help to anyone affected by or concerned about HIV or AIDS.

The subjects that are discussed are issues like fear about infection, transmission and advice on practising safer sex. It also helps anyone who has recently been diagnosed with HIV as well as information about where to get tested, types of treatments available, etc.

People who have suffered a bereavement through HIV or AIDS can also contact the helpline for support and they may find the Emergency Will Service useful. Although the legal line operated by the Trust is suspended, you can telephone the administration number between 2-5pm for any legal matters.

Agency Details

Office Hours: 9.30am - 5.30pm

THT delivers health promotion campaigns, national services and local services directly to people with or affected by HIV and other sexual health issues. Direct services include: Advice, Information, Community Support, Counselling and Emotional Support, Complementary Therapies, Support Groups, testing for HIV and other STIs, Training.

THT Direct Helpline can offer:

- HIV related information
- Details of and/or referral to HIV services (THT, Lighthouse & others).
- Information sheets and booklets on HIV and STI related issues

- Generalist advice, for example about eligibility for welfare benefits, debt, unemployment, community care, immigration and housing.
- Emotional support.

Offices:

Aberdeen

Birkenhead

Birmingham

Brighton

Bristol

Cardiff

Chelmsford

Gloucester

Colchester

Coventry

Eastbourne

Glasgow

Inverness

Leeds

London- Head Office at Gray's Inn Road, King's Cross; Lighthouse South London, Waterloo and Lighthouse West London, Ladbroke Grove

Nottingham

Oxford

Southend on Sea

Swansea

Swindon

Telford, Shropshire

Woking

Wolverhampton

Worcester Samaritans

SAMARITANS

Address: The Samaritans
9 Sansome Place
Worcester
WR1 1UA

(No appointment is needed for visiting the Branch)

Tel: 01905 21121 (local)
08457 909090 (national – charged at the local rate)

E-mail: jo@samaritans.org

Website: www.worcestersamaritans.org.uk

Twitter: @samaritans

Opening Hours: 09.00 – 22.00 Monday to Saturday
09.00 – 15.00 Sunday

Details of Support Offered:

The Samaritans offer a confidential listening and support for anyone who is suicidal, in personal crisis, depressed or bereaved. They are available 24 hours a day, 365 days a year. You can contact them by phone, e-mail, letter or by visiting your local centre between the hours given above.

The organisation is run by trained volunteers who have been carefully selected and supervised once they have undergone specialist training for listening in crisis.

University of Worcester Student Counselling Service



Address: University of Worcester
Room 75
Woodbury
Worcester
WR2 6AJ

Tel: 01905 855107/ 855417 (Direct Line)
Email: counselling@worc.ac.uk
Available: Mon – Fri 10am – 4pm

Website: www.worcester.ac.uk
(Click onto Make yourself at home – Get Support - Student Services Menu on the Home Page)

Details of Support Offered:

The Student Counselling Service, which is a BACP Accredited Service, is free and available to all students attending the university. Both counsellors are qualified and BACP Accredited. Both have had experience in working with bereavement. Students refer themselves to the Service, and counselling is on a one to one basis. An initial contract of up to 6 sessions is available. This can be extended, depending on the individual and the issues which arise. Information on other relevant support organisations is also available.

Victim Support



Address: Victim Support (in Hereford & Worcester)
Ground Floor
Anbrian House
1 The Tything
Worcester
WR1 1HD

Support Line: 0845 3030 900

Worcester Tel: 0300 303 1977

Website: www.victimsupport.org.uk

Winston's Wish



Address: 3rd Floor
Cheltenham House
Clarence Street
Cheltenham
Gloucestershire
GL50 3JR

Tel: 01242 515157 (General Enquiries)

Available: Mon – Fri 9am – 5pm
(Answer phone at other times)

Helpline: 08452 03 04 05

Website: www.winstonswish.org.uk
E-mail: info@winstonswish.org.uk

Objective:

Winston's Wish is the leading childhood bereavement charity and the largest provider of services to bereaved children, young people and their families.

We offer practical support and guidance to families, professionals and anyone concerned about a grieving child. We believe that the right support at the right time can enable young people to live with their grief and rebuild positive futures.

We provide support for bereaved children and young people up to the age of 18. We also support their parents or carers. Whether the person was ill for some time or a death totally unexpected, we work closely with children and families, in a variety of practical and creative ways, to create an atmosphere where they can share their thoughts and feelings and meet others.

Our services:

Our child-focused approach supports the whole family. The Winston's Wish range of services includes the following:

- National Helpline for anyone caring for a child coping with the serious illness or death of a family member (08452 03 04 05)
- group work with bereaved children and their families
- individual work with bereaved children and their families
- range of publications, resources and educational films
- website providing information about supporting a bereaved child, as well as interactive pages for young people themselves
- support programme for schools
- tailor-made training and consultancy for professionals.

What we stand for:

Our programmes recognise how children experience grief. We therefore include time to have fun and for creative activities as well as time to focus and work through more painful issues.

Address: Unit 4
14 Farrier Street
Worcester
WR1 3BH

Tel & Fax: 01905 611602
Available: Mon – Fri 9am - 5pm
(Answerphone at other times)

Email: info@worcesteraidsfoundation.org.uk

Website: www.worcesteraidsfoundation.org.uk

Details of Support Offered:

The Worcester AIDS Foundation provides a range of practical and emotional support services to anyone infected or affected by HIV/AIDS in Worcestershire. Practical advice includes details on entitlement to benefits and information on grants fund, which could be used by the family towards funeral costs.

The Foundation also provides access to testing for the disease as well as a qualified counsellor if any pre or post-test counselling is needed. Counselling is carried out on a one to one basis and is particularly used when people have just been diagnosed and need to talk about the aspects of the disease.

They can give you details on local self-help support groups and advice on complementary therapies that may be beneficial to sufferers. Transport can be arranged for anyone who has difficulty getting to the clinic.

Worcester Benefits Delivery Centre

The logo for Jobcentreplus, featuring the text 'jobcentreplus' in a lowercase, sans-serif font. The 'job' part is in a lighter grey, and 'centreplus' is in a darker grey. The logo is set against a dark grey rounded rectangular background.

Headquarters: Caxton House
Tothill Street
London
SW1H 9NA

Local Office: Freepost Plus
Jobcentre Plus
Worcester BDC
St Stephens Street
Birmingham B99 1AD

Tel: 0845 608 8665

Text: 0845 608 8672

Freephone: 0800 882200

Benefit Enquiry Line: For customers with disabilities, carers and their representatives

The Benefits Agency offers general advice on benefits available as well as other useful advice and information. The Worcester office covers other areas including Droitwich, Evesham, Malvern and Pershore.

Worcestershire Association of Carers



Address: Polysec House
Blackpole Trading Estate West
Hindlip Lane
Worcester
WR3 8TJ

Tel: 01905 751340

Website: www.carersworcs.org.uk

Carers Action line: 0300 012 4272

Objective:

The Association aims to relieve the stress experienced by informal carers by providing information and support services and promoting the needs of carers.

Details of Service Offered:

The Association enables carers to gain access to information, advice and support including the issues of bereavement.

Carers Support Groups are run throughout Worcestershire, offering the opportunity to meet other carers, share experiences, enjoy some activities or outings or just have a break.

Call our Carer Group Co-ordinator on 01905 751340 for details of groups in your area.

Reference List

The following list of books is available through the Education and Resource Centre library at St Richard's Hospice:

Loss, Grief & Bereavement

Albom M (1997) **Tuesdays with Morrie** - London, Little Brown & Company

Bowlby J (1984) **Attachment & Loss Vol 1 (2nd Ed)** – London, Penguin

Bowlby J (1973) **Attachment and Loss Vol 2 Separation: Anxiety and Anger** - London, Penguin

Bowlby J (1973) **Attachment and Loss Vol 3 Sadness and Depression** - London, Penguin

Brewin T (1996) **Relating to the Relatives, Breaking Bad News, Communication and Support** – Abingdon, Radcliffe Medical Press

Buckman R (1992) **I Don't Know What to Say** - London, Macmillan

Dickenson C & Johnson M (1997) **Death, Dying and Bereavement** – London, Sage

Egan G (1998) **The Skilled Helper (6th Edition)** - California, Brooks Cole

Faulkner A (1992) **Effective Interaction with Patients** – Edinburgh, Churchill Livingstone

Faulkner A (1995) **Working with Bereaved People** - New York, Churchill Livingstone

Field D, Hockey J, Small N (1999) **Death, Gender and Ethnicity** – London, Routledge

Ford S, Merriman P (1994) **The Gentle Art of Listening** – London, NCVO Publications

Green J (1991) **Death with Dignity** – London, Nursing Times Publication

Kaye P (1995) **Breaking Bad News** – Northampton, EPC Publishers

Klass D, Silverman P (1996) **Continuing Bonds – New Understandings of Grief** - USA, Taylor and Francis

Kubler-Ross E (1969) **On Death and Dying** - Tavistock Press

Lendrum S, Syme G (1995) **Gift of Tears - A Practical Approach to Bereavement Counselling** – London, Routledge

Lewis C S (1968) **A Grief Observed** – London, Faber

- Linda Machin (2009) **Working with Loss & Grief** – Sage
- Murray Parks (1972) **Bereavement** - London, Tavistock Publications
- Nueberger J (1999) **Dying Well** – Cheshire, Hochlands & Hochlands
- Payne S, Horne S, Reef M (Ed) (1999) **Loss and Bereavement** – Buckingham, OU Press
- Rees D (1997) **Death and Bereavement - The Psychological, Religious and Cultural Interfaces** – London, Whurr Publications
- Riches G & Dawson P (2000) **An intimate loneliness supporting bereaved parents and siblings** – Buckingham, Open University Press
- Spall B, Callis S (1997) **Loss Bereavement and Grief - A Guide to Effective Caring**
Cheltenham, Stanley Thornes
- Varley S (1984) **Badgers Parting Gifts** – London, Random Century
- Walter T (1999) **On Bereavement - The Culture of Grief** – Buckingham,
Open University Press
- Ward B (1993) **Good Grief – Exploring Feelings, Loss and Death with over elevens and adults** – London, Jessica Kingsley
- Worden W (1992) **Grief Counselling & Grief** – London, Routledge
- Working Party (1991) **Mud and Stars** - Oxford Sobell
- Young M, Cullen L (1966) **A Good Death** – London, Routledge

Helping Grieving Children

Barnard B, Morland I, Nag J (1999) **Children, Bereavement and Trauma: Nurturing Resilience** - Jessica Kingsley Publishers London

Davenport G C (1994) **An Introduction to Child Development** – London, Jessica Kingsley Publishers

Dyregrov, A (1991) **Grief in Children: a handbook for adults** – London, Jessica Kingsley Publishers

Geldard K & Geldard D (1997) **Counselling Children: A Practical Introduction** – Sage, London

Geldard K & Geldard D (1999) **Counselling Adolescents** – Sage, London

Goldman A (ed) (1998) **Care of the Dying Child** – Oxford, Oxford University Press

Holmes J (1993) **John Bowlby and Attachment Theory** – London, Routledge

Judd D (1969) **Give Sorrow Words: Working with a Dying Child** – London, FAB

Lindsay B, Elsgood J (1996) **Working with Children in Grief and Loss** – London, Bailliere Tindall

Mearns D, Thorne B (1988) **Person-Centred Counselling in Action** – London, Sage

Schiff H S (1977) **The Bereaved Parent** - New York, Penguin

Smith S C (1999) **The Forgotten Mourners: Guidelines for working with bereaved children** - London, Jessica Kingsley Publishers

Smith S C, Pennells M (1998) **Interventions with Bereaved Children** (2nd Ed) – London, Jessica Kingsley Publications

Walsh F, McGoldrick M (eds) (1995) **Living Beyond Loss: Death in the Family** – New York, Norton

Wells R (1988) **Helping Children Cope with Grief** - London, Sheldon Press

Worden W (1996) **Children & Grief: When a Parent Dies** - Guildford Press

Worden W (1991) **Grief Work & Grief Therapy** (2nd edition)



Bereavement Support South Worcestershire
PO BOX 880, Worcester, WR4 4ES
www.bereavementsupportworcestershire.org.uk