

## Bereavement Support Organisations

### At A Loss

Is an organisation which is committed to ensuring that everyone in the UK who has suffered a significant loss can locate support. The website aims to provide an access point to a range of bereavement support, including Grab Life for those aged 18-30 [www.ataloss.org](http://www.ataloss.org)

### The BEAD Project

Provides information, support and hope for anyone whose loved one has died as a result of drug or alcohol use. [www.beadproject.org.uk](http://www.beadproject.org.uk)

### Brake

This road safety charity runs a helpline (0845 603 8570) for anyone bereaved as a result of a road crash. [www.brake.org.uk](http://www.brake.org.uk)

### Child Bereavement UK

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, Buckinghamshire-based Family Bereavement Support Service, interactive website with a Families and Professionals Forum, resources and Professionals Training Programme. Tel: (01494) 446648 [www.childbereavementuk.org](http://www.childbereavementuk.org)

### Child Death Helpline

Telephone helpline for anyone affected by the death of a child, from pre-birth to the death of an adult child, however long ago, and whatever the circumstances. It is staffed by experienced and trained bereaved parent volunteers. 0800 282986 [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

### The Compassionate Friends

An organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children. They also offer support, advice and information to other relatives, friends and professionals who are helping the family. 0845 123 2304 [www.tcf.org.uk](http://www.tcf.org.uk)

### The Coroners Courts Support

Service Gives emotional & practical support to families & witnesses attending Inquests at specific Coroner's Court locations, detailed on their website. 0203 667 7884 [www.coronerscourtsupportservice.org.uk](http://www.coronerscourtsupportservice.org.uk)

### Cruse Bereavement Care

Cruse is the largest bereavement support organisation for both adults and children in the UK. They provide one-to-one support to anyone who has suffered bereavement, together with a telephone helpline (0844 477 9400). Their website gives further information and contact details for local branches. [www.cruse.org.uk](http://www.cruse.org.uk)

### Cruse Bereavement Care Scotland

Cruse Bereavement Care Scotland provides similar support to Cruse in England, Wales and Northern Ireland. You will find further information, including local branch details. 01738 444807. [www.crusescotland.org.uk](http://www.crusescotland.org.uk)

**CRY – Cardiac Risk in the Young** Cardiac Risk in the Young (CRY) supports those bereaved through young sudden cardiac death (also known as SADS, SDS); and has a Surgery Supporters Network for young people (aged 14-35) diagnosed with a cardiac condition. CRY promotes heart screening and ECG testing programmes, and funds the CRY Centre for Sports Cardiology and the CRY Centre for Cardiac Pathology. 01737 363222 [www.c-r-y.org.uk](http://www.c-r-y.org.uk)

**Grief Encounter**

Supports bereaved children and their families to help alleviate the pain caused by the death of someone close. The website contains helpful support pages for families, young people, professionals and schools. 020 8371 8455

[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

**Samaritans**

Provides confidential non-judgemental emotional support 24 hours a day to people who are experiencing feelings of distress or despair, including those which could lead to suicide. 08457 90 90 90

[www.samaritans.org](http://www.samaritans.org)

**Inquest**

A small charity providing help and advice for those facing an inquest. Although the organisation's focus is particularly on state-related deaths, the online Inquest Handbook contains useful information for anyone facing an Inquest.

[www.inquest.org.uk](http://www.inquest.org.uk)

**Support for Baby Loss & Child Bereavement****The Lullaby Trust**

Provides expert advice on safer sleep for babies, emotional support for bereaved families and raises awareness of Sudden Infant Death Syndrome (SIDS). 0808 802 6868

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

**SADS UK – Sudden Arrhythmic Death Syndrome**

National cardiac charity providing support to families and individuals affected by a sudden unexpected death. Qualified counsellors and support contacts offer assistance after the death of a child or young spouse. Retreats for the bereaved. Also supports those diagnosed with cardiac conditions and donates cardiac equipment to medical establishments. 01277 811215

[www.sadsuk.org](http://www.sadsuk.org)

**Saying Goodbye**

Organises memorial services in Cathedrals throughout the UK for those who have experienced miscarriage or early loss. 0845 293 8027

[www.sayinggoodbye.org](http://www.sayinggoodbye.org)

**Miscarriage Association** Miscarriage can be a very unhappy, frightening and lonely experience. Support, information and comfort are provided for those who have been affected by the loss of a baby in pregnancy, whether recently or long ago. 01924 200799

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

**Tamba BSG – Twin and Multiple Birth Association**

Bereavement support group Supporting parents who have lost a baby or babies during a multiple pregnancy or at any stage after birth. 0870 770 3305

[www.tamba-bsg.org.uk](http://www.tamba-bsg.org.uk)

**Morgan's Wings**

A Welsh charity offering support to families affected by miscarriage or any other type of pregnancy loss.

Provides memory boxes and bereavement support resources.

[www.morgans-wings.co.uk](http://www.morgans-wings.co.uk)

**Together for Short Lives**

Provides support for families where children have life-threatening and life-limiting conditions. They also offer a helpline and advocacy service. 0808 8088 100  
[www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)

**Winston's Wish**

Winston's Wish supports bereaved children and young people up to the age of 18 through a whole range of activities, including a helpline (08452 030405), group work, residential events and resources. [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

**2wish**

Provides support for families affected by the sudden death of a child or young adult. 01443 853125  
[www.2wish.org.uk](http://www.2wish.org.uk)

**Tŷ Hafan**

Supports families coping with the loss of a child.  
[www.tyhafan.org](http://www.tyhafan.org)

**Bereaved Parent Support**

Support for any parent whose son or daughter has died at any age, in any circumstances, and at any stage in their journey of grieving. We provide a telephone befriending service (for those who have lost a child aged 35 or under), day and weekend support events, a regular email support newsletter, a Facebook page, personal stories and helpful articles, and short support films in the Bereavement Playlist on Care for the Family's YouTube channel. We also run Brothers and Sisters: life after loss events and a closed Facebook group to support bereaved adult siblings.  
[www.careforthefamily.org.uk/bps](http://www.careforthefamily.org.uk/bps)

**Support for Those Bereaved by Suicide****SAMM – Support After Murder and Manslaughter**

Supporting those who have been bereaved as a result of murder or manslaughter, through a telephone helpline (0845 872 3440), information and other activities, including local groups. [www.samm.org.uk](http://www.samm.org.uk)

**Marie Curie Bereavement Support**

Supports those grieving a loved one with a terminal illness. 0800 090 2309  
[www.mariecurie.org.uk](http://www.mariecurie.org.uk)

**Mind Cymru**

Bereavement and Mental Health Support. Emotional support for grief-related mental health struggles. 0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)

**Widowed Young Support**

Support for anyone whose partner has died early in life (up to age 50, or older if there are dependent children). We provide a telephone befriending service, day and weekend support events, a regular email support newsletter, a Facebook page, personal stories and helpful articles, and short support films in the Bereavement Playlist on Care for the Family's YouTube channel.  
[www.careforthefamily.org.uk/wy](http://www.careforthefamily.org.uk/wy)

**Samaritans Wales**

24/7 listening support for those struggling with loss. 116 123 [www.samaritans.org](http://www.samaritans.org)

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792 Newport Road, Rumney, Cardiff, CF3 4FH	02920 797516
2-4 Heathwood Road, Birchgrove, Cardiff, CF14 4XE	02922 093388
98 Cardiff Road, Llandaff, Cardiff, CF5 2DT	02922 091299
1 Old Church Road, Whitchurch, Cardiff, CF14 1AA	02921 684439

info@colesfuneraldirectors.co.uk | [www.colesfuneraldirectors.co.uk](http://www.colesfuneraldirectors.co.uk)

## Bereavement Support for Men

### **Strong Men**

A peer support group for men struggling with grief, offering residential retreats and a telephone helpline. 0800 260 0400 [www.strongmen.org.uk](http://www.strongmen.org.uk)

### **Andy's Man Club – Wales**

A men's peer support group focused on mental health, including bereavement. Locations across Wales, including Cardiff and Swansea. [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

### **Widowed and Young (WAY)**

Men's Support Network  
Supports men under 50 who have lost a partner. [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

### **Talk Club Wales**

A mental health support network for men, offering safe spaces to talk about grief. [www.wetalkclub.com](http://www.wetalkclub.com)

### **Men's Sheds Cymru**

Community-based groups providing informal support for men, including those grieving. [www.mensshedscymru.co.uk](http://www.mensshedscymru.co.uk)

## Local Hospice Bereavement Support

### **City Hospice (Cardiff)**

Bereavement services for adults and children. ([www.cityhospice.org.uk](http://www.cityhospice.org.uk))

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