

Children and young people

SeeSaw - grief support for children and young people in Oxfordshire

Provide information, advice, and tools for young people who are experiencing grief, as well as their families and schools. They can also offer face to face support sessions.



www.seesaw.org.uk

01865 744768

Home-Start

Offers practical, emotional and befriending support to families (with at least one child under five) experiencing difficulties managing parenting, including due to bereavement. A national organisation with a branch in Banbury.



www.home-startbanbury.org.uk 01295 266358

NHS services

Talking Space Oxfordshire



Talking Space is a free NHS service, offering help to people (age 18+) with depression or anxiety. They offer a range of talking therapies either in groups or individually. Access via your GP or by self-referral.

www.oxfordhealth.nhs.uk/talkingspaceplus/

01865 901 222

OxUH bereavement service



The Bereavement Service offers practical and emotional support to the family or next of kin of anyone who dies as a patient of the Oxford University Hospitals Trust. The service also facilitates for families of the bereaved to ask questions about the care given by the Trust in the days following the death of their relative.

www.ouh.nhs.uk/patient-guide/bereavement-service.aspx

Horton tel: 01295 229386

For more practical advice on what to needs to be done following a death, please see the Oxfordshire County Council website

<https://www.oxfordshire.gov.uk/residents/community-and-living/births-deaths-and-ceremonies/deaths>

Coping with bereavement

Coping with a bereavement can be overwhelming. Here you can find some organisations offering information, practical advice, or emotional support. We at Banbury Cross are also here to help you during this difficult time.

**BANBURY
CROSS
HEALTH CENTRE**

Tel: 01295 256 261

Bereavement support services

Local bereavement services

Cruse Bereavement Care



A national charity with a branch in Banbury. Provides individual and group support, counselling, and social 'friendship' groups. Website provides practical information and online support, with a dedicated site for young people.

www.oxfordcruse.co.uk 01865 245398

SANDS (Stillbirth & neonatal death charity) Oxfordshire



National charity for people affected by the death of a baby during pregnancy or after birth. Oxfordshire Sands holds informal meetings every two months where stories can be shared and support and advice offered.

www.oxfordshiresands.org.uk 07513 295504

Katharine House Hospice bereavement service



The bereavement café at Katharine House is open for adults who have experienced loss in the past 12 months. All are welcomed and encouraged to drop in.

www.khh.org.uk/livingwell 01295 811866

Late Spring—Oxfordshire Age UK



Late Spring is a bereavement support group over tea and cake, meeting fortnightly in Banbury (and across Oxfordshire). Age UK also offers practical and emotional support for older people, and a free confidential advice service.

latespring@ageukoxfordshire.org.uk 01235 849434

WAY Widowed & Young

WAY - Widowed & Young

A national charity for people aged 50 or under when their partner died. Run by young widowed volunteers, WAY provides peer-to-peer emotional and practical support to young widowed people (married or not). WAY organises social events and trips, online support groups, and has an active local Oxfordshire branch.

www.widowedandyoung.org.uk 0300 012 4929

National services



Samaritans

Samaritans provide emotional support for people who are experiencing feelings of distress and despair, including those which may lead to suicide. They are available by telephone 24 hours a day, every day, for free.

Tel: 116 123

Email: jo@samaritans.org



Way Up

A mutual help group created to support the needs of anyone (primarily those in their 50s and 60s) who has lost a long term life partner. Provides a national web-based group, and offers meetings and events all over the UK, including Oxfordshire.

www.way-up.co.uk

Useful websites

www.bereavementadvice.org

Citizens Advice Oxford: www.caox.org.uk

www.macmillan.org.uk

www.dyingmatters.org

www.itsgoodtotalk.org.uk

There are many other organisations offering support after bereavement. For a more comprehensive list, please go to:

www.oxfordhealth.nhs.uk/support-advice/getting-help/bereavement/