

## Appendix 2 – Sources of Family Support

<p><b>The Child Bereavement Trust</b> <a href="http://www.childbereavement.org.uk/">http://www.childbereavement.org.uk/</a> Training, information and support for professionals working with bereaved parents and children, especially babies. Telephone - 01494 568900 Information and support line – 0800 02 888 40</p>
<p><b>The Lullaby Trust (Formerly FSID)</b> <a href="https://www.lullabytrust.org.uk/bereavement-support/">https://www.lullabytrust.org.uk/bereavement-support/</a> A helpline offering support and information to anyone who has suffered the sudden death of an infant. Helpline: Free phone 0808 8026868 The helpline is also available for family and friends and those professionals involved with the death. The foundation has a wide range of leaflets and information for bereaved families and professionals. It also has a network of befrienders, who are bereaved parents. Arrangements can be made for a befriender to contact the bereaved family to offer additional support.</p>
<p><b>Child Death Helpline</b> <a href="http://www.childdeathhelpline.org.uk/">http://www.childdeathhelpline.org.uk/</a> A helpline for anyone affected by the death of a child, of any age, under any circumstances, however long ago. Helpline is staffed by parents who have experienced the loss of a child in the past. Helpline available 7 - 10pm every evening and 10am – 1pm, Monday - Friday. Telephone 0800 282986 (Free phone) or 0808 800 6019 (mobiles)</p>
<p><b>Winston's Wish</b> <a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a> Winston's Wish Family Line offers support, information and guidance to all those caring for a child or young person who has been bereaved. Family Line 0845 20 30 40 5 (available Mon – Fri 9.30am – 4.30pm)</p>
<p><b>CRUSE Bereavement Care</b> <a href="http://www.crusebucks.org.uk">www.crusebucks.org.uk</a> Helpline available 09.30 - 17.30 (19.00 Mon and Wed)<ul style="list-style-type: none"><li>• Amersham - 01494 766 455</li><li>• Aylesbury - 01296 425 757</li><li>• High Wycombe - 01494 511 117</li></ul></p>
<p><b>Bereaved Parent Support, Care for the Family</b> <a href="http://www.careforthefamily.org.uk/bps">www.careforthefamily.org.uk/bps</a> Peer support for bereaved parents including a telephone befriending service <i>How can you help bereaved parents? BPS Handout resource</i> Telephone 029 2081 0800</p>
<p><b>Bliss</b> <a href="http://www.bliss.org.uk">www.bliss.org.uk</a> <a href="mailto:hello@bliss.org.uk">hello@bliss.org.uk</a> Information and support for families of babies born premature or sick 0808 801 0322</p>
<p><b>The Compassionate Friends</b> <a href="http://www.tcf.org.uk">www.tcf.org.uk</a></p>

Peer support for bereaved parents and their families.

0845 123 2304