

Bereavement Support in the Bradford Area

Our care extends to you in your bereavement. We would like to reassure you that support is available to you.

We know from our experience that a small number of people will want support beyond that of which family and friends can provide and we hope that if this is the case for you, the following may be of help.

Finding Professional Help For Yourself Or Other Family Members including Children

Following your recent bereavement, if you would like professional help with this, or would like support for the whole family unit or for a particular child or young person you can discuss this with one of the professionals who have been involved in your family's or friend's care. This may be a GP, District Nurse, Specialist Nurse, and Consultant etc. They may be able to offer you support or will be able to refer you onto someone who is able to offer support.

Arranging your own Support

If you choose to arrange your own support, the following may help you to do this:

- **Bradford Bereavement Network** provides a website with details of local and national organisations you can approach for support. The lists of details are regularly updated. Website: www.bbn.org.uk Tel: 07773 284240
- **Bradford Bereavement Support** offer 1-1 counselling for people aged 16 + Website: www.bradfordbereavement.org.uk. Tel: 01274 619522
- **After the death of someone very close**, is a short booklet written by Caroline Morcom which covers the feelings of grief which people may have when they lose someone close and what can help. Available from www.cruse.org.uk or telephone: 0208 939 9530 or email. There is a small charge for these booklets

Arranging Support for Children and Younger Family Members

The following may be helpful. Although please be aware that some organisations may have a waiting time before they can offer an appointment.

- **CRUSE.** As well as working with adults Cruse can offer support to children aged 5-18. They need parental consent to see a child. Most usually appointments are held in school. Tel: 01756 797799 to find out more details. They have a website to support young people at www.hopeagain.org.uk and their young person's Freephone help line is: 0808 808 1677 or email hopeagain@cruse.org.uk
They have a range of booklets, etc. Please visit website www.cruse.org.uk/craven-and-bradford-area
- **Bradford Bereavement Support** offer 1-1 counselling for people aged 16 +
Website: www.bradfordbereavement.org.uk. Tel: 01274 619522
- **Bradford Counselling Support** offer 2 services, Off the record for those aged 13+ and 1-1 for 19+
Website: www.bradfordcounsellingservices.org.uk Tel: 01274 733080
- **Winston's Wish** is a childhood bereavement charity and provides services to bereaved families in the UK. They have many useful resources and ideas to help children in their adjustment.
Website: www.winstonswish.org.uk Winston's Wish Helpline: 08452 030405

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