

# Bereavement Service Directory

There are many organisations available to offer support when a family experiences a baby loss during or soon after pregnancy. However, it is difficult to know what is on offer or how to find the most suitable support. It is hoped that this directory can help navigating all the options available.

The directory is split into two sections for local support and national support. The organisations in each section are then listed in alphabetical order, with contact details and a brief overview provided.

To help find the most suitable support, a coloured key to indicate the age of child when they died is included.

Ticks for each listing help to identify the kind of support offered and how to refer into the organisation to request help.



Key:

Early Pregnancy Loss

Later Pregnancy Loss


Child's Death (0-18)

Still Birth

Neonatal Loss


Bereavement Service	Support for:					Support available:			Referral type:	
	Parents	Grand parents	Siblings	Mum only	Dad/ Partner only	Counselling	Peer support	Activities	Self-referral	Professional referral
Local Support Services										
<b>BE U Notts</b> Be U Notts is an early intervention wellbeing service for children and young people. <b>Telephone:</b> 0115 708 0008 <b>Email:</b> <a href="mailto:beu.notts@ablhealth.co.uk">beu.notts@ablhealth.co.uk</a> <b>Website:</b> <a href="#">Be U Support   Free Mental Health Service for Children and Young People</a>			√			√	√	√ - Lumi Nova: A therapeutic game for childhood anxiety - Group sessions - Wellbeing sessions	√ <a href="#">Referral Form (mayden.co.uk)</a>	√
<b>CASY</b> CASY provides a confidential counselling service to young people aged from 6 to 25 within Nottinghamshire and Lincolnshire. <b>Telephone:</b> 01636 704 620 <b>Email:</b> <a href="mailto:office@casy.org.uk">office@casy.org.uk</a> <b>Website:</b> <a href="#">Homepage - CASY</a>	√		√			√			√	
<b>Child and Adolescent Mental Health Services (CAMHS)</b> Paediatric Liaison Service We provide a therapeutic service to children and young people aged 0-18 and their families with chronic, acute and life-threatening illness, disability and bereavement. <b>Telephone:</b> 0115 8230269	√		√			√				√
<b>Children's Bereavement Centre</b> The Children's Bereavement Centre is run by a committed team of friendly, supportive and professional people who are passionate about helping children and young people aged 3-18 years, to cope with the grieving process brought on by the death of a loved one or terminal illness diagnosis	√		√			√	√	√ - Play therapy - Filial therapy - Fundraising events i.e. Daisy campaign, dragon boat	√	√


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<p>that has a prognosis of a year or less for survival of someone close</p> <p><b>Telephone:</b> 01636 551739</p> <p><b>Email:</b> <a href="mailto:info@childrensbereavementcentre.co.uk">info@childrensbereavementcentre.co.uk</a></p> <p><b>Website:</b> <a href="http://Helping Children &amp; Young People Through Trauma   Children's Bereavement Centre (childrensbereavementcentre.co.uk)">Helping Children &amp; Young People Through Trauma   Children's Bereavement Centre (childrensbereavementcentre.co.uk)</a></p>								<p>race, running events etc</p> <p>- Workshops for parents</p>		
<p><b>Cruse Bereavement Support</b></p> <p>Phone call, Zoom or in person support with Cruse trained bereaved volunteers for those under 18.</p> <p>Phone call, Zoom or online group support with Cruse trained bereaved volunteers for adults.</p> <p>Self-referral for Adult support and parental/guardian referral for Childrens bereavement support. Phone or complete this form online:</p> <p><a href="https://www.cruse.org.uk/postcode-lookup/">https://www.cruse.org.uk/postcode-lookup/</a></p> <p><b>Telephone:</b> 0300 777 44 88 – answer machine</p> <p><b>Email:</b> <a href="mailto:Nottinghamshire@cruse.org.uk">Nottinghamshire@cruse.org.uk</a></p> <p><b>Website:</b> <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p>	√	√	√			√	√		<p>√</p> <p><a href="https://www.cruse.org.uk/postcode-lookup/">https://www.cruse.org.uk/postcode-lookup/</a></p>	
<p><b>Family Psychological Support Services</b></p> <p>Commissioned to provide specialist and person centred psychological support for families who are part of the Independent Maternity Review into cases of potentially serious concern at Nottingham University Hospitals NHS Trust. You can refer yourself and family members.</p> <p><b>Telephone:</b> 0115 200 1000</p> <p><b>Email:</b> <a href="mailto:trentpts.fpss@nhs.net">trentpts.fpss@nhs.net</a></p>	√	√	√			Psychologic-al therapy	√		√	

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<b>Forever Stars</b> ■■■■ An East Midlands charity dedicated to supporting families who've suffered a stillbirth or infant loss <b>Contact:</b> <a href="https://www.foreverstars.org/contact/">https://www.foreverstars.org/contact/</a> <b>Email:</b> <a href="mailto:enquiries@foreverstars.org">enquiries@foreverstars.org</a>	√	√	√	√	√		√	√ Remembrance garden - Wave of light - Volunteering - Rainbow baby groups - Floristry workshops - Yoga - Chocolate making workshop - Clay workshops - Coffee mornings - Gardening sessions - Well-being walks - Fundraising	√	
<b>Laura Centre</b> ■ Provides therapeutic support to anyone bereaved of a child or young person. <b>Telephone:</b> 0116 2544341 <b>Email:</b> <a href="mailto:info@thelauracentre.org.uk">info@thelauracentre.org.uk</a> <b>Website:</b> <a href="#">Home - The Laura Centre</a>	√	√	√			√	√	√ - Play therapy for siblings - Group sessions - Rose garden	√	


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<b>Miscarriage Association</b>    We have a UK-wide network of support volunteers who have been through pregnancy loss themselves and who run miscarriage and pregnancy loss support group meetings, some face to face and some online Telephone: 01924 200799 Email: <a href="mailto:info@miscarriageassociation.org.uk">info@miscarriageassociation.org.uk</a> Website: <a href="#">UK Miscarriage and pregnancy loss support groups - The Miscarriage Association</a> <b>Nottingham Support Group:</b> Meets on the 3 <sup>rd</sup> Thursday of the month, 7-9pm at Sherwood Methodist Church.	✓	✓	✓				✓		✓	
<b>New Beginnings</b> For bereaved people in Clifton and surrounding areas. A range of activities are held and the group welcomes those suffering bereavement, stress and loneliness. <b>Telephone:</b> 0115 984 6983	✓	✓	✓				✓	✓ - Weekly meetings	✓	
<b>Nottinghamshire Perinatal Trauma and Bereavement Service</b> Offers psychological short term, evidence-based interventions for women experiencing post-traumatic stress responses to a perinatal loss (including termination for any reason), birth trauma or severe fear of childbirth <b>Telephone:</b> 0115 952 9477 <b>Email:</b> <a href="mailto:Perinataltraumaandbereavementreferrals@nottshc.nhs.uk">Perinataltraumaandbereavementreferrals@nottshc.nhs.uk</a>				✓		✓	✓			✓
<b>NUH Chaplaincy Service</b>      Available 365 days a year, on a 24hr on-call service. Offer guidance with funerals and offer on-going bereavement support.	✓	✓	✓	✓	✓		✓		✓	✓

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Can be available by referral, contactable via 0115 9249924 ext 83799 (QMC), 76187 (CITY) or email <a href="mailto:contactachaplain@nuh.nhs.uk">contactachaplain@nuh.nhs.uk</a>										
<b>SFHFT Chaplaincy Service</b> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <p>The Chaplaincy Department offer faith support to patients, visitors, staff and volunteers at all of our hospitals.</p> <p><b>Telephone:</b> King’s Mill Hospital 01623 622515 extensions 3047, 4137 or 6201. Newark Hospital 01636 681681 extension 5643</p>	√	√	√				√		√	
<b>Think Children</b> <p>Think Children provides vital early help for primary school children 4-11 years old in Nottinghamshire and the City of Nottingham who are struggling to cope with emerging emotional, social and/or behavioural issues.</p> <p>One to one work, for up to 12 sessions per child, with a specially trained facilitator.</p> <p><b>Telephone:</b> <a href="tel:01636676887">01636 676887</a></p> <p><b>Email:</b> <a href="mailto:info@thinkchildren.org.uk">info@thinkchildren.org.uk</a></p>			√			√	√		√	
<b>Zephyrs</b> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <p>Nurturing support for bereaved parents and families after a pregnancy loss, or the death of a child.</p> <p><b>Telephone:</b> <a href="tel:07915995532">07915 995532</a></p> <p><b>Email:</b> <a href="mailto:contact@zephyrsnottingham.org.uk">contact@zephyrsnottingham.org.uk</a></p> <p><b>Website:</b> <a href="http://www.zephyrsnottingham.org.uk">www.zephyrsnottingham.org.uk</a></p>	√	√	√	√	√	√	√	√ - Monthly meet up - Family Forest School Sessions - Wellbeing walks - Yoga - Woodwork sessions for Dad	√	


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<b>National Support Services</b>										
<b>A Child of Mine</b>      Offers 121 support to anyone who is affected by the death of a baby, child from any age or circumstance. They provide confidential, bereavement support and over an unlimited time if required. <b>Tel:</b> 01785 785819 <b>Email:</b> <a href="mailto:hello@achildofmine.org.uk">hello@achildofmine.org.uk</a> <b>Website:</b> <a href="#">Welcome - A Child of Mine</a>	✓	✓	✓	✓	✓		✓	- 2 memorial services per year for baby loss awareness week and Christmas	✓	
<b>Aching Arms</b>     Aching Arms provides comfort and support for bereaved families after the loss of their baby during pregnancy, at birth or soon after. <b>Tel:</b> 07464 508994 <b>Email:</b> <a href="mailto:support@achingarms.co.uk">support@achingarms.co.uk</a> <b>Website:</b> <a href="#">Aching Arms – the charity bringing comfort after baby loss</a>	✓	✓	✓		✓		✓	✓ - Supporting arms - Virtual care - Community events - Dads monthly group - Fundraising	✓	
<b>Antenatal Results and Choices (ARC)</b>   Support for parents and families who have lost a baby after a prenatal diagnosis <b>Telephone:</b> 020 7713 7486 <b>Email:</b> <a href="mailto:info@arc-uk.org">info@arc-uk.org</a> <b>Website:</b> <a href="#">ARC Bereavement support - Antenatal Results and Choices (ARC) (arc-uk.org)</a>	✓	✓	✓			✓	✓		✓	
<b>Barnardo's</b> Advice and support to parents/carers of children and young people up to the age of 18 years who have been bereaved. <b>Telephone:</b> 07867372711	✓	✓	✓			✓			✓	

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
Neonatal Loss

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Email: <a href="mailto:cbsreferrals@barnados.org.uk">cbsreferrals@barnados.org.uk</a> Website: <a href="#">Child Bereavement Service General   Barnardo's (barnados.org.uk)</a>										
<b>Child Bereavement UK</b>  Supports children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying. <b>Helpline:</b> <a href="tel:08000288840">0800 02 888 40</a> <b>Email:</b> <a href="mailto:helpline@childbereavementuk.org">helpline@childbereavementuk.org</a> <b>Website:</b> <a href="#">Child Bereavement UK</a>	√	√	√			√	√	√ - Challenge events i.e. marathons, sky diving, cycling, abseiling etc	√	√
<b>Child Death Helpline</b>  A freephone service for all those affected by the death of a child Our confidential helpline is open every day of the year. <b>Helpline:</b> 0800 282 986 <b>Website:</b> <a href="#">Child Death Helpline – Home</a>	√	√	√			√			√	
<b>Compassionate Friends</b>  A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause. <b>Helpline:</b> 0345 123 2304 <b>Email:</b> <a href="mailto:helpline@tcf.org.uk">helpline@tcf.org.uk</a> <b>Website:</b> <a href="#">The Compassionate Friends (tcf.org.uk)</a>	√	√	√				√	√ - Retreats - Support days - Walks - Fundraising events - Helpline - Face to face and online support group	√	





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<b>Grief Encounter</b> We work closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief. <b>Telephone:</b> 0808 8020111 <b>Email:</b> <a href="mailto:griefftalk@griefencounter.org.uk">griefftalk@griefencounter.org.uk</a> <b>Website:</b> <a href="#">Home SUPPORTING BEREAVED CHILDREN &amp; YOUNG PEOPLE - Grief Encounter</a>	√	√	√			√	√	√ - Workshops - Residential weekends - Choir - Family days	√	
<b>Hope Again (online)</b> Hope Again is the youth website of Cruse Bereavement Support. Offer support, advice and a type of signposting service, solely online to children and young people who have lost a loved one/s. provides a space for young people to explore their grief and feel less alone If you want to talk to someone directly, call our FREE phone helpline on <a href="tel:08088081677">0808 808 1677</a> Monday-Friday, 9:30am - 5:00pm <b>Email:</b> <a href="mailto:hopeagain@cruse.org.uk">hopeagain@cruse.org.uk</a> <b>Website:</b> <a href="#">Hope Again</a>			√			√	√		√	
<b>Jewish Bereavement Counselling Service</b> Our counsellors understand the specific issues raised by bereavement within a Jewish context. A Jewish service can be sensitive, aware and knowledgeable about social, cultural and religious needs. <b>Telephone:</b> 0208 931 3881 <b>Email:</b> <a href="mailto:enquiries@jbcs.org.uk">enquiries@jbcs.org.uk</a> <b>Website:</b> <a href="#">Jewish Bereavement Counselling Service (JBBS)</a>	√	√	√			√	√		√	

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<b>MAMA Academy's Rainbow Helpline</b> ■■■■ MAMA Academy's free helpline is available for parents who have sadly experienced pregnancy loss. <b>Telephone: 0203 6428 121</b>	✓					✓			✓	
<b>Petals – The Baby Loss Counselling Charity</b> ■■■■ Providing funded counselling sessions to parents who have experienced any of the following within the last year: <ul style="list-style-type: none"> <li>• Late Miscarriages</li> <li>• Termination for Medical Reasons (TFMR)</li> <li>• Stillbirth</li> <li>• Neonatal Loss</li> <li>• Pregnancy After Loss (You will need to have had counselling with Petals for your loss before you can request counselling for Pregnancy After Loss)</li> </ul> <b>Telephone:</b> 0300 688 0068 <b>Email:</b> <a href="mailto:counselling@petalscharity.org">counselling@petalscharity.org</a> <b>Website:</b> <a href="#">Petals Charity   The Baby Loss Counselling Charity</a>	✓					✓	✓	✓ - Fundraising		✓
<b>Snowflake Grief &amp; Bereavement Care</b> Anyone is welcome to access the services offered by Snowflake Grief & Bereavement Care and the support can help from a younger generation to the very old <b>Telephone:</b> 07523210131 <b>Email:</b> <a href="mailto:snowflakegbc@sky.com">snowflakegbc@sky.com</a> <b>Website:</b> <a href="http://snowflake-griefandbereavementcare.co.uk">Snowflake Grief &amp; Bereavement Care (snowflake-griefandbereavementcare.co.uk)</a>	✓	✓	✓			✓	✓		✓	✓

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<b>Stepping Stones</b> Bereavement support group for those struggling to cope with grief, missing a loved one or feeling lost and lonely. Offers a face-to-face session with people able to attend, or attend via Zoom simultaneously <b>Telephone:</b> 07951 496784 <b>Email:</b> <a href="mailto:wendy.learmonth@selfhelp.org.uk">wendy.learmonth@selfhelp.org.uk</a>	√	√	√				√		√	
<b>Support for child funeral costs</b> The Children's Funeral Fund for England can help to pay for some of the costs of a funeral for a child under 18 or a baby stillborn after the 24th week of pregnancy. Website: <a href="#">Support for child funeral costs (Children's Funeral Fund for England): What it does - GOV.UK (www.gov.uk)</a>										
<b>The Lullaby Trust</b>   We offer confidential bereavement support to anyone affected by the sudden and unexpected death of a baby or young child <b>Helpline:</b> 0808 802 6868 <b>Email:</b> <a href="mailto:support@lullabytrust.org.uk">support@lullabytrust.org.uk</a> <b>Website:</b> <a href="#">The Lullaby Trust - Safer sleep for babies, Support for families</a>	√	√	√ (18+ years only, however signposting is available for younger siblings)				√	√ - Fundraising events - Befriender scheme	√	√
<b>Tommy's</b>      Sadly, some babies are lost during pregnancy, birth, or shortly afterwards. We have information and support for anyone who has experienced the loss of a baby, whether through miscarriage, stillbirth, neonatal death, or termination for medical reasons	√	√	√	√	√		√	√ - Fundraising - Baby & children activities	√	√

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<b>Telephone:</b> 0800 014 7800 (Mon-Fri 9am-5pm) Email: <a href="mailto:midwife@tommys.org">midwife@tommys.org</a> Website: <a href="#">Baby loss information and support   Tommy's (tommys.org)</a>										
<b>Total Insight Theatre</b> An award-winning charity that uses the arts to transform the lives of children and young people. We address complex and often difficult subjects including mental health, bereavement, un-employment and crime. Email: <a href="mailto:info@totalinsighttheatre.com">info@totalinsighttheatre.com</a> Website: <a href="#">Grief Support — Total Insight Theatre   Using the arts to transform lives</a>			√				√	√ - Creative camp - Theatre - Creative hubs	√	
<b>Twins Trust</b> ■■■■ The Twins Trust Bereavement Service exists to support all parents and carers of twins, triplets or more who have died whether it was during or after pregnancy Telephone: 01252 332 344 Email: <a href="mailto:bereavementsupport@twinstrust.org">bereavementsupport@twinstrust.org</a> Website: <a href="#">Twins Trust   Bereavement Service</a>	√	√					√	√ - Become a befriender - Fundraising	√	
<b>Winston's Wish</b> Provides emotional and practical bereavement support to children and young people up to the age of 25, their families and those who care for them. Freephone Helpline: 08088 020 021 Email: <a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a> Website: <a href="#">Winston's Wish - giving hope to grieving children (winstonswish.org)</a>	√	√	√			√	√		√	√

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<b>Young Minds</b> The UK’s leading charity fighting for children and young people's mental health Call our Parents Helpline/webchat for detailed advice, emotional support and signposting about a child or young person up to the age of 25. – available to call for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday. Webchat available through website	√		√			√	√		√	