



## **Bereavement Services**

### **Central Lancashire**

CAYP Children Adults and Young People bereavement support tel: 01772 528400 / 523730 Meets monthly [cayp@lthtr.nhs.uk](mailto:cayp@lthtr.nhs.uk)

Ormskirk: The Bereavement Counselling Services (West Lancashire)

The Bereavement Counselling Services provides free and confidential help to anyone who has been bereaved.

Preston: Cancer Help (Preston) Ltd (Lancashire)

We are a voluntary organisation which offers, among other services, bereavement support and children's grief support services. (Preston and Garstang Sites)

### **East Lancashire & Blackburn with Darwen**

Local Support available for Families to be referred to:

East Lancashire Hospice Adults & Childrens Specialist Bereavement Services

Pendleside Hospice Adult/Carer Family Support Service

Rosendale Hospice

Derian House

The Alder Centre

### **North Lancashire**

Lancaster: CancerCare (North Lancashire & South Cumbria)

The Children and Young Persons service at CancerCare offers comprehensive support to all young people and families throughout the cancer journey. We welcome young people from the age of 3 who may have cancer themselves, be a relative of someone with cancer, or are bereaved by cancer. (Lancaster and Kendal Offices)

Tigerlily Trust: a local charity supporting families that lose their baby; for bereaved parents sadly facing the loss of their baby through miscarriage, stillbirth or neo-natal death.

[www.tigerlilytrust.co.uk](http://www.tigerlilytrust.co.uk) Facebook - tigerlily trust

Email: [enquiries@tigerlilytrust.co.uk](mailto:enquiries@tigerlilytrust.co.uk)

The Linden Centre (Blackpool Wyre or Fylde)

The Linden Centre, based at Trinity Hospice in Blackpool, offers counselling and support to those adults and children facing the terminal illness of someone close, or who have been bereaved through terminal illness.

Adults are offered one to one counselling, or they can access Coastal, our adult group bereavement programme, which is also suitable for anyone whose children are accessing Cascade or who feels they need something different to counselling. We also offer a Companion scheme, where trained volunteers from the Linden Centre offer their time to give informal support to people across the Fylde who are living with cancer or a life threatening illness, or who are bereaved.

CASCADE (Child and Adolescent Support and Counselling Around Death Experience) is a counselling service for any child from the age of five living in Blackpool, Wyre and Fylde

who has a close member of their family coping with a terminal illness, or who is bereaved of someone close to them, for any reason whatsoever.

## **Blackpool**

### **Snowdrop Centre (Blackpool)**

The aim of the Snowdrop Centre is to enable parents, carers and siblings to help themselves survive the period of crisis, to help minimize the potential long-term problems or try to come to terms with the difficult circumstances in which they find themselves. We provide confidential support for parents, carers and siblings who have experienced the death of a child, in your own home or in a quiet, comfortable setting.

### **Cascade (Blackpool)**

Cascade is based on the site of Trinity Palliative Care Services in Bispham, Blackpool, and services are free of charge. Children and adolescents are welcome to come to us for support or counselling when they are confronted by the illness or death of someone in their life.

### **Donna's Dream House (Blackpool)**

Donna's Dream House in Blackpool offers free holidays to children and teenagers with life-threatening illnesses, and also for recently bereaved siblings and their families. Nominations (via forms on the website) can be made by anybody who knows the family concerned. The holidays are free - ie. there is no charge for accommodation, and daily meal vouchers are provided for a neighbouring cafe. There are kitchen facilities for you to prepare your own meals, and passes are provided to many of Blackpool's attractions. There is a special Teens' Centre with state-of-the-art facilities for those aged 14-24.

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## **North West Region/ National Services**

**Alder Centre** - The Alder Centre is a unique, national centre of excellence providing 'care and education for anyone affected by the death of a child' - [Alder Centre Bereavement Care Services](#) Please contact the Alder Centre on: 0151 252 5391 between 9am and 5pm, Monday to Thursday or between 9am and 4.30pm on Fridays.

**Winston's Wish** – offers specialist bereavement support to children, young people and their families, helping them to rebuild their lives and face the future with confidence and hope. Information line – 08452 030405, North West Contact number – 07867 369886 or [northwest@winstonswish.org.uk](mailto:northwest@winstonswish.org.uk)

**Stride** - provides the whole family with support and provides opportunities for children and young people to express feelings associated with bereavement and loss. See website for further details and contact information. [www.cancerhelppreston.co.uk/stride](http://www.cancerhelppreston.co.uk/stride) (it is not restricted to cancer bereavements and they provide support for anyone who requires bereavement support).

**Mind** (National Charity)

Mind offers information and support to those with mental health issues and those who support them. Their website has a page *Understanding Bereavement*, which is also available in Arabic and Bengali. The Mind Infoline is open Mon-Fri 9am-5pm. (Manchester Office)

**PAPYRUS** Prevention of Young Suicide (National Charity)

PAPYRUS is a voluntary UK organisation committed to the prevention of young suicide and the promotion of mental health and emotional wellbeing. They operate a helpline which is open Mon-Fri 9am-5pm and 7pm-10pm. On weekends it operates from 2pm-5pm.

**Aching Arms:** is a baby loss charity run by a group of bereaved mothers who have experienced the pain and emptiness of leaving hospital without their much wanted baby. [www.achingarms.co.uk](http://www.achingarms.co.uk) [info@achingarms.co.uk](mailto:info@achingarms.co.uk)

**Children of Jannah** - is a Muslim support group for families who have lost a baby or child. Their mission is to meet the needs of grieving Muslim parents in the UK and beyond, providing practical, emotional and spiritual support, whilst educating friends, families, professionals and others to be better able to support them.

[www.childrenofjannah.com](http://www.childrenofjannah.com) [info@childrenofjannah.com](mailto:info@childrenofjannah.com) Tel: - 0161 480 5156

Additional websites are:

- **Cruse Bereavement Care**- 01772 433645 (Preston and Central Lancs) 01772 686668 (Blackpool) [www.cruse.org.uk/lancashire-area-map](http://www.cruse.org.uk/lancashire-area-map)
- **Compassionate Friends** helpline- 0845 123 2304 [www.tcf.org.uk/helpline](http://www.tcf.org.uk/helpline)
- **Samaritans** helpline- 08457 90 90 90 [www.samaritans.org](http://www.samaritans.org)
- **Child Bereavement UK** - (search tool for other specialised local services)- 0800 02 888 40 [www.childbereavement.org.uk/](http://www.childbereavement.org.uk/)
- **SANDS**- 020 7436 5881 [www.uk-sands.org](http://www.uk-sands.org)
- **Miscarriage Association**- 01924 200 799 [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)
- **ARC** Antenatal results & Choices- 0845 077 2290 [www.arc-uk.org](http://www.arc-uk.org)
- **National parent support groups**- 0300 330 0700 [www.nct.org.uk](http://www.nct.org.uk)
- **National Child Death Helpline**- 0800 282 986 [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)
- **The Lullaby Trust**- 020 7802 3200 [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk) (bereavement support contact number - 0808 802 6868)
- **CONI support**- 0808 802 6869 [www.lullabytrust.org.uk/coni](http://www.lullabytrust.org.uk/coni)
- **TAMBA**- 0800 138 0509 [www.tamba.org.uk](http://www.tamba.org.uk)
- **BLISS**- 0500 618 140 [www.bliss.org.uk](http://www.bliss.org.uk)