



Frimley Health
NHS Foundation Trust

**Macmillan Cancer Information and Support Centre at
Wexham Park Hospital - Tel: 0300 615 4886**

E-mail: fhft.macmillan.information@nhs.net

**Macmillan Cancer Navigators at
Frimley Park Hospital - Tel: 0300 613 3535**

E-mail: fhft.macmillan.cancernavigators@nhs.net

A drop-in centre at Wexham Park Hospital providing a wide range of free information to help people with cancer, their friends, families, and carers. We offer cancer patients general support, practical advice and referrals to wellbeing and benefit services.

(Due to COVID-19 services may change - please check with providers directly for latest information)

Bereavement Support Information Sheet

Agency	Contact Details
Macmillan Cancer Support Offering free confidential advice, support and information with access to appropriate up-to-date resources and online communities.	Tel: 0808 808 0000 www.macmillan.org.uk
Local	
Cruse Bereavement Care Pre and Post Bereavement support for children, young people and adults. Contact national number to be directed to correct centre if unclear. Telephone support	Tel: 0808 808 1677 Tel: 01344 411919 (Thames Valley Berkshire area) 01264 336006 (Andover area) 01264 335569 (Basingstoke) Email: helpline@cruse.org.uk www.cruse.org.uk
Snowdrops Bereavement Group - Old Windsor The Old Windsor Club SL4 2QJ. 1-2-1 support available	Tel: 07568 063322 – Karen Stevenson Email: snowdropsow@yahoo.com Group meetings currently suspended
The Loss Foundation Free cancer bereavement support - Webinars and online events	Tel: 0300 200 4112 Email: info@thelossfoundation.org www.thelossfoundation.org

<p>Maggie's Oxford Bereavement Support Group. A fortnightly facilitated support group. Weekly Zoom and once a month in the centre.</p>	<p>Tel: 01865 751882 Email: oxford@maggiescentres.org www.maggiescentres.org</p>
<p>Agespace – Bereavement support in surrey. Links to services in surrey including</p> <ul style="list-style-type: none"> • Princess Alice Hospice Bereavement Outreach (open to all) • Way Up (for those who have been widowed) • MASH (for men who have lost a spouse) 	<p>Website with links and contact details to supporting organisations www.agespace.org/local/surrey/end-of-life/bereavement-support-services</p>
<p>Butterflies Bereavement Support Hampshire – providing face to face and telephone support to those bereaved.</p>	<p>Tel :023 8155 0066 Mobile: 07889 009393 Email: Info@butterfliesbereavement.co.uk www.butterfliesbereavement.co.uk/</p>
<p>The Brigitte Trust Surrey Volunteer support for up to three months if requested, with time to remember together.</p>	<p>Tel: 01306 881816 Email: admin@brigitte-trust.com www.brigitte-trust.org</p>
<p>National</p>	
<p>Sudden Sudden is a free service for bereaved people for the first ten weeks, at a time of shock and loss in cases when someone has died suddenly or too soon. Telephone and virtual.</p>	<p>Tel: 0800 2600 400 Email: help@sudden.org www.sudden.org</p>
<p>At a Loss.org A signposting site for the bereaved. Grief chat service available through the website.</p>	<p>Website contact only www.ataloss.org</p>
<p>Sue Ryder Online Bereavement Counselling Service An online bereavement service offering 6 free professional counselling sessions.</p>	<p>www.sueryder.org/online-bereavement-counselling Online bereavement community.</p>

<p>The Good Grief Trust Support for those affected by the issues involved in terminal illness. Offering emotional and practical advice. Chat directly to a specially trained bereavement counsellor through the Grief Chat Box.</p>	<p>Tel: 0800 448 0800 7am-10pm Email: hello@thegoodgrieftrust.org www.thegoodgrieftrust.org</p>
<p>WAY Widowed and Young A support group for men and women aged 50 and under when their partner dies. Annual membership subscription.</p>	<p>Website contact only. www.widowedandyoung.org.uk</p>
<p>Care for the Family Helping those that are living with a loss to discover hope for the future and the strength to rebuild their lives.</p>	<p>Tel: 0292 081 0800 Monday, Tuesday, Friday. Email: mail@cff.org.uk www.careforthefamily.org.uk</p>
<p>Bereavement UK Providing bereavement support and information 24 hours a day 365 days a year.</p>	<p>Web site contact only. Email: support@bereavement.co.uk www.bereavement.co.uk</p>
<p>Let's Talk about Loss A support network for bereaved young people aged 18 – 35. Closed Facebook group Zoom sessions</p>	<p>Website contact only Email: hello@letstalkaboutloss.co.uk www.letstalkaboutloss.co.uk</p>
Practical	
<p>Frimley Health NHS Bereavement Office Following the death of someone close – a practical guide.</p>	<p>Tel: 0300 615 3562</p>
<p>Samaritans Bereavement Advice Centre Support and advise people on what to do after a death.</p>	<p>Tel: 0800 634 9494 www.bereavementadvice.co.uk</p>
<p>The Natural Death Centre Help, support, advice and guidance planning a funeral.</p>	<p>Tel: 01962 712690 Email: contact@naturaldeath.org.uk www.naturaldeath.org.uk</p>
<p>Bereavement Register Service to remove from databases and mailing files the names and addresses of people who have died.</p>	<p>Tel: 0207 089 6403 Email: help@thebereavementregister.org.uk www.thebereavementregister.org.uk</p>

<p>Department for Work and Pensions What to do after a death. Including the 'Tell Us Once' service</p>	<p>Website only www.gov.uk/after-a-death</p>
<p>Age UK Offering a step by step guide on what to do when someone dies.</p>	<p>Tel: 0800 678 1602 www.ageuk.org.uk</p>
<p>The Death Notification Service Allowing you to notify a person's death to a number of financial institutions.</p>	<p>Website contact only www.deathnotificationsservice.co.uk</p>

Author		Macmillan Cancer Information and Support Centre	
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For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital
Telephone: 0300 613 6530
Email: fhft.palsfrimleypark@nhs.net

Wexham Park & Heatherwood Hospitals
Telephone: 0300 615 3365
Email: fhft.palswexhampark@nhs.net

<p>Frimley Park Hospital Portsmouth Road Frimley Surrey, GU16 7UJ</p>	<p>Heatherwood Hospital London Road Ascot SL5 8AA</p>	<p>Wexham Park Hospital Wexham Slough Berkshire, SL2 4HL</p>
<p>Hospital switchboard: 0300 614 5000</p>		<p>Website: www.fhft.nhs.uk</p>

Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.