

# National support

Child Bereavement UK supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement. If you are bereaved, caring for, or concerned about a bereaved child, our bereavement support team is here to take your call and respond to emails 9 am - 5 pm Monday to Friday. **We provide:**

-  A confidential listening service
-  Guidance and information on a wide range of topics and issues
-  Details about the direct support Child Bereavement UK can offer
-  Signposting to other organisations which can offer further support

## Telephone support sessions

We can provide booked telephone support sessions for parents or carers of a bereaved child and for individuals or couples when a baby or child dies.

*I called Child Bereavement UK. Immediately we had the lifeline to make survival possible.*

Bereaved mother

  
Call our helpline  
0800 02 888 40

# Website

On our website you can find information on a range of issues relating to child bereavement, books and articles, a searchable database of helpful organisations and details about the support we offer families bereaved by any cause. The website includes a Family Forum, a place to share experiences with other bereaved families.

*I have been too emotional to speak at any great length to anyone yet, and this forum has helped me through the darkest days of my life.*

Forum user

## Supporting schools

Professionals in schools have a unique role in helping grieving children and young people, as children spend a significant amount of time in school. We can offer support and training to school staff supporting bereaved students.

We also run an awareness programme for primary schools.



elephantsteaparty.co.uk

# Support in Newham

Child Bereavement UK provides free support and information to bereaved children and young people up to the age of 25 and parents bereaved of a baby or child within the locality and surrounding areas.

## At our centre in Newham we offer:

### Face to face support sessions

For individuals, couples, children, young people and families.

### Family support groups

These groups allow bereaved families to get together; children aged 4 to 12 can meet other bereaved children with their adult carers and express their feelings through play and creative activities in facilitated groups.

### Youth People's Advisory Groups (YPAG)

YPAG encourages bereaved young people aged 11 to 25 to meet in a supportive environment and work together on projects about what they think helps young people who are grieving, based on their own experiences.

### Parents' support groups

These sessions give bereaved parents the chance to meet each other in a safe and supportive environment, facilitated by a bereavement support practitioner.



# Support and information

## Drop-in service

We are working with a number of Children's Centres in Newham to hold regular support and information sessions. These are for parents, carers or anyone who is supporting a bereaved child or for a parent who is bereaved of a child. You can drop in without an appointment, or book to see us. Please contact us for further information about the service and where we are working.

*Child Bereavement UK made us believe that there is light not just at the end of the tunnel, but in the middle of it.*

Bereaved father

## Enquiries

Enquiries are welcome directly from families. We also welcome referrals from other agencies if a family has agreed to have their contact details passed on to us. Please get in touch to find out more about what we offer.

0208 51 970 25



## Bereavement support in Newham

Contact us

0208 51 970 25

Stratford Advice Arcade  
107-109 The Grove  
Stratford, London E15 1HP

[newhamsupport@childbereavementuk.org](mailto:newhamsupport@childbereavementuk.org)



Supported  
by



Child Bereavement UK, Clare Charity Centre, Wycombe Road, Saunderton, Bucks HP14 4BF  
Charity No in England and Wales 1040419 and Scotland SCO42910

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For families