

The image features two stylized teal hands, palms up, framing the central text. The hands are simple in design, with white outlines for the fingers and thumbs. The background is white, and the text is centered within the space created by the hands.

# **Bereavement Support in Cambridgeshire and Peterborough**

This leaflet lists the main services available across the Cambridgeshire and Peterborough area, and national organisations, that offer support for people who have lost a loved one. If you feel you need support or advice, it may be helpful to first talk to your GP. They may be able to help you see a counsellor if this will be helpful. Faith communities can also be a source of support for many people.



## Hospital bereavement care services

If a person died in hospital, support for the bereaved is offered by the hospital bereavement care services.

### Addenbrooke's Hospital

Chaplaincy Team

- Email: [chaplaincy@addenbrookes.nhs.uk](mailto:chaplaincy@addenbrookes.nhs.uk)
- Tel: **01223 217769**

### Hinchingsbrooke Hospital

Chaplaincy & Bereavement Care Services Team

- Email: [nwangliaft.HinchChaplaincy@nhs.net](mailto:nwangliaft.HinchChaplaincy@nhs.net)
- Tel: **01480 847474**

### Peterborough City Hospital

Chaplaincy Team

- Email: [nwangliaft.chaplaincy@nhs.net](mailto:nwangliaft.chaplaincy@nhs.net)
- Tel: **01733 673115**

### Queen Elizabeth Hospital, Kings Lynn

Chaplaincy Team

- Email: [chaplains@qehkl.nhs.uk](mailto:chaplains@qehkl.nhs.uk)
- Tel: **01553 613441**



## Hospice bereavement support services

### Alan Hudson Day Treatment centre

(part of Arthur Rank Hospice Services) Wisbech

Offers bereavement support to the families of patients who have received care from the service.

- Email: [nee.alanhudson@nhs.net](mailto:nee.alanhudson@nhs.net)
- Tel: **01945 669620**

### Arthur Rank House Hospice, Cambridge

Offers bereavement support to the families of patients who have received care from Arthur Rank House Hospice services.

- Tel: **01223 675770** or **01223 675777**

### St John's Hospice

Moggerhanger (near Bedford).

Offers bereavement support to families and friends of those patients for whom this Hospice service has cared.

- Email: [jane.maxfield@sueryder.org](mailto:jane.maxfield@sueryder.org)
- Tel: **01767 642429** or **01767 642410**

### Sue Ryder Thorpe Hall Hospice, Peterborough

Family support team

Specially trained staff and volunteers offer family support to patients, and pre- and post-bereavement support to their loved ones on a one-to-one and group basis, including Wayfinders, a bereavement support walking group. Specialist support is also available for children and young people.

- Email: [thorpehall@sueryder.org](mailto:thorpehall@sueryder.org)
- Tel: **01733 225900**
- Ask for family support



## Hospice bereavement support services

### The Norfolk Hospice

Tapping House

Offers support in bereavement to family members of patients who have received care from the service. This includes counselling, individual support and bereavement support groups.

- Tel: **01485 601700**
- Website: [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk)



## Support after the loss of a child, including during pregnancy and birth

### **PETALS**

Provides specialised counselling for parents suffering trauma or loss during pregnancy or birth

- Email: [counselling@petalscharity.org](mailto:counselling@petalscharity.org)
- Tel: **0300 688 0068**
- Website: <http://petalscharity.org/>

### **SANDS: Stillbirth and Neonatal Deaths Charity**

Support for anyone affected by the death of a baby before, during or shortly after birth.

- Email: [helpline@sands.org.uk](mailto:helpline@sands.org.uk)
- Tel: **0808 1643332** freephone
- Website: [www.sands.org.uk](http://www.sands.org.uk)

### **Saying Goodbye**

Provides comprehensive information, advice, support and much more to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or infancy.

- Email: [support@sayinggoodbye.org](mailto:support@sayinggoodbye.org)
- Tel: **0845 293 8027**
- Website: [www.sayinggoodbye.org/](http://www.sayinggoodbye.org/)

### **The Compassionate Friends**

A charitable organisation of bereaved parents, siblings and grandparents who support other bereaved parents, siblings, and grandparents who have suffered the death of a child.

- Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)
- Tel: **0345 1232304**
- Open every day 10.00-16.00 and 19.00-22.00
- Website: [www.tcf.org.uk](http://www.tcf.org.uk)



## Bereavement support for children

### Centre 33

Provides free counselling to young people aged 13 to 26 years in Cambridgeshire and Peterborough

- Email: [help@centre33.org.uk](mailto:help@centre33.org.uk)
- Tel: **0333 4141809**
- Website: [www.centre33.org.uk](http://www.centre33.org.uk)

### CHUMS

CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People.

- Telephone: **01525 863924**
- Website: <http://chums.uk.com/>

### Child Bereavement UK

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

- Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)
- Tel: **01494 568900**
- Website: [www.childbereavementuk.org](http://www.childbereavementuk.org)
- National support line: **0800 02 888 40**

### Cogwheel Trust for Children

Provides low cost counselling in Cambridgeshire, for children and young people.

- Email: [admin@cogwheel.org.uk](mailto:admin@cogwheel.org.uk)
- Tel: **01223 464385**
- Website: [www.cogwheel.org.uk](http://www.cogwheel.org.uk)



## Bereavement support for children

### CRUSE Bereavement Care

This voluntary organisation has a specialist team providing support to children and young people

- CRUSE National helpline: **0808 808 1677**
- (Mon to Fri 09.30 to 17.00)
- CRUSE National website: [www.cruse.org.uk](http://www.cruse.org.uk)

### Scotty's Little Soldiers

To provide relief from the effects of bereavement to young people up to and including the age of 18 years who have suffered the loss of a parent serving with the British Armed Forces.

- Email: [hello@scottyslittlesoldiers.co.uk](mailto:hello@scottyslittlesoldiers.co.uk)
- Tel: **08000 928 571**
- Website: [scottyslittlesoldiers.co.uk/](http://scottyslittlesoldiers.co.uk/)

### Stars Children's Bereavement Support Service

For children and young people up to age 18.

- Email: [info@talktostars.org.uk](mailto:info@talktostars.org.uk)
- Tel: **01223 863511**

### Winston's Wish

Supporting bereaved children, their families, and the professionals who support them.

- Email: [info@winstonswish.org](mailto:info@winstonswish.org)
- Tel: **01242 515157**
- Website: [www.winstonswish.org/](http://www.winstonswish.org/)



## Other bereavement support and counselling services

### Bereavement UK

Provides bereavement support and information

- Website: <http://www.bereavement.co.uk/>

### BIGC in Kings Lynn

Offers support for people affected by cancer including bereavement

- Email: [kingslynncentre@big-c.co.uk](mailto:kingslynncentre@big-c.co.uk)
- Tel: **01553 818737**

### CRUSE Bereavement Care

CRUSE bereavement care promote the wellbeing of anyone bereaved by death to enable people to understand their grief and cope with their loss.

- CRUSE National helpline: **0808 808 1677**
- Mon to Fri 09.30 to 17.00
- CRUSE National website: [www.cruse.org.uk](http://www.cruse.org.uk)

### CRUSE Cambridge branch

(Cambridge, East Cambs, Fenland)

- Email: [cambridge@cruse.org.uk](mailto:cambridge@cruse.org.uk)
- Tel: **01223 633536**
- Website: [www.cruse.org.uk/Cambridge](http://www.cruse.org.uk/Cambridge)

### CRUSE Huntingdon branch

- Email: [huntingdon@cruse.org.uk](mailto:huntingdon@cruse.org.uk)
- Tel: **01480 414511**
- Website: [www.crusehuntingdon.org.uk](http://www.crusehuntingdon.org.uk)





## Other bereavement support and counselling services



### CRUSE Peterborough branch

- Email: [peterborough@cruse.org.uk](mailto:peterborough@cruse.org.uk)
- Tel: **01733 348 439**



### WAY Widowed and Young

Provides a social and support network for widows and widowers up to age of 50. Members can meet and chat online through a secure website.

- Website: [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)



## Other information and advice

### Age UK

Provides advice and information for older people through an advice line, publications and website.

- Tel: **0800 055 6112**
- Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)

### Cambridgeshire Consultancy in Counselling

Provides an individual counselling service with a range of fees according to ability to pay.

- Tel: **01223 233047** (Cambridge)
- Tel: **01733 553166** (Peterborough)
- Website: [www.cambridgeshirecounselling.org.uk](http://www.cambridgeshirecounselling.org.uk)

### Cambridge University Counselling Service

This free service is for enrolled students and staff of the University of Cambridge.

- Email: [reception@counselling.cam.ac.uk](mailto:reception@counselling.cam.ac.uk)
- Website: [www.counselling.cam.ac.uk](http://www.counselling.cam.ac.uk)

### Cogwheel Trust for Counselling

Provides low cost counselling in Cambridgeshire.

- Email: [admin@cogwheel.org.uk](mailto:admin@cogwheel.org.uk)
- Tel: **01223 464385**
- Website: [www.cogwheel.org.uk](http://www.cogwheel.org.uk)



## Other information and advice

### Healthwatch

Healthwatch offer a signposting service for health and social care services across the area. If you are unsure who to speak to you can contact them for advice.

- Email: [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk)
- Tel: **0330 355 1285**


### The Samaritans

Provide confidential emotional support at all times of day and night.

- Email: [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)
- Tel: **01733 312727** (Peterborough)
- Tel: **01223 364455** (Cambridge)
- Tel: **116 123** (National)



**Cambridgeshire and  
Peterborough**  
Clinical Commissioning Group

Two stylized teal hands are positioned on either side of the text, with their fingers pointing upwards and palms facing each other, as if holding the information. The hands are simple in design, with white outlines for the fingers and thumbs.

This leaflet can be downloaded from the  
Cambridgeshire and Peterborough CCG  
website, search '**Bereavement Leaflet**'

Additions or amendments should be  
directed to

[capccg.contact@nhs.net](mailto:capccg.contact@nhs.net)